

Fjord Norway TRAVEL GUIDE 2016



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Experience some of the most magnificent landscapes in Norway, in combination with some of Norway's most charming hotels, Kviknes Hotel and Hotel Union Øye.

Duration: 2 nights/3 days.

Highlights: Sognefjellet, North Europe's highest mountain pass.

Recommended transport: Own car/ hire car.

Total Price from NOK 3275,per person in double room



hospitality and stories that we guarantee will surprise you! To discover how you can enjoy a unique experience at fantastic all-inclusive prices, visit www.dehistoriske.com

TAKE YOUR STORY HOME



Welcome to Hotel Ullensvang in Hardanger Check in. Breathe out.

Hotel Ullensvang is located in an idyllic setting on the sunny side of the Sørfjord, an offshoot of the Hardangerfjord, with the majestic Hardangervidda mountain plateau behind it. Since 1846, Hotel Ullensvang has developed in step with the times, but the hotel is still owned and run by the same family.

The composer Edvard Grieg was a regular guest at Hotel Ullensvang for many years. His small composer's cabin still stands in the hotel gardens, with views of the magnificent Folgefonna glacier, whose reflection glitters in the crystal clear, blue water of the Hardangerfjord.

Activities and tours:

Outdoors in summer: rowing boats and pedal boats. Large gardens and a quay. The hotel has its own sandy beach with a water trampoline. Helicopter sightseeing tours.

Indoors all year: bathing section with indoor and outdoor pools, and the longest outdoor swimming channel in Europe at 88 metres (29° C). Exercise room, tennis court, squash, golf simulator etc. Walks: HM Queen Sonja's Panoramic Hiking Trail, the Trolltunga Rock, Hardanger Fruit, Mountain and Waterfall Trail.

Getting here by car:

Oslo	
Bergen	
Haugesund	170 km – 2.5 hrs





Meetings, courses and conferences:

Number of rooms 168 ... 2 – 500 pax Functions 2 – 400 pax Meeting facilities Historic wine cellar.



ULLENSVANG

N - 5787 Lofthus i Hardanger - Tel +47 53 67 00 00 E-mail: ullensvang@hotel-ullensvang.no www.hotel-ullensvang.no





Indescribable travel experiences

Fantastic, dramatic, spectacular, authentic or unique? It is difficult to find words to properly describe Fjord Norway, considered by many to be the world's best and most diverse destination. Words are inadequate because there is, without a doubt, something truly unique about the mountains, fjords, waterfalls, glaciers, cultural landscape, the people and the fjord cities. What more can you actually say about what National Geographic Traveler magazine has called 'the world's most iconic destination

The Fjord Norway Travel Guide 2016 provides an overview of, insight into and useful information about the travel destination. Here, you will find descriptions of attractions, activities and practical information that will make it easier to prepare your dream trip. Of course, we leave the actual trip in your hands. We wish you a warm welcome to Fjord Norway and the world's most indescribable destinations.

You have to be here to believe it

Best of Fjord Norway

Norway has decided. In summer 2013, both tourists and the locals took photos and voted for the ten best destinations in Fjord Norway in the #Best of Fjord Norway campaign. More than 6,000 photos

were uploaded, and almost 80,000 votes were cast. The four best photos in the competition were chosen to adorn Times Square in New York. The tour on page 68 takes you to the ten winning destinations.



Fjord Norge AS

Torggaten 3 NO-5014 Bergen Norway

info@fjordnorway.com

facebook.com/fiordnorway twitter.com/fjordnorway

www.fjordnorway.com

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YOU HAVE TO BE HERE TO BELIEVE IT

Your Fjords

Listen to the sound of the glacier. Savour the smell of a waterfall. Fjord Norway is not a place. It's a feeling. Your feeling. One that you won't really believe until you've experienced it.

Fjord Norway is not merely a place. It's an experience. The sound of the blue glacier. That view that suddenly appears at a bend in the road. The smell of a waterfall. The silence of a beach in the morning. The evening remind us of the richness of life. experienced them.

travel through them. There is not one phase of this journey. Whether along the roads, by train or on the

fjords, it is the journey which is in itself the experience. backdrop, but a community. A living landscape where The ever-changing landscape - the mountains, glaciers, fjords and waterfalls - has attracted guests from around the world for centuries. And though you will inevitably all of this. Around every turn, a new view, alternating catch yourself marvelling at the highlights, it is the continuously between high mountains and fertile totality which is the attraction. Nature's dimensions somehow play with one's perspective. The magnificent mountainsides remind us of how small we are. The beauty in the finer details. Out of the blue, surprises sun reflected off the green fjord. A million moments. The fjords are not as much a place in Norway as they co-exist with the landscape. The deep fjords. The high Your moments. Moments you won't believe until you've are a place in the world. Geirangerfjord and Nærøyfjord mountains. The jagged coastline. received UNESCO World Heritage status as a cultural A landscape tailor-made for exploration. Not just a You don't travel to the attractions in Fjord Norway. You landscape. National Geographic has called the fjords the world's most well-preserved World Heritage site. But why? Because Fjord Norway is not a scenic



humans and nature live in mutual dependence.

And still, roads manage to meander their way through lowlands and where small villages live life to the fullest, yet with such simple means. 10 of the 18 national tourist routes are found here. Scenic routes where landscape interacts with modern architecture. A road which winds its way through contrasts and surprises. Societies that

place. An experience. Your experience.



Where the roads are attractions in themselves

Eighteen carefully selected roads in Norway have which are worth the trip alone. This combination has won become National Tourist Routes.

Slow down and enjoy the view. The National Tourists Routes are perfect for people who want to experience the best scenery and architecture Norway has to offer. 10 of the 18 unique roads throughout Fjord Norway. Detours that enrich the road experiences in Norway are situated in the Fjord Norway soul. Experiences that propel you forward. Kilometre after region. They hug the ocean's edge, wind their way up through steep fjord landscapes and offer viewpoints designed to give with nature, to feats of engineering and the hardship and you unique views of the surrounding scenery.

Winter storms at the ocean's edge. The cultural landscape and their desire to get out into the world, but also to let the shrouded in mist. A waterfall creating a rainbow in the world in. summer sun. Along the roads in Fjord Norway, you can enjoy the scenery both to your right and left, and a new landscape awaits you around every bend. National Tourist Routes represent the very best of these roads, and some of Norway's most exciting, young architects have been given an opportunity to play with bold and beautiful ideas,

attractions in themselves.

international acclaim and has made the roads important

From the exposed Atlantic Road in the north to the beautiful beaches of Jæren in the south, you will find spectacular kilometre of history that bears witness to man's interaction unstoppable spirit of the people who lived along the fjords



}

The routes are sign-posted with a special symbol. See the map on page 91-92.

www.nasjonaleturistveger.no





Jæren, 41 km

1. Fjord Norway is more than just steep hills and jagged peaks. The road along the beaches of Jæren offers huge skies, wide horizons and never-ending ocean. There are green fields and views in all directions. The area is known for its beautiful light, its cultural heritage and its beaches that disappear into the horizon.

Ryfylke, 183km

2. The National Tourist Route through Ryfylke is a road full of contrasts. Magnificent scenery, agriculture and exciting industrial history. There are surprises around every bend on this route. Iconic nature experiences await you a few detours away on the Lysefjord - the best known of which are Preikestolen (Pulpit Rock) and Kjeragbolten (the Kjerag Bolt).



Hardanger, 158 km

3. The National Tourist Route in Hardanger is like driving through a magnificent painting - a landscape of mountains, fjords, waterfalls and glaciers. Hardanger is a fruit growing region, where farms cling to the edge of the fjord. Berries and fruit are sold many places along the route.



Aurlandsvegen*, 47 km

5. Where the new road simply cuts through a tunnel in the mountain, the Aurlandsvegen road, often called the 'Snow Road' takes you high up into the mountains. The road winds its way up the mountains, past a beautiful mountain plateau. At the Stegastein viewpoint, you can enjoy staggering views from a viewing platform that is an architectural gem.







Gamle Strynefjellsvegen*, 27 km

8. This is a road that predates modern construction machinery that can simply tear its way through the landscape. The Gamle Strynefjellsvegen road winds its way through the landscape lined with guard stones and stone walls. It is a road that is not ashamed to take the long way round. The road, which was started in 1881, was built to connect the Nordfjord area with Eastern Norway. It passes through a spectacular mountain landscape where the snow lies well into summer. It is a reminder of a time when lives were lived at a different pace.



The Atlantic Road, 36 km

10. The Atlantic Road from Bud to Kristiansund is a spectacular example of a successful collaboration between man and nature. Since time immemorial, the ocean has been a challenge to traffic in this cultural landscape. Eight bridges connect the islands together, crossing rocky expanses scoured smooth by the elements and windswept crags. The British Newspaper The Guardian called it the best road trip in the world.



Hardangervidda, 67 km

4. The road over the magnificent Hardangervidda plateau, also Norway's largest national park, is an exciting attraction in itself. Your heart may well skip a beat when, as you suddenly find yourself winding down through the steep Måbødalen valley, the magical Vøringsfossen waterfall and the blue-green hues of the Hardardanger fjord come into view. This is contrast of the most spectacular kind!



diversity of the fjord landscape. The road follows a beautiful river system with spectacular waterfalls and mirrored mountain lakes. There are good fishing opportunities and great walking trails along the route.

Sognefjellet*, 108 km

7. From the fertile farms innermost in the Sognefiord, the road continues up, up, up to Norway's roof and the spectacular view of the beautiful peaks of the Jotunheimen mountains and the magnificent glacial landscape. This is the cradle of mountain sports, and a place that inspired the artists and musicians of the national romantic movement. There are fantastic walking opportunities in the area, and many traditional accommodation enterprises and cafés/restaurants..



Geiranger - Trollstigen*, 106 km

9. The winding hairpin bends of the Trollstigen road have long been one of the world's most spectacular driving experiences, and the road has attracted tourists since it opened in 1936. The dramatic views from the top are breathtaking. The road continues to Geiranger, which has one of the most spectacular fjord views in Norway.



Hike Fjord Norway

In Fjord Norway, the mountains attract all the attention. If you want to experience them at their over several days in Europe. These hikes take you from very best, you have to put your boots on and get out there. There are a multitude of paths throughout the region.

There are few places in the world that have such varied scenery in one region. You can climb wonderful mountains by the coast, experience fantastic mountains that rise straight up from the narrow fjords or join a safe walk on the blue ice of one of the glacier arms.

There are vast, untouched mountain areas all over Fjord Norway that are perfect for hikers. There are wonderful walking areas along the largest fjords. Several national parks offer great walks in everything from barren glacial landscapes to lush forested areas. Eleven of Norway's twenty largest glaciers are situated in Fjord Norway. You do not have to be super fit to go walking. There are many short, gentle paths that are perfect for families with

children. But if you are seeking bigger challenges, you'll find

network of trails.

www.fjordnorway.com/hike

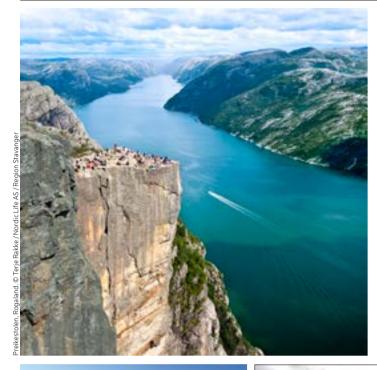
cabin to cabin on the Norwegian Trekking Association's

In many places, you can go for walks on your own following clearly-marked paths and using good maps which are available from your accommodation, the trekking association or at the tourist information office. The season will vary from year to year depending on the weather. If you really want to get the most out of a walking holiday in Fjord Norway, we recommend joining a guided walk. Then, you will also learn about the natural and cultural history of the area.

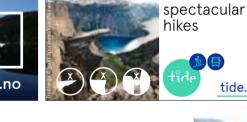












Preikestolen (The Pulpit Rock)

1. Preikestolen (The Pulpit Rock), on the Lysefiord in Ryfylke not far from Stavanger, is one of Norway's biggest tourist attractions. More than 270,000 people hike up to the breath-taking mountain plateau every year. You can combine a hike to the Pulpit Rock with a boat trip on the Lysefjord to make it an extra special experience. The hike is about six km and takes around four hours there and back. Season: May to October.

HOW TO GET TO PREIKESTOLEN By car: Drive from Stavanger on Rv 13 via ferry to Tau and then follow the same road south. Preikestolen Fjellstue is located by the Rv 13 south of Jørpeland. From the south, head east in Sandnes on Rv 13 and catch the ferry Lauvik-Oanes. Then continue on the same road to Preikestolen Fjellstue.

By bus: From Tau to to Preikestolen Fjellstue (ferry from Stavanger).

tide.no

Bus to

By boat: From Stavanger, Forsand and Lauvvik to the foot of Preikestolen. Travel from Oslo, Bergen, Stavanger: Pulpit Rock & Norway in a nutshell® One way or round trip incl. train + bus + fiord cruise Add on: Hotels & activities

View tour or book at www.fjordtours.com

ACCOMMODATION

The nearest place to stay is Preikestolen Fjellstue. You can also stay overnight in Stavanger, from where you can take a boat trip on the Lysefjord. More information about accommodation in Stavanger is available at www.regionstavanger.com.

Daily bus services 1 July - 31 August The Trolltunga – Preikestolen express bus www.tidereiser.com

www.pulpitrock.no, www.norled.no www.rodne.no



Aurlandsdalen

3. The Aurlandsdalen valley will take your breath away, with the wild river gouging its way through the landscape and the fantastic views. The valley is wild and beautiful and it is rich in history and culture. You can hike for days and stay in Trekking Association cabins, or go on shorter walks combined with bus trips or take your own car. Season: June to September.

Aurlandsdalen and Nærøyfjorden, located at the end of the Sognefjord, are hiking areas with plenty of other outdoor adventures within easy reach. A few ideas are to go kayaking on the fjord, cycle from 1,222 to 0 metres above sea level and to join a RIB safari or fiord cruise. It is all there in one destination, making sure that you do not need to spend time on transfers. Read more at www.visitflam.com. The neighbouring village of Voss is an eldorado for outdoor enthusiasts. Combine a hike in the Aurlandsdalen Valley

with white river rafting or try the wind tunnel. Read more at www.visitvoss.no. The Nationalpark of Jostedalsbreen is just a few hours away. Here you can enjoy hiking excursions, try a glacier walk on the Nigardsbreen Glacier or explore the glacier lake by kayak. Read more at www.sognefjord.no.

AURLAND VALLEY- SINGLE DAY HIKE Train from Bergen to Flåm, and continue with bus or taxi to Østerbø Mountain Lodge The route from Østerbø to Vassbygdi is a very popular walk. It is around 20 km long (6 hours on average), with an altitude difference of 750 metres.

FINSE- AURLAND VALLEY- 4 DAYS HIKE You can also take a several days hike from Finse to Aurland Villages. See the complete route description at www.sognefjord.no

K Trolltunga

2. Trolltunga, one of Norway's most spectacular hikes, is located in Hardanger. The return hike is around 20 km and takes ten to twelve hours there and back. The difference in altitude is around 900 metres. It is possible to walk out on the Trolltunga ledge, but be careful! The hike to Trolltunga is in a high mountain area. where weather may change guickly and conditions may get harsh. Be sure to wear appropriate clothing and sturdy footwear, and bring a map, compass and food and drink. Contact the Tourist Information in Odda for information and a map. The hike starts in Skjeggedal and there are lots of attractions along the route, including the Ringedal dam, potholes and the Trolltunga. Those who are feeling adventurous can also take a guided bike/hiking/via ferrata climbing route to the Trolltunga with a guide from Trolltunga Active. Consider carefully whether you are in good enough shape and have the right equipment before you set out. Plan carefully and start early in the day. Check the weather forecast before starting the hike. There is no mobile phone coverage along the route. Season: approx. 15 June to approx. 15 September

Hiking to Trolltunga is a challenge, and every year there are search and rescue operations for hikers in serious trouble. Prepare well and be a responsible and safe hiker

HOW TO GET TO THE TROLLTUNGA HIKE By car: Take route 13 from Odda to Tyssedal, where you follow the signs to Skjeggedal. After seven kilometres in Skjeggedal there is a parking place with a parking fee of NOK 100 per day. The parking lots fills up early in the morning in the high season. Consider parking in Odda or Tyssedal. The hike starts near the funicular Mågelibanen (not in operation). The trail is marked with red letter «T»s painted in the terrain and there are also signs along the route.

By bus: From Odda, via Tyssedal to Skjeggedal in the high season. By taxi: From Odda or Tyssedal to Skjeggedal, the whole season.

ACCOMMODATION

There are good camping sites, cabins, holiday homes and hotels in the area. Information about accomodation is available at www.hardangerfjord.com. The nearest municipalities to Trolltunga are Odda and Ullensvang.

Daily bus services 1 July - 31 August The Trolltunga – Preikestolen express bus www.tidereiser.com

www.trolltunga-active.com www.hardangerfjord.com





www.trolltunga-active.com mail@trolltunga-active.com



🕅 Mount Skåla, 1,848 metres

4. Mount Skåla, 1,848 metres, is located in Loen, Nordfjord. Kloumannstårnet (tower) on the top of Mount Skåla is without question Norway's, if not the world's, most unusual cabin. The top is located in the Jostedalsbreen National Park, and the view across glaciers, fjords and mountains is fantastic. Mount Skåla is considered to be the highest mountain in Norway with its 'foot in the fjord'. The uphill race 'La sportiva Skåla 1848 meter straight up' is held every year in the middle of August. It is a 16 km

hike up and down and takes approx five hours up and two to three hours down. Season: June to September.

HOW TO GET TO MOUNT SKÅLA By car: In Loen, leave the main road and follow the kilometres.

Parking: When you pass Tjugen Camping on your left hand side, continue for 150 metres until you reach a parking place on the right hand side. There is a parking fee.

FJORD TOUCH

HOW TO GET TO THE AURLANDSDALEN VALLEY Take the Bergen Railway to Finse station, or go by bus to Geiterygghytta. Buses depart several times a day.

Travel from Oslo, Bergen, Voss: Norway in a nutshell® Add on Hotels & activities View tour or book at www.fjordtours.com

ACCOMMODATION Østerbø Fjellstove www.aurlandsdalen.com Østerbø Turisthytte www.osterbo-turisthytte.no Bogjerne også i Aurland/Flåm, Lærdal, Årdal eller i Sogndal.

www.sognefjord.no

sign to Lodalen and drive up the valley for a couple of

ACCOMMODATION

Loen is the perfect starting point for hikes to the top of Mount Skåla, Via Ferrata Loen and other activities in the area. Stay at the Hotel Alexandra, or one of the other hotels or holiday cabins in the area. More information about accommodation in Nordfiord is available at www.nordfjord.no

www.nordfjord.no/skala



Romsdalseggen ridge

5. The hike across Romsdalseggen ridge is in the heart of the most beautiful mountains in Norway – with views that will take the most seasoned mountain hiker's breath away, and with fjords and mountains, peaks and waterfalls everywhere you look. From the Romsdalseggen ridge, there are spectacular views of Åndalsnes the capital of Norway's mountain peaks, to the Rauma river on the floor of the Romsdalen valley, to the Trollveggen cliff and the Trolltinder peaks – and all the way to Molde and the ocean to the west. There are three different routes, one easy, one of medium difficulty and one extreme route that requires a mountain guide. It is a ten km hike and it takes around five to seven hours. **www.romsdalseggen.com**



www.friluftslek.no

HOW TO GET THERE

The hike starts and finishes in Åndalsnes. There is a bus from Åndalsnes to Vengedalen where the hike over the Romsdalseggen ridge starts. Daily bus from Åndalsnes bus station, from 1 July to 30 September.

Follow the signs towards Romsdalseggen, past a cabin and up the hillside along the river. Remember to close any gates behind you and keep dogs on a leash.

ACCOMMODATION

Åndalsnes is the perfect starting point for hikes to the Romsdalseggen Ridge. Stay at the Grand Hotel Bellevue or at Hotel Aak. www.visitandalsnes.com



🏌 Mount Kjerag

6. Mount Kjerag soars majestically over the Lysefjord in Ryfylke. With a perpendicular fall of 1,000 metres, the wild Kjerag plateau towers innermost in the Lysefjord. Most people are content to enjoy the view across the Lysefjord from the plateau, but the highlight for some people is capturing the moment they stand on the Kjerag Bolt – a round block of stone wedged in a crack in the mountain. Mount Kjerag has also become a popular destination for mountain climbers and base jumpers. The hike is about ten km and takes around five to six hours there and back. Season: June to September.

Pulpit Rock & Norway in a nutshell®Round trip. View tour or book at **www.fjordtours.com** Daily bus services 1 July - 31 August The Trolltunga – Preikestolen express bus **www.tidereiser.com**



k Langfossen

7. Langfoss is the fifth highest waterfall in Norway. CNN named in 2011 Langfoss to one of the world's 10 most beautiful waterfalls. The total vertical height is 612 meters. The path up along Langfoss was originally the old mountain road from the Eljarvik farm to Langfoss støl (mountain farm), located on the plateau above the waterfall. There is a lot of great stonework along the trail. Earlier gene rations have struggled up and down with livestock and heavy loads of butter and cheese from the mountain farm. The first part of the walk is steep up through the pine forest. Some places, and especially when You get above the timberline, there are wonderful view points. You look down at the Eljarvik farm and beyond the Åkrafjord. To the north You see Mosnes and into the valley that forms the southern end of Folgefonna National Park. The Folgefonna glacier is towering in the background towards the summit at 1638 MASL, which is the highest point in the municipality of Etne.

Walking time to peak: 1.5 hours. Elevation: 640 m. Length trail: 1750 m. Dogs must be kept on a leash. Season: April to October. Book a guided tur at www.aakrafjorden.no **www.visithaugesund.no**

k Bondhusdalen

8. The Bondhusdalen valley may be the most beautiful valley on the Folgefonna peninsula. The walk is on a gravel road, Isvegen, from the car park in Sundal to Bondhusvatnet lake. From the lake, there is a lovely view at the end of the valley of the Bondhusbreen glacier, an arm of the Folgefonna glacier. There is a path along Bondhusvatnet lake further up the valley for those who wish to walk on towards the glacier.



The walk to Bondhusvatnet lake is roughly 5.2 km, and it takes two hours there and back. The walk is suitable for prams, bikes and motorised wheelchairs. Parking: From Sundal

Parking: From Sundai through Bondhusbygda, it is 500 metres to the car park at the entrance to the Bondhusdalen valley. Sign on the main road. Please note! When parking, allow enough room for tractors to pass. Season: April to October

www.visitsunnhordland.no



The Vikafjell Route

10.The Vikafjell Route, from Vik in Sogn to Voss, is an approx. 76-km-long waymarked walking trail. The route goes through the Stølsheimen area, a well-known and very popular area among hill walkers that extends from the fjord up into mountains of up to 1,300 m. The scenery here is varied, with lush hillsides and undulating mountain terrain, and many valleys and lakes that are well-stocked with fish. Large parts of Stølsheimen were designated a landscape protection area in 1990 in order to conserve the distinctive Western Norwegian mountain and fjord landscape. The name Stølsheimen comes from the more than 40 summer pasture farms (støl in Norwegian) in the area. They bear witness to a time when summer pasture farming was an important part of the livelihood of farmers along the Sognefjord. You will still see cattle at some of them, and sheep graze in the mountains in most of the area. Several of the summer pasture farms are well-preserved, so you can still see some of the old cultural landscape. Season: June to October Norway in a nutshell*Round trip. View tour or book at www.fjordtours.com www.sigtvoss.no www.sognefjord.no

Feigefossen

12. Feigefossen is Norway's second highest, unregulated waterfall (218 metres free fall), and it is in an idyllic location in the south of the Lustrafjord. You can get to the starting point for the walk by driving from Skjolden towards Urnes and stopping at Feigum farm. Another alternative is to take the ferry from Solvorn to Urnes, and drive from there to Feigum farm. The path turns off the county road around 300 metres from the car park in the direction of Ornes. There is a waymarked path to the viewpoint under the waterfall. The path is a bit rocky at the end, but it is well marked and easy to walk.

It takes around 30 minutes to walk from the road to the viewpoint, which is situated at an altitude of 150 metres.

Season: June to October www.sognefjord.no





Across the plateau from Mount Ulriken to Mount Fløyen in Bergen

9. The walk across the mountain plateau is one of the best known walks in the mountains that surround Bergen. These high mountains are easy to get to from both Mount Ulriken and Mount Fløyen and can be enjoyed in all seasons. Set aside plenty of time to enjoy the scenery and the fantastic views. The route makes for a great ski trip when there is snow. The walk from the Ulriksbanen station to the Fløibanen station is around 15 km and takes approx. five hours up and two to three hours down. Season: all year

Norway in a nutshell®Round trip. View tour or book at www.fjordtours.com www.floibanen.no, www.ulriken643.no

K Mount Hornelen

11. At 860 metres, the precipitous Mount Hornelen in Bremanger is the tallest sea cliff in Europe. From the top, you can enjoy spectacular views of the fjord, mountains and the ocean. If you dare, you can lie down at the edge and look almost vertically down at the passing boats 860 metres below. Few mountains in Norway come with so many legends and myths attached as Mount



Hornelen, or Smalsarhorn as it was called in Norse times. According to superstition, the witches gather on Mount Hornelen both on Christmas night and on Midsummer night to dance with the devil. The walk to Mount Hornelen is 13 km long, and it takes about eight hours to get to the top and back. Guided walks available. Season: May to October. www.fjordkysten.no www.norway-adventures.com

K Lønahorgi

13.The walk starts from Bavallen or Hanguren. To get to Hanguren, you can walk from the centre of Voss or take the Hangursbana cable car. There is a road to Bavallen in Voss Resort.

FROM HANGUREN: The walk starts at the restaurant Hangursresturanten, from where you follow a T-marked (red Ts) path into the Hanguren mountain area along the left-hand side of Valbergstjørni lake, continuing until you join the road from Bavallen.



inahorai. Hordaland. © Erik Østlie

Starts: gursse: follow into the along bergst; you joi After a or take fork at FROM Vädals Vädals T-mark

After a short distance, you can choose whether you want to continue on the road or take the T-marked path to the fork in the path at Vådalseggi ridge.

FROM BAVALLEN: The walk starts at the car park in Bavallen. Follow the road until you meet the T-marked path to Nyestølen, which you follow until you come to the fork at Vådalseggi ridge. The routes from Hanguren and Bavallen converge at Vådalseggi. From there, you follow the road to Kvilehytta cabin, then continue on a T-marked path to the summit of Lønahorgi. The route to Lønahorgi is long and goes through high-mountain terrain. You should therefore be prepared for changeable weather and have the necessary equipment and a map and compass with you. Length: 20 km to the top and back. 6-8 hours. Elevation: 750 metres from Hanguren. 1,110 metres from Bavallen. Season: June/July to October

Norway in a nutshell $\ensuremath{\sc Round}$ trip. View tour or book at www.fjordtours.com www.visitvoss.no



Glacier walks

14. Guided glacier walks are available on Nigardsbreen glacier every day all summer, ranging from easy family walks for everyone over the age of six to longer blue-ice walks for a more challenging experience. No prior experience is required. Guided walks should be booked a day in advance. For buses from Sogndal to Nigardsbreen, see www.jostedal.com/brebussen. Family walks, full-day walks and walks with overnight stays are also available on the Tunsbergdalsbreen and Austdalsbreen glaciers - combined with kayaking or a boat trip on the glacial lake. See: Breheimsenteret: www.jostedal.com - Jostedalen Breførarlag: www.bfl.no - Icetroll: www.icetroll.com. In Hardanger, Folgefonni Breførarlag offers guided walks on Folgefonna glacier. Drive up to the glacier from Jondal. Season approx. 20 June to 30 September. www.folgefonni-breforarlag.no. Day trips from Bergen, see www.fjordtours.com In Nordfjord, Briksdal Adventure offers guided walks on Tystigbreen glacier near Stryn Summer Ski Centre. Season: July to August/September. www.briksdaladventure.no



K Innerdalen

16. 'Maximum beauty and majesty per cubic metre. The landscape changes incredibly guickly as you cross the terrain, and the distances between the wonders of nature are remarkably short,' said the philosopher Arne Næss about Innerdalen in Nordmøre. Innerdalen is perfect for day trips - also for families. There is a carriage road from the car park to the summer pasture farm that takes an hour to walk at a gentle pace (3.8 km). In the valley, you can visit the Norwegian Trekking Association's cabins Renndølsetra or Innerdalshytta. Both are open during summer, and you can spend the night or just buy a cup of coffee and a waffle. The distinctive cone-shaped Innerdalstårnet mountain (1,452 metres) is an obvious goal in Innerdalen. The area has an alpine landscape with more than 100 summits over 1,500 metres. In other words, it is an eldarado for summit walks. Season: May to October. www.visitnorthwest.no, www.morotur.no





Aksla. Ålesund

15. Mount Aksla is a popular walking destination, and offers lots of different options. The mountain is easily accessible directly from Byparken park in the town centre, with 418 steps up to the viewpoint Fiellstua. There is a well-marked walking trail from there across the mountain to Gangstøvika, and you can return by walking west to Byparken park on the Borgernes road along the fjord. The walk covers a total of 9.6 km and takes around 11/2 hours. It is also possible to drive up to Aksla Stadium, where there is a large car park and a well-marked starting point for walks, including the aforementioned round trip or other shorter walks. Season: all year.

Geirangerfjord & Norway in a nutshell®Round trip. www.fjordtours.com www.visitalesund.com



🕅 Skageflå

17. The trip starts with a fjord cruise on the famous Geirangerfjord. Skageflå is an abandoned mountain farm perched on a mountain ledge around 250 metres above the Geirangerfiord with a view of the Seven Sisters (de Siu Søstre) waterfalls and the mountain farm Knivsflå on the other side of the fjord. The hike up to Skageflå takes roughly an hour. You can choose whether to go back down to the boat or hike back across the mountain to Geiranger. Season: May to September.

Geirangerfjord & Norway in a nutshell®Round trip. www.fjordtours.com www.geirangerfjord.no

The Fjord Route

18. The Fjord Route starts at Kvernberget airport in Kristiansund and consists of 13 cottages from the ocean to the pristine mountains, distributed along the 150-kilometer-long trail route. The route can easily be divided into shorter trips.

The whole route consists of 190 km of marked footpath, but it can easily be divided up into shorter trips. Many of the cabins can be accessed easily by a short walk from a nearby road, and there is also car or bus access. This is the only marked footpath that starts at an airport (Kristiansund), which has good connections to Oslo, Bergen and Stavanger. Season: May-October.

www.visitnorthwest.no

www.kntur.no



Good tips for walks

Here is a list of the most important things you should bear in mind before going hill-walking.

The Norwegian Mountain Code 1. Be sufficiently experienced and fit for your intended tour.

Make sure the length of the walk is adapted to your physical and mental fitness, your prior experience and the equipment you bring along. Check the classification of the walk and assess the route.

Leave word of your route with your

accommodation provider or with family/

friends who are not going along on the

walk. If you have left word of your route

and change your mind, you must try to notify someone. Mobile phones don't

always work in the mountains, so don't

Locals can provide information about

areas where there is a risk of avalanches/

rockslides, which route to take, how long

a walk will take and general conditions in

the mountains. Contact your accommo-

dation provider for more information.

It is recommended to use a guide in

demanding terrain or on trails that are

2. Leave word of your route.

arrange to call home.

3. Be weather wise.

4. Learn from the locals.

not waymarked

5. Be equipped for bad weather and cold, even on short walks. See more information under 'Equipment'

6. Use a map and compass.

Learn to use a map and compass, and always bring them with you on walks. A sat nav (GPS) is also a useful aid.

7. Don't go solo.

8. Turn back in time: sensible retreat is no disgrace.

Demanding terrain

Glaciers: Some of the walks in the mountains involve crossing glaciers, which requires both knowledge and equipment. Using a guide is recommended. Watch out for falling ice at the edge of the glacier, and for cracks in the ice

Steep terrain: Some walks are in steep terrain. Stick to the path, and use trekking poles. In boulderfields, you must take care not to lose your balance and dislodge rocks that could hit you or others.

Color code	Suitable for	Altitude metres	Type of path	Degree of elevation/exposure
Ŕ	Beginners No special skills required Mainly short walks Special symbols mark the areas suitable for wheelchair users/prams	•<300 m •<5 km	Tarmac, gravel, forest roads and good paths Work done on paths to enable easy walking Firm, even and obstruction-free path No streams to be crossed	Moderate ascents, but no steep or difficult sections
Ŕ	• Beginners • Walkers of average fitness • Basic skills	•<600 m •<10 km	Similar to green trails, but can have more challenging sections Can be rocky but no demanding scree No streams to be crossed	Most ascents are moderate, but can include some steep slopes Certain sections can be considered precipitous for some
×	Experienced walkers Good stamina Good equipment and hiking boots required	•<1000 •<20 km own symbol)	Path, open terrain, rocky, scree and rugged mountains Crossing streams, traversing steep slopes and long stretches of both loose rock and marshland Up to two streams to be crossed	Several types of ascents and challenges Several precipitous and exposed sections Can include technical challenges and parts that require some climbing
Ŕ	Experienced hikers Good stamina Good equipment and hiking boots required Knowledge of maps and use of a compass	• No maximum	Longer and/or more technical trails than 'red' Can include a number of streams to be crossed	 Typical walks are long summit trips with steep ascents on uneven paths Can have precipitous and exposed sections sections/passages where scrambling is necessary Narrow ridges, smooth rock, scree etc

Crossing rivers: Do not attempt to cross a river unless you are certain that you can get across. Do not try to jump across or skip from stone to stone in streams if there is a chance you could lose your balance. The best place to cross a river is where it is shallowest and where the water is most slow-moving. Cross diagonally upstream against the current. Using trekking poles is recommended.

Season and climate

- Season: The walking season usually lasts from May until October, but this varies depending on the location, altitude etc. The season also varies from year to year, so ask at the reception desk or at a tourist information office if you are unsure about where you can go walking.
- Daylight: Check when it gets dark (depends on time of year).
- RESCUE SERVICE
- Call emergency number 112

Equipment

Walkers have to be prepared for all types of weather in the mountains even in summer. You must therefore bring along

clothes and equipment that are suitable for use in good weather, but also for snow, rain and wind. The weather can change guickly.

Map, Compass and GPS

Food and drink: Bring enough food and drink for the duration of your walk.

Clothes: Wear a layer of wool next to your skin, then a fleece top and a windproof jacket. Bring rainwear as well.

Footwear: Wearing sturdy footwear is very important – mountain boots are recommended

Bivouac sack: Good to crawl into to shelter from the elements

Mobile phone: Bring your mobile phone with you, but remember you won t always get a signal.

First aid equipment: Bring basic first aid equipment



Freeze the right moment

The blue ice. The magnificent mountains. And you, with an ice pick.

The glacier experiences in Fjord Norway are unparalleled, with large glacier arms flowing through the lush green landscape. The ice's incredible crevices, cave formations, frozen towers fighting against gravity, and rock-strewn slopes with hardy plants that seem to flower out of nothing.

A trip to the edge of a glacier or a walk through an ice labyrinth is the highlight of many visitors' holiday in the fjord landscape. There are many great glacier arms that are worth a visit in Fjord Norway. The Jostedalsbreen glacier is the biggest glacier in Norway, and you can get to it from several places. Glacier experiences are on offer in Nordfjord, Sunnfjord and Indre Sogn. Jondal and Odda are the best starting points for trips to the Folgefonna glacier.

A number of companies organise glacier walks adapted to the physical fitness or adventurousness of the participants. Guided glacier walks are also available in a number of places, and you can kayak to the glacier on Styggevatnet lake and Møsevatnet lake. If you want to learn more about this fascinating natural phenomenon, you can visit the Breheimsenteret Visitor Centre in Jostedalen and the Norwegian Glacier Museum in Fjærland.

If you are lucky enough to experience the glacier at its best, you get a souvenir into the bargain: an everlasting memory of the blue ice.

www.fjordnorway.com/glacier





Ski all vear

What is the recipe for a great skiing experience? Simple. You need two ingredients. Good skiing terrain. And snow - preferably lots of it. The Fjord Norway region has an abundance of snow-clad mountainsides for skiing enthusiasts at all levels. And there is snow all year round. On Folgefonna and in Stryn, skiers will find the best summer skiing in Europe.

Let's be honest, the ski resorts in Fjord Norway can't compete with the Alps in terms of the number of ski lifts and visitors or the volume of the disco music on the slopes. But you will find many well-run ski resorts that are among the very best as regards the amount of snow, snow quality and their spectacular locations. The skiing season is long in Fjord Norway. In the spring, the summit skiing season is at its best. The Sunnmørsalpene and Romsdalsfiellene mountains and the mountains to the north and south of the Jostedalsbreen glacier have been voted the best summit skiing areas in Norway. There are many places in the region where mountain guides will guide you from the fjord up to the tops of mountains. If you are looking for a memorable experience, we can recommend a combination of sailing and skiing in the steep and spectacular fjords of North Western Norway. Or end your skiing holiday by surfing on the winter waves at Stadt.

And by all means: You don't have to be a skier to experience the region during winter. You can also combine a trip to Fjord Norway with a city break or a round trip and see the fjord scenery at its most dramatic - covered in snow and ice.

www.skifjordnorway.com

Ski resorts

Their location in the fjord landscape makes the ski resorts in Fjord Norway unique. The ski resorts range from large family-oriented resorts with express lifts to smaller resorts tailored to the freeskier. What they have in common is the most snow in Northern-Europe combined with no crowds and mile-long ski runs, and of course the unique fjord view.

www.skifjordnorway.com

Our best ski resorts

Voss Resort Myrkdalen Mountain Resort Stranda Røldal Soan

Summer ski resorts

Enjoy great skiing experiences in the middle of summer www.stryn.no/sommerski www.folgefonn.no







Ski Touring in Fjord Norway

Imagine the sun high in the sky over a scene of breathtaking beauty. Mountains covered in gleaming, pristine snow, the deep blue of the fjord far below. A place where you can actually ski all the way from the summit to the sea in one run. The possibilities are endless and the chances are that you and your group will have the mountain and the fjord to yourselves.





Loenvatnet, Sogn og Fjordane. © Sverre Hjørnevik / www.fjordnorway.com



Boating and canoeing/kayaking

Whether you prefer sailing the waves out at the ocean's edge or canoeing on flat-calm fjords with huge mountains as a backdrop, you will find what you are looking for in Fjord Norway.

The islands out to the west have been popular with boat enthusiasts for a long time, with their beautiful, rugged scenery and sheltered, charming harbours. Several companies in the region rent out sailing boats and motor boats. Old sailing ships have been fitted out for tourists, and boating holidays are available that include a skipper who knows the area well.

You get closest to nature if you choose a kayaking trip. You can take part in guided kayaking trips on several of the best known fjords, ranging from a couple of relaxing hours to longer wilderness adventures where you sleep in tents at the foot of spectacular mountains. Out at the coast there are myriad small islands, skerries and canals. If you prefer fresh water,

there are many great lakes that are ideal for wilderness canoeing adventures. Or maybe you want to take home the most spectacular photos of all: On the Styggevatnet lake at the end of the Jostedalen valley, you can go kayaking among icebergs that will take you right to the very edge of the glacier where the water meets the ice.

www.fjordnorway.com





High-adrenalin sport - a challenge you won't forget!

Life is at its most intense when adrenalin is pumping through your veins. And holidays are the ideal time for doing things that you don't really dare to do! The Fjord Norway region has become famous throughout the world as a playground for the most daring extreme sports enthusiasts. The region has cliff faces to be climbed, roaring rapids, great terrain cycling trails and fantastic waves for surfing. Not to mention the fact that we have snow all year round!



Book your activity!

You don't have to be an expert to enjoy the elements. Activity companies throughout the region are ready to take you on tailor-made adventures that will be a memory for life. Whether you wish to soar above the fjords on a paraglider, do whitewater rafting, ride a horse along trails in the mountain or have a go in a terrain park at a summer skiing centre, you will find what you are looking for in Fjord Norway. With the help of a qualified instructor, even the most inexperienced can try something spectacular. And if the experience whets your appetite, you can take a course. If you want to combine several activities, you can buy activity packages containing a multitude of challenges. Or you can visit a festival where enthusiasts gather to indulge their passion for speed and excitement. Whatever you are looking for, you will find a challenge that suits you. And remember you're never too old to play!

FJORD TOUCH



Surfing

Fjord Norway is a surfer's paradise! There are fantastic surfing beaches at Stadt, at Alnes and in Jæren in Rogaland. The surfing conditions are great all year, but experienced surfers generally consider autumn and winter to be the best time. And a good wet suit means the experience is not as cold as you'd imagine.

Diving

The coast of Fjord Norway is a gem waiting to be discovered. Several diving centres offer courses, guided tours and equipment rental. Here, you will find teeming life underwater, fantastic sounds and a number of accessible wrecks - all year round.



Cycling in Fjord Norway

It's not the distance that's important, it's what you experience en route. Scenery, people, the weather, the smells and sounds.

On a cycling holiday in Fjord Norway, your senses come to life. Western Norway offers idyllic roads in abundance. The professional cyclist will find some of Europe's toughest mountain passes, with fantastic views of the fjords and mountains. Families with children can enjoy cycling on level roads on islands out along the coast that are almost traffic-free, both on the Fjord Coast and on the coast of Møre. You are free to take your bike on one of the many express boats that connect the islands with the mainland, or on the North Sea Road in the far south of the region. There are great cycling trails in the region with accommodation available en route.

If you want to experience the mountain scenery at its very best, you can cycle on gravel roads in the mountains. On the Rallarvegen Navvies' Road from Finse or the Aursjøvegen road between Eikesdal and Sunndal you will get a real sense of wilderness, the likes of which you normally only get on foot. Or you can try terrain cycling on one of the prepared terrain tracks that have been built at the ski centres in the region. If you are feeling adventurous, get your map out and find the best trails yourself.

Whatever you decide, a cycling trip in Fjord Norway offers great experiences, challenges and pleasant meetings with the friendly locals. And blueberries grow by the roadside.

www.fjordnorway.com/bike











Fjord cruise and sightseeing - enjoy the view from the deck

Majestic mountains that rise straight up from the fjords form the backdrop to fantastic scenic adventures. The fjords are UNESCO-listed and have been voted the world's top nature-based attraction in a number of polls. On a fjord cruise or a ferry trip, you will experience scenery that will take your breath away. From a ringside seat.



svele pancake.

Ferry trip or mini cruise?

You can join a comfortable sightseeing boat on the fjords that will ensure you the best views and guiding en route. And if you decide to see the fjords by car, the round trip is broken up by many ferry trips. Although a lot of bridges and underwater tunnels have been built, there are still around 70 ferry services in the region. They connect islands with the mainland and cross the beautiful fjords in a number of places. A trip on a ferry is a perfect break, a short, cheap mini cruise! If you are travelling as a foot passenger, there will usually be a seat available, but it might be a good idea to make a booking for your car if you are planning to take one of the most popular ferry crossings.

If you are travelling without a car, Fjord Norway also has an excellent network of express boats, which can quickly transport you from the big cities to the innermost arms of the fjords and the outermost islands. Some of the boat companies sell "hop on, hop off" tickets which enable you to spend days exploring places en route. Cycling is a great way of exploring many of the islands along the coast, and bikes can be taken on boats as special luggage.

Once on board you can enjoy a cup of coffee and Fjord Norway's not-to-be-missed ferry snack: A traditional

www.fjordnorway.com/fjord-cruises-and-sightseeing





maelva /Trollveggen, Møre og Romsdal. © Øyvind Heen - Visitnorway.com

Hunting and Fishing

There are plenty of living things in Fjord Norway, and people and animals alike thrive in the vast, untouched expanses that the region offers. Fjord Norway is an eldorado for hunters and anglers.

thousands of lakes. If you want to try fishing for large and exciting hunting in magnificent scenery. trout, you must buy a fishing permit or get the landowner's permission. You will find more information about legislation www.fjordnorway.com/fishing-and-hunting and regulations in the yellow pages. The best time to fish trout is generally from mid-July to mid-August, but this varies greatly from area to area. The best time for freshwater trout fishing is usually July and August.

Fishing in the sea is free and in many places you can rent a boat or join a local coastal fisherman on a guided deepsea fishing trip. This gives you a good chance of catching a big fish! If we include all the bays, the coastline of Norway is almost 60,000 km long so there is no shortage of opportunities! There are many cabins and traditional fisherman's-style rorbu accommodation in Fjord Norway, where everything has been laid on for a successful fishing holiday.

There are just as many options for hunters. During the autumn hunting season, there is a good chance of hunting large and small game in Fjord Norway, and tourists have an opportunity to join a hunt in several places. The region is rich in grouse, hare, deer and moose. In certain places, you Anglers can try their luck in over 130 salmon rivers and can also hunt for real wild reindeer, which makes for tricky





ordland. Hordaland. © Michael Naunheim

Coastal fishing

Sounds with strong currents and shallows often make great fishing spots. Boat hire is generally available from most rorbu accommodation. Remember that there is a limit on how much fish you are permitted to take out of Norway.

www.fjordnorway.com/fishing-and-hunting www.weller.no (Bergen) www.skivenes.no (Skivenes) www.fjordkysten.no (Fjordkysten) www.norway-adventures.com (Ålesund-Geiranger) www.geirangerfjord.no (Geiranger) www.62.no (Ålesund) www.alesund-havfiskesenter.no (Ålesund) www.maud.alesund.no (Ålesund) www.stromsholmen.no (Atlanterhavsveien) www.rauma-jakt-fiskesafari.no (Åndalsnes) www.hav-fiske.com (Smøla) www.heggdalfiskeferie.no (Midsund)





Hunting

There are several hunting parties that take tourist on hunting trips. It may take some effort to track down the party you are looking for, as they often advertise through the local press/local tourist information office

Freshwater fishing

To fish in most rivers and lakes, you are required to pay for a fishing permit or buy fishing rights. In a number of places you only need one fishing permit to fish in a large area. Prices vary.

www.fjordnorway.com/fishing-and-hunting www.lakseelver.no www.inatur.no www.molaks.no (Sand i Ryfylke) www.fjordkysten.no (Fjordkysten) www.varsog-hotell.no (Surnadal) www.gloppenhotell.no (Sandane)



in the city and the Region. It also gives you free or discounted admission to most museums and attractions, and discounts on sightseeing and cultural events, meals and parking. The card is sold online at visitBergen.com and at the Tourist Information at the Fish Market.





Ålesund

Ålesund lies in a spectacular location on narrow islands, where the fjords of Sunnmøre meet the sea. The city has a long, interesting history, and it is known for the distinctive Art Nouveau architecture of the city centre, which was rebuilt after it was ravaged by fire in 1904. Its location makes it a unique starting point for a multitude of activities and experiences. From the city centre, it only takes an hour to experience everything from the ocean, unique island communities and beautiful fjords lined by sheer mountainsides plunging into the sea. Ålesund is also a fantastic starting point for exploring the peaks of the Sunnmøre Alps















- 7. Juvet Landskapshotell a hotel where untamed Norwegian nature, cultural history and modern architecture come together. © Per Eide

9. If you want to experience something that is really out of the ordinary, then a night at Kvanhovden lighthouse is just what you're looking for © Terje Rakke/Nordic Life AS / www.fjordnorway.com 10. Many well-known artists perform at the Barony Rosendal in summer

Draken, Avaldsnes, Rogaland © Toye Virata Bråthe

Cultural contrasts

A culture that reflects nature. Local traditions remixed with international trends. Prepare to be surprised.

Zoom out and see how the landscape has formed Norwegian society. The towns and cities along the coast have always faced the world, surrounded by small communities that have harvested nature's bounty. The roads cut through mountains and along deep fjords, and pass buildings and cultural landscapes that bear witness to different periods in the region's history. We have a big heritage to look after.

Unique, historical landscape paintings in art galleries. Music that reflects the dramatic scenery and the myths that surround it, performed by world-class philharmonic orchestras.

But culture is not something we put behind glass and fondly look back on. It is created every day. The people who inhabit the fjord landscape are carriers of a legacy extending far back in time. And, at the same time, they are shaping the future, and drawing inspiration from the world at large. This is what characterises the cultural scene in Norway: constant interaction between international trends and local traditions, humour and gravity, craftsmanship and improvisation.

Fjord Norway is best known for its unique landscape, but it is culture that fills it with life. Bergen has been a European City of Culture and Stavanger a European Capital of Culture. You will find well-known music festivals, art galleries and a big creative undergrowth with everything from black metal to colourful poetry. But culture also plays a big role in small communities, with an international music festival in Førde, an opera in Nordfjord and a film festival at Sognefjellet. Fjord Norway is teeming with life, if you look for what you don't expect to find.

buildings at Bryggen to the innovative architecture along the National Tourist Routes, and from Edvard Grieg's national romantic music to electronica that features on hit lists around the world, from 19th century landscape paintings to street art on a house wall.

This is what awaits you. Transitions, from what has been to what is coming, from the historical to the innovative, between depth and surface - a culture that has roots, but that is nonetheless in constant flux

• Go to a rock venue and hear exciting local names, or – if you're lucky – well-known international bands from the region, such as Kygo, Aurora, Datarock, Kings of Convenience, Röyksopp or Enslaved.

- Learn more about Edvard Grieg. Visit his home Troldhaugen in Bergen or walk in his footsteps in the mountains that inspired his music.
- Visit one of the small, unique art galleries in the region, such as Studio Hugo Opdal in Flø - out at the ocean's edae
- Pay a visit to the exciting art galleries or art events in the region – such as the KODE art museums in Bergen or the street art festival NuArt in Stavanger.
- Go to a festival off the beaten track such as the Bygdalarm festival in Kvam (Hardanger) or Utkantfestivalen, out at the ocean's edge in Skjerjehamn in Gulen.
- Enjoy jazz of an international calibre at Moldejazz by the Romsdalsfjord, Nattjazz in Bergen, Maijazz in Stavanger, Vossa Jazz in Voss or the Sildajazz festival in Haugesund. • Experience opera out at the ocean's edge at the Opera
- Festival in Kristiansund, or a fusion of Norwegian folk music and world music at Førde Traditional and World
- Music Festival. Attend one of the historical pageants – large outdoor theatres that stage historical events - such as Herøyspelet or Mostraspelet.

See www.fjordnorway.com/whats-on











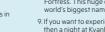
1. Sildajazz Jazz Festival. An International Trad Jazz Festival in Haugesund, © Scott Sporleder / Matador Network / www.fjordnorway.com

2. The stave churches serve as reminders of the region's rich history. These 2. I he stave churches serve as reminders of the region's rich history. I hese beautiful wooden churches that can be found in a number of places in Fjord Norway bear witness to traditional craftsmanship dating all the way back to the Viking Age. They are magnificent in their simplicity. Borgund Stavkirke, Sogn og Fjordane. © Terje Rakke / Nordic Life AS / www.fjordnorway.com

3. Den norske bokbyen (the Norwegian Book Town) sells used books in

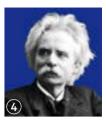
beautiful Fjærland. www.bokbyen.no. ©Scott Sporleder / Matador Network / www.fjordnorway.com

4. Visit Edvard Grieg's home at Troldhaugen (Bergen).





















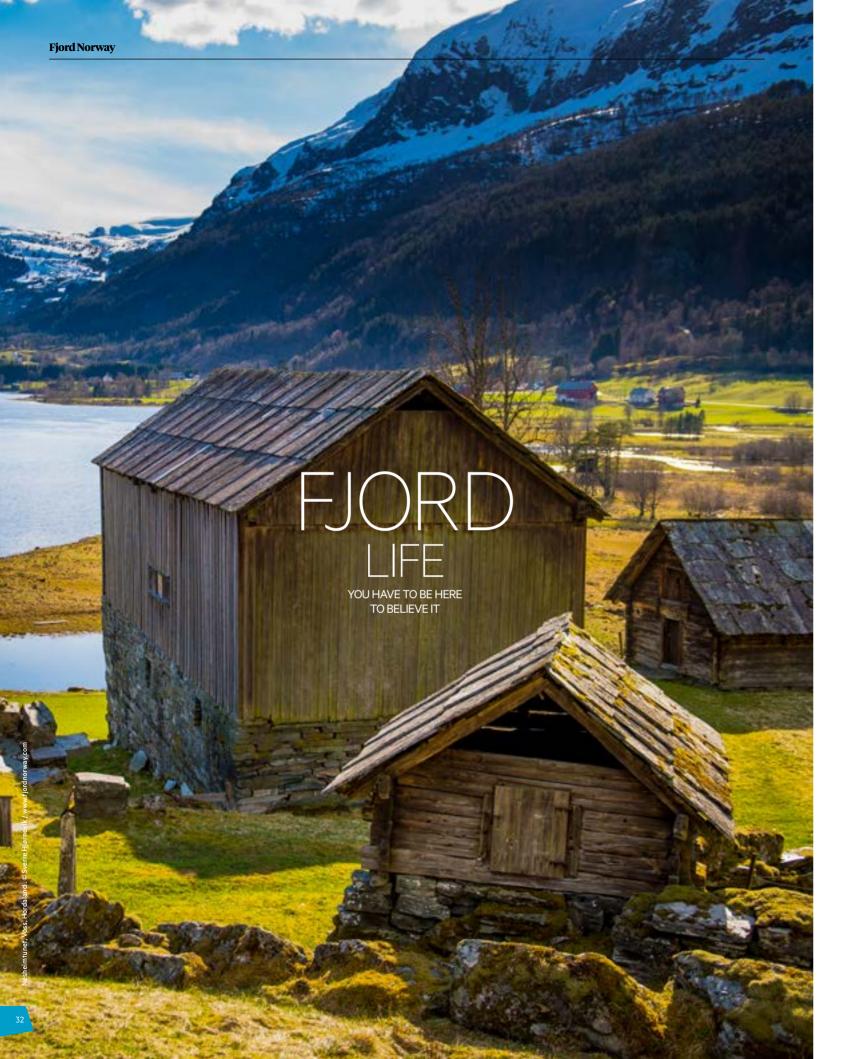
5. The brewery Ægir Bryggeri in Flåm produces a wide range of beers. © Kaitlin Bailey / Matador Network / www.fjordnorway.com

6. Stavanger Concert House is of a high international standard. © Kaitlin Bailey / Matador Network / www.fjordnorway.com

8. Koengen is situated beside, and is often considered part of, Bergenhu Fortress. This huge outdoor venue has played host to some of the world's biggest names.© Sverre Hjørnevik / www.fjordnorway.com

© Ståle Sundfjord / www.fjordnorway.com

- 11. Ålesund has a long, interesting history, and it is known for the distinc-tive Art Nouveau architecture of the city centre, which was rebuilt after it was ravaged by fire in 1904. © Alfred Lüpke/Destination Ålesund & Sunnmøre
- 12. The jury at work at the Gladmat food festival in Stavanger. The Gladmat festival will be held from 20–23 July this year. © Kaitlin Bailey / Matador Network / www.fjordnorway.com
- 13. Bukkøy, the location of the Viking farm, is only a ten-minute walk from the royal seat at Avaldsnes. The Viking farm has been rebuilt on the basis of archaeological finds made in Rogaland. © Ørjan B. Iversen
- © Scott Sporleder / Matador Network / www.fjo





THE COAST: A long coastline, large stretches of open sea and many fjords mean that Norway is ideally placed to harvest the bounty of the sea. Fisheries have been an important part of people's livelihood and culture along the coast for many centuries. Some fishermen also organise fishing trips for tourists.

The people of western Norway

Resilient and hospitable. Warm and visionary. The people of Western Norway play, live and work among the forces of nature. Why not just say hello. See what happens.

The people of Western Norway are individualists who don't conform to a stereotype. They live in tiny island communities at the ocean's edge, in mountains villages, fjord villages and cosmopolitan towns and cities. Each and every one of them lives close to nature. In Fjord Norway, there are big differences between the seasons. The long winter in which a thick layer of snow covers the mountains. A bubbling spring. A summer full of contrasts. And autumn, when nature puts on its most colourful display.

These changes, in the weather, in the seasons and in the landscape make the local people impulsive

and good at identifying opportunities. With the forces of nature ever present, it's only natural that the people of the region are active and like to spend their leisure time in the great outdoors. You are bound to meet a local or two whether you go walking, fishing or kayaking down rapids. It might be a good idea to ask for advice or go on a trip with a local guide. There's no shortage of nature experiences in Fjord Norway – there's plenty to go around!

Fjord Norway is situated on the west coast facing the rest of the world. For thousands of years, this region has been involved in international trade. The local people are proud of their traditions, but they are also inquisitive and open to trends from elsewhere. They are not all talkative to start with. But they are genuine, pleasant, inquisitive people, just like you.

It might be a good idea to say hello to a local. You never know what will happen!



THE BEST INGREDIENTS: In Norway, we can harvest from nature's fantastic larder – which means that we have first-class ingredients at our disposal. Here, the chefs from Lysverket restaurant in Bergen are foraging for mushrooms.



EJÆRLAND: Den norske bokbyen (the Norwegian Book Town) sells used books in beautiful Fjærland



THE SIMPLE LIFE: Many people seek a more simple and wholesome existence. The film "The people by the fjord" (Folk ved fjorden) depicts two elderly farmers and how they keep the old farming traditions alive.



© Kaitlin Bailey / Matador Network / www.fjordnor

BIKES AND GOATS: If you cycle the Navvies' Road (Rallarvegen) to Flåm, you are likely to come across many goats.



ARTISANS AT BRYGGEN: Goldsmith Per Vigeland is one of several artisans keeping old traditions alive at Bryggen in Bergen.

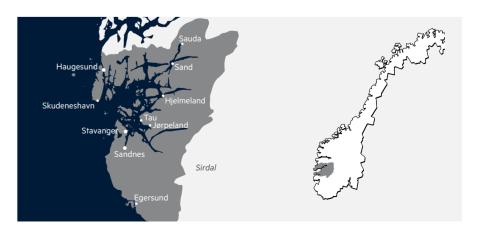
Kaitlin Bailey/ Matador Network/ www.fjordnorway.com



WRITER OLAV GRINDE

LAYERS OF HISTORY

BY BOAT OR BICYCLE



ROGALAND - chapters of living history

Key chapters of Norwegian history were written in the county of Rogaland. This is where some of the first settlers came, in rawhide boats, as the ice retreated. And this is where Viking kings fought decisive battles. But stunning attractions such as the Pulpit Rock, with its sheer 600 m drop, also bear witness to a dramatic natural history with a much longer time frame.

In Old Stavanger, workers' homes huddle along narrow cobblestone streets. This town within a town is Northern Europe's largest concentrations of wooden buildings, populated by grateful residents. The city dates back to 1125, when bishop Reinald arrived from England with craftsmen to build a cathedral. But it was during the rich herring fisheries of the 19th century, and again after oil was discovered offshore in the 1960s, that Stavanger blossomed into a true city. The Petroleum Museum and the Cannery Museum yield insights into these prosperous times. At Hafrsfjord, three giant swords set in stone are a monument to Harald the Fair-haired, who united Norway into one kingdom.

The open and fertile agricultural district of Jæren, south of Stavanger, is known for its sand dunes and endless beaches. Hundreds of grave mounds in this region date back three thousand years, while other archaeological finds are far older. Further south is a wilder landscape, uneven and stony. The winding road forces you to slow down and look more closely at its stark beauty. If you continue along the coastal road, you arrive at the dramatic Jøssingfjord, the southernmost fjord in the four western counties. Here, Hitler provoked an incident that he used as an excuse to invade Norway. Inland from Stavanger, the Lysefjord passes between towering cliffs and mountains. The most famous of them is the Pulpit Rock. A brisk hike takes you to the top - where an overwhelming vertigo awaits you at the edge. The truly brave jump onto the Kjerag boulder, perched in a crevasse 1200 m above the fjord further inland. Or just enjoy the view from below, and think of the express boat or ferry ride as a bargain cruise!

If you are on a boat holiday, it is not difficult to find a sheltered cove all your own in the complex system of fjords and hundreds of islands between Stavanger and Haugesund. This is also a wonderful area for bicycling, as is the rest of Rogaland county. The town of Haugesund also owes its prosperity to herring, as does the charming Skudeneshavn on the nearby island of Karmøy. On the inner shore of Karmøy, near the well-preserved Church of St. Olav, is a recreated Viking farm. Here you can spend hours listening to stories around the fire.



Magnificent scene

RYFYLKE AND THE STAVANGER REGION

- where the fiord adventure starts

orway.cor

Beautiful scenery featuring the Pulpit Rock, Mount Kjerag and the Jærstrendene beaches. A colourful cultural scene and great culinary experiences. Follow the National Tourist Routes through Ryfylke and Jæren and experience lively urban scenes.

Ryfylke

Magnificent fjord experiences await you in Ryfylke. This fjord region is close to the cities of Stavanger and Haugesund, and it is very easy to get to. National Tourist Route Ryfylke, the Rv 13 road and the Fv 520 road are the main traffic arteries through Ryfylke. The road extends from the famous Lysefjord in the south, then passes through beautiful villages and small towns on the way north, crosses several fjords and finally winds its way across the Røldalsfjellet mountains in the north. Make many stops en route, and find peace of mind in Ryfylke. Go for a walk in the mountains or go sightseeing on the fjord. Count the fish at the salmon studio at Sandsfossen falls in Suldal, and taste early strawberries from Fister and delicious fruit from the orchards in Ryfylke.

Reisemål Ryfylke AS NO-4130 Hjelmeland Tel. +47 51 75 95 10 info@ryfylke.com www.ryfylke.com

cplore Ryfylke! nsk Ryfylke - Entdecken Sie Ryfylke

Ryfylke, Stavanger and the Lysefjord are perfect Watch salmon on their way up Suldalslågen river. for outdoor pursuits. Experience the Pulpit Rock At the salmon ladder at Sandsfossen falls in Sand, (Preikestolen) and Mount Kjerag with a new twist you can watch life in the river through two big and discover hidden gems off the beaten track. windows. And you can take a stroll over Høsebrua One-day, multi-day and customised tours with a bridge, one of the stopping places on National



The Stavanger Region

The Stavanger region is where Fjord Norway starts. It boasts beautiful long beaches, a lively urban and cultural scene, fjord and mountain scenery, and magnificent islands. Try kayaking, cycling, surfing and kiting on the beaches of Jæren – or hunting, fishing and climbing. In the southern part of the region, you can see some exciting geological formations; in fact, you would have to travel all the way to the Moon to find the like of this unique terrain. Stavanger offers you a taste of city life with gourmet restaurants, excellent shopping, cosy cafés, Northern Europe's largest concentration of old wooden houses, and Stavanger Cathedral. This is Norway's food capital, with world-class cuisine including lamb, seafood, vegetables and fruit from local producers. The city has a rich cultural scene and was European Capital of Culture in 2008. Many museums and lots to do for families with children.

Region Stavanger Vågsgata 22, 4306 Sandnes Tel. +47 51 85 92 00 info@RegionStavanger.com www.RegionStavanger.com



Beautiful beaches.



www.regionstavanger.com

HAUGESUND







Haugesund. © Geir Øyvind Gismervik / visithaugesund.ne

www.ryfylke.com

Rogaland

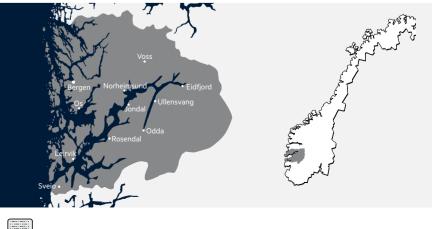


WRITER OLAV GRINDE

and Mount Ulriken. have set up shop here.

have restored many wooden vessels.

WEDDING A PRINCESS



HORDALAND - giving culture place of honour

Hordaland often astounds travellers by its variety - from fjord to glacier, from towns teeming with cultural offerings to the solitude of mountain plateaus. And some of the greatest sensual treats are to be had in spring and autumn!

Perhaps no town in Europe has a more scenic welcome for travellers who arrive by sea than Bergen, Norway's most international town. The finest views of Bergen and its surroundings can be experienced from Mount Fløyen

A distinctive row of gable-end buildings by the harbour bear witness to a nine hundred year old architectural tradition. No wonder Bryggen is listed on UNESCO's World Heritage List. Strolling the narrow wood-paved passages between these long buildings, rebuilt after a fire in 1702, is to step back into the Middle Ages, when the Hanseatic merchants here controlled the lucrative trade in dried cod from Northern Norway. Today, craftsmen and artists

A few miles south of the city centre is Troldhaugen, the home of Edvard and Nina Grieg, and a museum that honours the composer. His great achievement was to unite Norwegian folk music with the classical music of the continent, resulting in a sound that listeners immediately associate with Norway.

EXPLORING FJORDS AND VILLAGES

The district of Hardanger is a magical place, especially when countless apple and cherry blossoms unfold in May. They're just as dazzling as the glacier and snow-topped mountains. Did you know that the first apple seeds were planted by Cistercian monks? Seize the opportunity to travel the fjord by boat - or the county's coast for that matter. Slate-roofed farmhouses blend beautifully with the fertile cultural landscape along the Hardangerfjord. Picturesque villages such as Ulvik and Utne, and the old hamlet of Agatunet, invite you to slow your pace even more and explore on foot. At Norheimsund, there is a museum where some of the finest boat-builders in Norway

Viewing the Barony in Rosendal for the first time is like rediscovering a wonderful old memory. In its impressive Renaissance gardens, you can sometimes enjoy fine concerts. Another cultural venue of note is Mosterhavn, where historical plays are staged in an amphitheatre with beautiful surroundings.

If you're lucky, you may see a traditional wedding when you visit the inland town of Voss or one of the villages. The colourful costumes, festivities, fiddle music and lively dancing is better than any staged show. A Hardanger bride is a fairytale princess – when she weds, she even wears a silver crown!.



FLØYEN



Fløyen Folk Folkmusic from NOK 135 / 210 June 18th – August 21st



Canoe rentals free of charge June 18th – August 14th





Fløyen Kiosk and Warming Room

#only6minaway







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 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.

Norway in a nutshe





Edvard Grieg Mu

PLAN AND BOOK visitBergen.com

mountain hike

many cultural venues.



Vetrlidsalmeningen 23A, N-5014 Bergen Tel.: +47 55 33 68 00 / E-mail: info@floyen.no

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

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

With the Bergen Card in your pocket, you travel free on Light Rail and buses in the city and the Region. It also gives you free or discounted admission to most museums and attractions, and discounts on sightseeing and cultural events, meals and parking. The card is sold online at www.visitBergen.com/BergenCard and at the Tourist Information at the Fish Market.







FRGE







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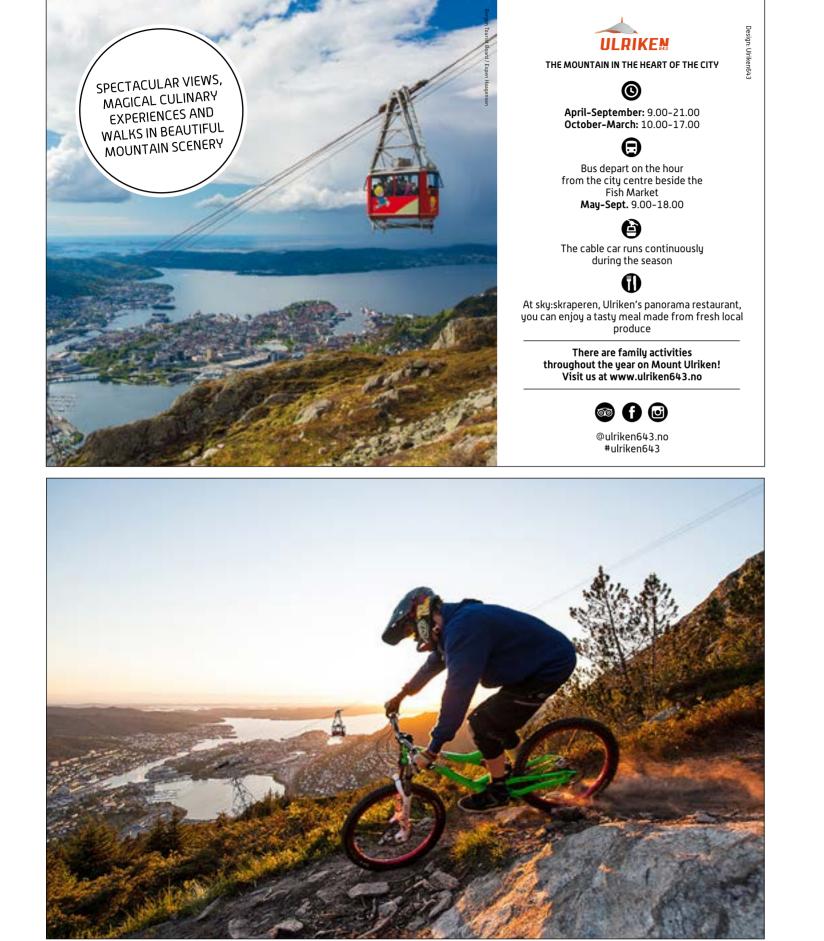
MYRKDALEN HOTEL

MYRKDALEN

varying sizes.



Myrkdalen, Hordaland. © Sverre Hjørnevik / www.fjordnorway.com



Ulriken, Bergen, Hordaland. © Sverre Hjørnevik / www.fjordnorway.com

Hordaland

MYRKDALEN HOTEL

location with ski in – ski out access to the largest skiresort close by. in Western Norway.

It is a modern mountain hotel, which is situated only 30 minutes from down town Voss and two hours from Bergen International Airport.

In summer the area offers a variety of hiking trails. Other

Myrkdalen Hotel has a perfect activities and the idyllic Sogne Fjord and Nærøy Fjord are

> The hotel is a modern mountain hotel with 112 rooms and 375 beds. We offer restaurants, playrooms for kids and bars.

From NOK 1320,- per person in a double room, including breakfast.

HIGH STANDARD CABINS AND APARTMENTS

In Myrkdalen Mountain Resort you can also rent comfortable self-catering apartments and cabins of

All units have high standard and are close to the ski resort and hiking trails.

From NOK 800,- per night.



BOOKING:

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DANGERFJORD

Trolltunga (10-12 hour walk) in Odda with the Folgefonna glacier behind © Terje Nesthus

An eldorado for children and adults

A perfect base for exploring Fjord Norway. The Hardangerfjord, not far from Bergen, is one of the most beautiful regions in Norway. Two national parks, three National Tourist Routes, fjords, waterfalls and glaciers await you. Accommodation to suit all budgets.



Destination Hardanger Fiord AS Sandvenvegen 40 N-5600 Norheimsund Tel: +47 56 55 38 70

www.hardangerfjord.com



Hotel Ullensvang

A family-owned hotel in a unique location right beside the fjord. The hotel has both soul and a unique combination of modern comforts, local tradition and history.

Lovely bathing section with indoor and outdoor pools and one of Europe's longest swimming channels, all heated. Indoor tennis and squash courts, fitness centre etc. Large garden with a private sandy beach, rowing boats and pedal boats.

Fantastic walks nearby: HM Queen Sonja's panoramic walk, Trolltunga rock, Hardanger Fruit Trail, guided glacier walks. Go-karting, helicopter sightseeing etc.

Check in. Breathe out. Also see our ad on page 4.

Hotel Ullensvang

5787 Lofthus i Hardanger Tel: +47 53 67 00 00 ullensvang@hotel-ullensvang.no www.hotel-ullensvang.no



1) Hotell Ullensvang 2) ATMOSPHERIC – the view from the swimming channel



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1) Brakanes Hotel, 2) Hardangerfjord Hotel



,1) Låtefoss waterfall, 2) Trolltunga Hotel, 3) NVIM. © Harald Hognerud

Nature - Industry - Cultural Heritage

Odda is situated between the Hardangervidda and Folgefonna national parks. In Røldal you can go on great mountain walks and visit the former pilgrimage site, Røldal Stave Church. The Tyssedal and Odda area, which is a UNESCO World Heritage candidate, has the Buarbreen glacier with glacier guiding, the Tysso Via Ferrata climbing route and the Norwegian Museum of Hydro Power and Industry (NVIM) in Tyssedal – an active museum that features films, exhibitions and guided tours. Tourists in good physical shape can do the walk to Trolltunga (the troll's tongue) (see the photo opposite). The activity hotel Trolltunga Hotel makes the perfect base for the walk to Trolltunga rock. Welcome to Odda, the only town in Hardanger.

Tel: +47 53 65 00 50

www.nvim.no

www.trolltungahotel.no Tel: +47 40 00 44 86

www.visitodda.com Tel: +47 48 07 07 77

www.roldal.no

Tel: +47 53 64 20 33

Eidfjord. Rich in experiences – at short distances

In the innermost reaches of the Hardangerfjord, you will find large open expanses, high There are lots of lovely walks you can do in Hardanger, both long and short. Some of mountains, deep valleys and blue-green fjords. As well as glaciers, mountain lakes, rivers and the best walks in Norway are in the area: the four waterfalls in Husedalen (Kinsarvik), Trolltunga rock (Odda) and guided glacier walks on blue ice on the Folgefonna glacier. waterfalls - and smiling people who invite you to enjoy experiences you will never forget. Go kayaking on the fjord and enjoy spectacular contrasts. **Quality Hotel Vøringfoss**

Fossli Hotel - with views of Vøringsfossen waterfall www.fossli-hotel.com Tel: +47 53 66 57 77

- something to look forward to www.resortvoringfoss.no Tel: +47 53 67 41 00

Sima power station - Norway's biggest power station open to visitors www.visiteidfjord.no

Hardangervidda Nature Centre Eidfjord

- visitor centre focusing on Norway's nature, climate and environment www.hardangerviddanatursenter.no

Eidfjord Tourist Information Office www.visiteidfjord.no Tel. +47 53 67 34 00









1) Hardanger Fartøyvernsenter © N.K. Torvik 2) Guided tour of Agatunet farm cluster3) Hardanger embroidery © Silje Solv

Welcome to Hardanger and Voss Museum

At our museums, you can learn about the history, culture and art of people in Hardanger. Hardanger Museum has a variety of exhibits with the emphasis on traditional crafts, local food and activities. Joint ticket for all the branches, which are set in beautiful locations along the fjord. Cafés and museum shops.

Hardanger Folk Museum, Utne A beautiful open-air museum, featuring folk music, an mpressive museum library and exhibition of costumes/Hardanger embroidery. Agatunet farm cluster, Aga A farm cluster comprising 30 buildings with roots dating back to the Middle Ages. Lagmannsstova, the oldest courthouse and only wooden knight's hall in Norway, bears witness to how the nation was built.

Hardanger Maritime Centre, Norheimsund Open workshops where you can see craftsmen (ropemaker, smith and boatbuilder) at work. People are there to greet you and help you and your family with the activities.

Kabuso, Øystese Changing exhibitions of contemporary art of high artistic guality and concerts in the chamber music hall, and works by sculptor Ingebrigt Vik.

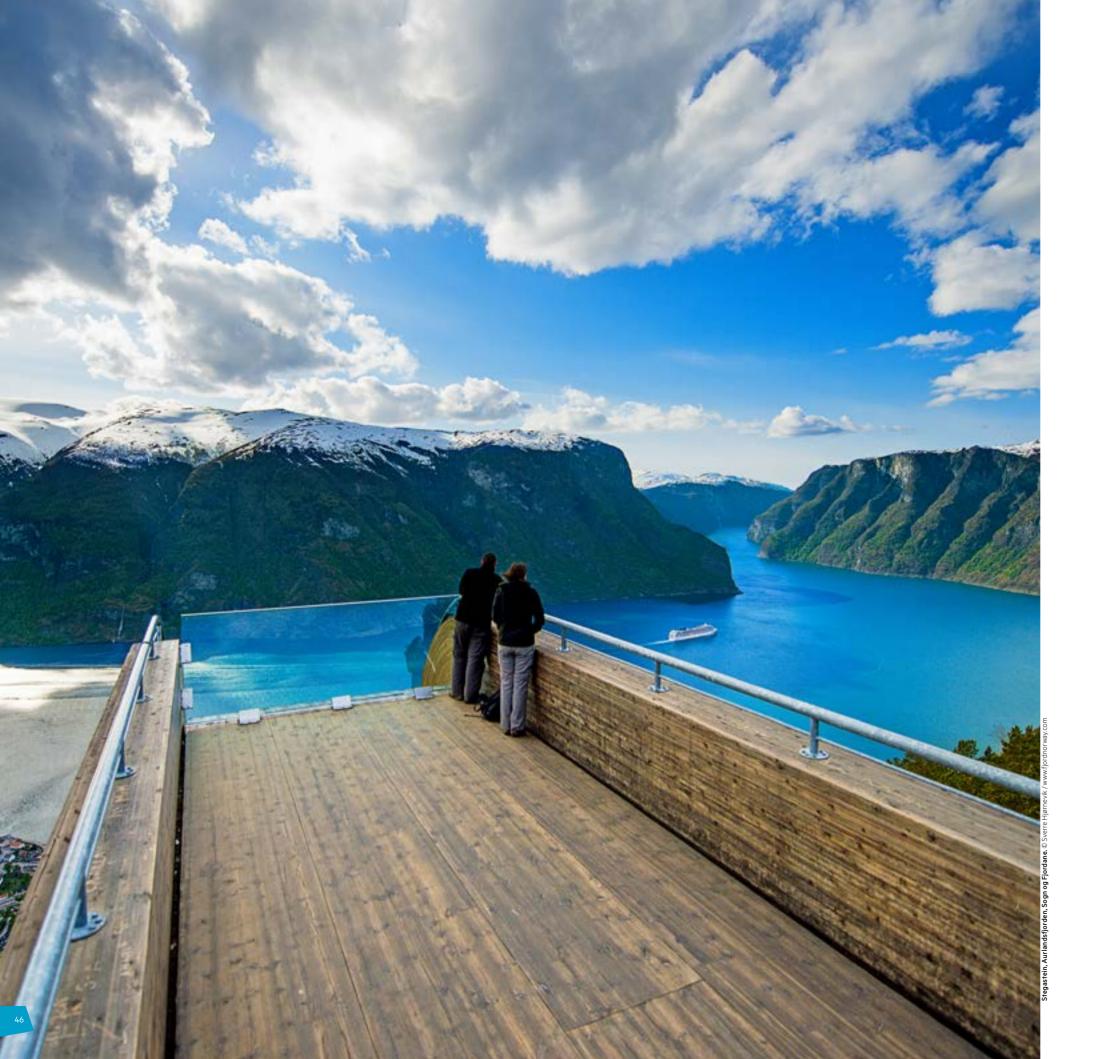
You will find the museums here: www.hardangerogvossmuseum.no

Outdoor eldorado

- Guided glacier walks on the Folgefonna glacier www.folgefonni-breforarlag.no Tel.: +47 95 11 77 92
- Via ferrata climbing routes in Tyssedal and to Trolltunga (Troll's Tongue) www.trolltunga-active.com Tel.: +47 90 82 45 72
- Kayaking, family rafting, climbing etc. in Eidfjord and Odda www.flatearth.no Tel.: +47 47 60 68 47

Guided walk on the Folgefonna Via Ferrata to Trolltunga rock glacier. © Folgefonni Breførarlag © www.trolltunga-active.com

Kayaking in Eidfjord © Flatearth.no



SOGN OG FJORDANE - county of the longest fjord

WRITER OLAV GRINDE

Since long before the dawn of modern tourism in the middle of the 19th century, travellers have come from afar to appreciate the scenery of the Sognefjord. The county with this magnificent fjord at its heart offers a wealth of activities and adventure possibilities.

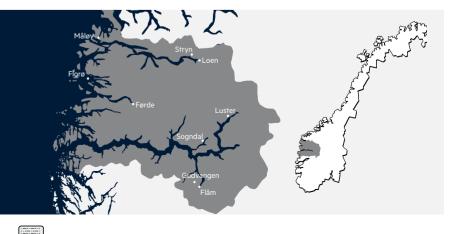
Half the joy of the Sognefjord is the many charming and eye-catching villages along the 204 km long fjord – such as Balestrand, known for its ornate Swiss-style houses. At the end of one of the innermost fjord arms lies the wonderfully preserved village of Lærdalsøyri. One of Norway's most famous salmon rivers flows right through the old centre of town. For many cruise passengers, the Nærøyfjord is the climax of western Norway, with peaks towering 1200 metre high mountains along the narrowing fjord.

Railway buffs consider Flåmsbana one of the most exciting train rides in all of Europe. The 20 km long railway, which passes through 20 tunnels, took 20 years to build. It is a masterpiece of engineering. A popular bicycle journey is Rallarvegen, an old construction road, from the Hardangervidda mountain plateau down to Flåm.

INNER LIFE OF THE GLACIER

the largest glacier on continental Europe.

TESTIMONY TO ANCIENT CRAFTSMEN



A perfect place to learn about the inner life of the glacier is Fjærland, home to the Norwegian Glacier Museum. Afterwards, you can accompany an experienced guide for a walk on Nigardsbreen, an arm of the Jostedalsbreen,

There are other scenic fjords in this county, such as Nordfjord, winding inward toward the fantastic landscape of Stryn and Olden. For skiers and snowboarders, summer is no hindrance; at Stryn you have access to snow year round. A fantastic scenic drive is Sognefjellsvegen, with the highest mountain pass in Northern Europe.

On a small headland with a beautiful view over the Lustrafjord, stands Urnes stave church, one of the world's foremost cultural memorials. Its excellent condition is fine testimony to the skilled craftsmen who built the church over 800 years ago. The portals facing west and north are adorned with beautiful carvings of intertwined animal figures that clearly stem from old Norse culture. There is also a remarkable similarity to Celtic ornamentation found in manuscripts like the book of Kells. Five of the 28 stave churches still standing are in Sogn & Fjordane county – Urnes, Borgund, Hopperstad, Undredal and Kaupanger.

The autumn and spring storms that sweep against the Norwegian coastline have Stad as their favourite meeting place. Many sailors stopped at the monastery of Selja, considered the womb of Christendom in Norway, to wait and pray for storms to pass. Not every one was that patient; some seafarers actually pulled their boats across the peninsula of Stadlandet at Dragseidet, despite a distance of 5 km and a strenuous climb up to 240 metres!



The Nærøvfior

SOGNEFJORD

The Sognefjord, situated in the middle of Fjord Norway, extends all of 204 km inland and contains some of the wildest and most beautiful scenery in Norway. The area has dramatic scenery, unique cultural attractions and a large choice of exciting activities for the whole family.

The Sognefjord: Boat and ferry trips all year. The Nærøyfjord, Visitor centres and cultural attractions: The Norwegian Glacier the Fjærlandsfjord and the Lusterfjord are the most popular fjord Museum in Fjærland, the Breheimsenteret in Jostedalen, the attractions. The Nærøyfjord is on UNESCO's World Heritage List. The Jostedalsbreen National Park: The largest glacier in mainland Europe. Guided glacier walks for the whole family on the Nigardsbreen glacier

The Jotunheimen National Park - the Sognefjell mountain road, #55:

A wild and beautiful mountain area including the highest mountains in Norway. Store Skagastølstind mountain (2.403 metres) can be seen from the Sognefjellsvegen road, which runs past the and fishing trips. Jotunheimen, the Aurlandsdalen valley and National Park.

Stave churches: Urnes Stave Church, the oldest in Norway (approx. 1130), is on UNESCO's World Heritage List. Other stave churches, all from the 12th century: Borgund, Hopperstad, est waterfalls: Vettisfossen in Årdal, 275 metres, Feigumfossen in Kaupanger and Undredal.

Norwegian Wild Salmon Centre in Lærdal, Sogn Folkemuseum at Kaupanger, Sognefjord Aquarium in Balestrand, the Norwegian Book Town in Fjærland.

The Flåm Railway: The Flåm Railway is the most breathtaking stretch of railway in Scandinavia

Activities: Walks, cycling, trips on the fjord, glacier walks, kayaking, rafting, horse riding, horse and carriage rides, summer skiing, swimming in the fjord, canyoning, helicopter trips, mountaineering Stølsheimen are popular walking areas.

Spectacular mountain passes: Sognefjellsvegen, Aurlandsvegen, Vikafjellet, Tindevegen (Årdal – Turtagrø) and Gaularfjellet. High-Luster, 218 metres,



Trondheim

The Nigardsbreen glacie

sognefjord

www.sognefjord.no









www.sognefjord.no



ww.visitflam.com

The charming village of Flåm is situated at the innermost part of the Aurlandsfjord, a tributary of the 204 kilometer long and up to 1308 meter deep Sognefjord. Flåm is an all year destination that offers activities for everyone.

Flåmsbana

Flåmsbana - The Flåm Railway is a spectacular train journey between Flåm and the mountain station Myrdal on the Oslo-Bergen line. Flåmsbana is recognized by National Geographic Traveller as one of the most beautiful train journeys in Europe. The railway is 20 kilometer and has a height difference of 865 meters. The train runs all year.

Stegastein viewpoint

The viewpoint Stegastein, 650 meters above sea level is located on the Aurlandsvegen mountain road, a National Tourist Route. Situated 16 kilometers from Flåm overlooking the beautiful Aurlandsfjord. Daily tours from Flåm.



Photo: Visit Flåm/Morten Rakke, Johnny Akselsen, Paul Edmundson, Marius Moldvær

Explore the UNESCO World Heritage listed Nærøyfjord and Geirangerfjord. The narrow fjords allows for some of the wildest and most dramatic scenery in Norway. A fjord cruise on the Lysefjord offers spectacular glacier landscapes and the iconic Pulpit Rock.

Historic hotel

Fretheim Hotel is one of the most unique hotels in Fjord Norway. Centrally placed in Flåm, the hotel has 121 rooms and offers local cuisine at its best. Fretheim Hotel is a member of the Historic Hotels in Norway.





Fjord adventures



Booking: www.visitflam.com E-mail: info@visitflam.com **Tel:** (+47) 57 63 14 00

www.visitflam.com



FJORDKYSTEN



Utsikten, National Tourist Route Gaularfjellet. ©Statens Vegvese

VISIT SUNNFJORD

Fosseheimen - authentic experiences in spectacular scenery

Sunnfjord is situated in the heart of Sogn & Fjordane County. The region has plenty of natural attractions. Tranquil rivers, cascading waterfalls, large and small lakes with a combination of local food culture, art and activities, such as glacier walks and rafting will make your holiday unique. The landscape is ideal for walking and the rivers offer rich fishing, and with your own fishing guide you're guaranteed to catch some fish.

Don't miss:

- National Tourist Route Gaularfjellet the 'Utsikten' viewpoint opens in 2016!
- Walks in a landscape of waterfalls and spectacular trails
- Astruptunet the home of artist Nikolai Astrup
- Førde Traditional and World Music Festival is held every year from Wednesday to Sunday in week 27
- Åmot Country Villa and Opera Farm
- Jølstra trout

More information is available at **www.sunnfjord.no**





Glacier walk on Haugabreen glacier. ©Bre og Fjell



Sunnfjord

Visit Sunnfjord

Box 133, NO-6801 Førde

Tel.: +47 57 72 19 51 E-mail: post@sunnfjord.no

Rafting on the Jølstra river. ©Terje Rakke www.sunnfjord.no



Located on the coast between Bergen and Ålesund, FjordKysten is easily accessible when traveling in Norway.

Within two hours from Bergen you can discover a stunning coastline. Visit small fishing villages, charming towns and explore the nature. Thousands of islands, narrow fjords, mountains rising straight up from the sea and white sandy beaches - perfect for small and big adventures! Go island hopping or kayaking, hike Hornelen - the highest seacliff in Europe or go diving on shipwrecks from WWII.

You won't meet crowds of tourist - just real people and real experiences.

Plan your trip at fjordkysten.no



Værlandet, Sogn og Fjordane. © Terje Rakke / Nordic Life AS / www.fjordne



FJORD KYSTEN Visit FjordKysten Strandgata 30, N-6900 Florø mail@fjordkysten.no Tel.: +47 57 74 30 00



NORDFJORD

Short distances – great experiences

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.



© Thomas Bichardt/BickFoto, © Sergey Bogomyako, © Sverre Hjørnevik/www.fjordnorway.com, © Loen Active, © Lapoint, © Thomas Bickhardt/BickFoto

mountains.

87-88



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

Hornindalsvatnet lake - Europe's deepest lake (514 metres).

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

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

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

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

Via Ferrata Loen - a climbing route high above the fjord, surrounded by spectaular mountains.



Destination Stryn & Nordfjord

Perhusvegen 24, NO-6783 Stryn Tel. (+47) 57 87 40 40. mail@nordfjord.no www.nordfjord.no









WRITER OLAV GRINDE

your beloved! you an easier route to the top.

THREE REMARKABLE TOWNS



MØRE OG ROMSDAL - treasures high and low

The best things in life never cost a fortune. You can experience a sought-after cruise on the famous Geirangerfjord, from Hellesylt to Geiranger, for the mere price of a normal ferry ticket. In fact many adventures in Møre & Romsdal merely require that you open your eyes! Some travellers who come here are so enchanted, they never get to see the rest of Norway.

The Geirangerfjord is merely an arm of a greater fjord system that starts south of Ålesund, narrowing as it winds its way inland between mountains rising ever higher. Along the way, you pass waterfalls such as the Seven Sisters and abandoned farms perched on mountain ledges. In days of old, young men and women supposedly courted by calling out to each other across the fjord; that is a far cry from being able to whisper sweet things in the ear of

No county in Norway has more impressive mountains, with the Sunnmøre Alps and the Romsdal mountain range at the top of the scenic list. Trollveggen is known to every rock climber in the world. In 1967, a team of French climbers used 20 days on an excruciating direct ascent. However, the locals would be more than happy to show

The valley of Innerdalen is considered one of the most beautiful in the country. Grøvudalen near the Dovre national park is a close second. If you're a bird lover, a spectacle not to be missed is a bird rock where a 100 000 puffin couples nest each year. This amazing avian metropolis also harbours 240 species', For divers, the nearby waters are far more tempting. The wreck of the Akerendam has yielded the greatest sunken treasure in northern Europe. But the variety of life below the surface is the true treasure.

Each of the three towns in the county are special, for very different reasons. After large parts of Ålesund were destroyed by fire in 1904, the town was rebuilt with characteristic spires, towers and ornamentation. Today, Ålesund is the world's Art Nouveau town par excellence.

You could write a credible history of modern jazz by limiting yourself to musicians that have played at Molde International Jazz Festival since 1961. The town is also known for its panorama which counts 222 peaks. If you're sceptical, pick up the pamphlet listing them.

Perhaps the best way to travel from Molde to Kristiansund is to drive the Atlantic Road, which skips from island to island – at times you may feel as though you were driving on the sea itself. Norway's first opera was established in Kristiansund, not Oslo. The annual opera week is celebrated by the entire town. Yet some of your finest moments in Møre & Romsdal may be in one of the many cafés, savouring memories or planning new adventures.



Geirangerfiorder

GEIRANGER

The Geirangerfjord is known as the jewel of the fjords, which is confirmed by its place on UNESCO's World Heritage List. With its towering mountain peaks, cascading waterfalls and fantastic palette of colours, the fjord winds its way through dramatic landscape that simply has to be experienced. Geiranger has been an attractive and world-famous tourist destination for more than 100 years.



We wish you all a warm welcome to the Hotel Union, owned by the 4. generation of the Mjelva family! We can guarantee you unforgettable service, delicious, local food, pampering and relaxation in our spa, and the most breathtaking views of the world's most beautiful fjord! geiranger@hotelunion.no www.hotelunion.no



Geiranger Fjordservice: We offer a variety of activities and tours that will ensure that you find Geiranger a great experience. Transport and tours on the fjord and transport to various viewpoints, bike, kayak and car hire. We also offer a guide service booking@geirangerfjord.no -

www.geirangerfjord.no



Dalsnibba viewpoint, 1,500 m.a.s.l: Europe's highest fjordview from a road. A trip to the top of Dalsnibba gives you a real taste of the elements! The summit is one of a kind, and a new plateau is scheduled to open in 2016 – a lofty platform hanging several hundred metres above the ground.

adm@dalsnibba.no - www.dalsnibba.no



Norsk Fjordsenter: A World Heritage Centre where you can learn about Geiranger and the surrounding area through interactive exhibitions, a film and activities, and why Geiranger has been inscribed on UNESCO's exclusive list. booking@fjordsenter.com www.verdsarv.no





Norway's most beautiful town

Ironically, it is thanks to the great fire of 1904 that Ålesund has Put on your walking boots and experience the seasons in the one of the world's finest concentrations of Art Nouveau archi- Sunnmøre Alps. Jagged mountain peaks tower up from the fjord tecture. If you look up as you explore the town, you will discover to heights of up to 2,000 metres, but there are also gentle trails an abundance of imaginative ornamentation on the fronts of that are suitable for families. In winter, skiing enthusiasts will find the buildings. Walk up the 418 steps to the top of Mount Aksla what they are looking for, whether it is the slopes of a pleasant and you will be rewarded by unforgettable panoramic views!

Natural highlights

Experience teeming bird life on the bird island of Runde and The road from Trollstigen to Geiranger has been upgraded to a admire the picturesque Alnes lighthouse. Experience the National Scenic Route, with viewpoints and picnic areas. You can magic of the wild Norangsdalen valley and sail up the dramatic experience attractions like the Trollstigen Road, Gudbrandsjuvet Hjørundfjord surrounded by the magnificent Sunnmøre Alps. gorge, the Ørnevegen (Eagle's road) and Geirangervegen road The Geirangerfjord is so unique that it has been included on on the route. UNESCO's World Heritage List. The sparkling blue glaciers and green valleys of Nordfjord are just a short trip away.

The Hjørundfjord & the Sunnmøre Alps







Online booking: visitalesund.com

mountains creates an almost unbeatable combination of culture and nature!

Adventure capital of the fjords

ski centre or summit trips up snow-clad mountainsides.

National Scenic Route

Destination Ålesund & Sunnmøre Skateflukaia, NO-6002 Ålesund Tel.: +47 70 16 34 30 E-mail: info@visitalesund.com www.visitalesund.com















The Atlantic Road - Norway's Construction of the Century and National Tourist Route

TROLLSTIGEN AND THE ATLANTIC ROAD MOLDE AND KRISTIANSUND

At the top of Fjord Norway, in its north-western corner, you will find a landscape full of contrasts with deep fjords, alpine mountains, picturesque villages, traditional summer pasture farms and lively island communities.

Two of Norway's National Tourist Routes pass through this Kristiansund is situated on four islands, and offers both cultural region; the Trollstigen Road with its 11 hairpin bends up to Stigrøra (858 metres). The road has been carved into the mountainside and supported by stone walls. Between Kristiansund and Molde, the Atlantic Road winds its way across smooth rocky islets and skerries at the ocean's edge.

Molde is known for jazz, roses and its fantastic view. From the Varden viewpoint (407 metres), you can enjoy the famous Molde panorama with its 222 partially snowclad peaks. Every summer, the Moldejazz jazz festival features world famous artists and attracts teeming crowds.

and culinary experiences. For centuries, fresh cod was salted, dried and refined into the product klippfish, which is considered a delicacy in southern climes. And spices and culture were shipped back in exchange. Today, an opera festival, an international photography festival and, of course, klippfish are a strong part of the town's identity.

Put on your walking shoes and walk the Romsdalseggen ridge or the Fjord Route, walk in the Trollheimen mountains and Sunndalsfiella National Park. Or drive the spectacular Aursjøveien road between Sunndalsøra and Eikesdal and see the highest waterfall in Northern Europe, Mardalsfossen.



Visit Nordmøre & Romsdal AS Tel. 70 23 88 00 • info@visitnorthwest.no

Pb. 508, Kongens Plass 1, 6500 Kristiansund

www.visitnorthwest.no Molde office

Pb. 484, Torget 4, 6413 Molde Kristiansund office:

Kristiansund - the town that floats in the sea!



Trollstigen Road- one of Norway's most popular National Tourist Routes. Molde - with its famous Molde panorama







Aurland, Sogn og Fjordane, © Pål Bugge









An adventure awaits in every corner of Fjord Norway. You just need to find them. And the local shop always sells ice cream!

www.fjordnorway.com/children

Sverre Hjørnevik / ww



e: +47 40 10 59 99 | mail: post@v





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FAMILY HOLIDAYS

in nature's playground!

Playing is all about seeing possibilities and being spontaneous. Being open to magical moments. If you are travelling in Fjord Norway with children, you should go as the road takes you. Take a detour with a good conscience, and make sure you make the most of the opportunities offered by the scenery and the weather. If the sun is shining, you can find beautiful beaches by the coast. A glacier is a labyrinth. There are a million trees to climb in, and as many small trout that are easy to catch with a worm on a hook.





akvariet.no



Via feratta Loen, Sogn og Fjordane

Children are the best guides in a playground stretching from the fjords to the mountains, from pebbled beaches all the way up to the summer ski centres. There are trails everywhere leading to vantage points and boulders to climb on and self-service cabins with outdoor toilets. At activity farms, you can ride horses, feed the pig or pat the sheep. Blueberries grow in abundance everywhere.

There are teeming crowds in the towns during the summer. Open-air concerts, ice cream and lots of fun attractions will quiet even the most restless three-year-old. At the aquariums in Bergen and Ålesund, you can see fascinating sea creatures at close hand. In Hardanger, you can visit a large, modern hydroelectric power plant at Sima in Eidfjord, and learn about the history of Norway's energy-intensive industry in Tyssedal and you can take a relatively easy walk in the Lysefjord to the most spectacular cliff in Europe. And if you want to raise your adrenalin level, you can visit Kongeparken amusement park in Rogaland. Or dive from the five-metre board.



Sognefjellet, Sogn og Fjordane. © Sverre Hjørnevik / www.fjordnorway.com

Kviknes Hotel, Balestrand, Sogn og Fjordane. © Terje Rakke / Nordic Life AS / www.fjordnorway.com



BEHIND THE WHEEL - on beautiful roads!

Driving the roads of Western Norway is not just about getting from A to B. The journey is an experience in itself. Choose between spectacular fjords, beautiful vantage points, a thriving cultural landscape or a rugged coastline. Regardless of which road you choose, a surprise awaits you around the next bend.

Building roads in Norway is no easy matter. The relentless work of glaciers and water over millions of years has created a landscape of mountains, fjords and islands. Some of Norway's most spectacular bridges and roads are to be found in this landscape. People have always sought to create lines of communication - between small far-flung communities and the world at large. And when the fjord is too wide for a bridge, a ferry service has been established – a mini cruise and a chance to take a breather en route

Take your time on your trip through Fjord Norway. Plan your trip in advance, but remember that every detour will lead you to a hidden gem. If you choose to travel to the major fjord attractions, you may find you're not alone. And although it's easy to get caught up in the cascading waterfalls, the steep mountainsides and deep fjords – don't forget to admire the wild flowers by the roadside.

And remember not to let all this beauty distract you keep your eyes on the road! With so much magnificent scenery, it's easy to lose your concentration.

Driving your own car in Fjord Norway

Travelling by car in Fjord Norway makes for a great holiday, giving you complete freedom and access to most of the major tourist attractions. Several ferry companies can transport your car to the region from the European continent, and there are car hire companies at all airports and in most cities and towns

Remember to budget for toll charges and ferry tickets. A ferry trip can cost from NOK 50 to NOK 500 (excluding passengers} dependinga on the length/duration of the crossing. Petrol is also slightly more expensive in Norway than in most other countries. There are petrol stations in most towns and villages in the region. There are also plenty of picnic places en route. They are meant

to be used for lunch breaks and short stops – not for overnight stays.

Several mountain passes are closed during winter, and during the winter season (October to May), there may be periods when some roads are closed or only open for convoys due to poor weather. You will find an overview at www.175.no (in Norwegian and English). Cars are required to have winter tyres during winter, and snow chains are highly recommended

Most roads in Fjord Norway are of good standard, but in some places the roads can be narrow and there may be a lot of traffic during the summer. Remember that your insurance must cover driving in Norway, and safety belts must be worn by all passengers. Cars must drive with dipped headlights at all times.

The speed limit in cities and towns is usually 50 or 30 km per hour, and 70 or 80 km per hour in the countryside. It is completely prohibited to drive under the influence of alcohol in Norway

See the travel information in the yellow pages for more information

A GASTRONOMIC JOURNEY

Bergen - Os - Utne - Voss - Balestrand - Solvorn - Bergen

Taste the coast, the mountains and fjords – that's an essential part of the perfect holiday in Fjord Norway. Here we suggest a gastronomic journey - feel free to combine it with other tours and adventures.

When you choose a restaurant (perhaps one of the Historical Hotels & in Norway. At Kviknes Hotel insist on a windows Restaurants) that emphasises local ingredients and specialities, your seat with a fjord panorama. The waitress may palate gets to sense the uniqueness of that region.

Day 1, Bergen-Os, 30 km

Savour the changing landscape south of Bergen as you drive to Os. Nearby is Solstrand Hotel & Bad, with lunch buffet and dinner menu that lets you Taste the Coast. After digesting a fine meal, you can paddle a kayak on the fjord, wander along the shore, or luxuriate in Day 5, Balestrand-Solvorn, 63 km (1 ferry) the hotel's spa. www.solstrand.com

Day 2, Os-Utne, 129 km (1 ferry)

There are many attractions along the Hardangerfjord and its many fjord arms. Three are Rosendal barony with its Renaissance gardens, the old hamlet of Agatunet, and Hardanger Folk Museum at Utne. Utne Hotel is one of the oldest in Norway. As you enjoy the atmosphere. you can dine on trout from the Tyssedal mountains and tender deer game from the mountain tracts, or plum-sized steak from the local forests. Fruit and berries naturally have the place of honour on the dessert menu, www.utnehotel.no If you're hungry, Haaheim Gaard on Tysnes is also worth a visit, where guests can watch the chef compose tempting menus based on the

best local produce. The nostalgic surroundings and the fragrance of the rose garden make for an extra special experience www.haaheimgard.no

Day 3, Utne–Voss, 65 km (1 ferry)

A ferry crossing and a good hour's drive bring you to Voss, an inland village with deep cultural roots. You can sense them at Voss Folk Museum, Mølstertunet – or at a concert featuring the Hardanger fiddle. Fly tandem in a paraglider or try your hand at white-water rafting to work up an appetite! Fleischer's Hotel offers hearty local Aurlandsfjellet, where you will be rewarded with fare, such as game and lamb served many ways. If you're brave ask for smalahove - half a sheep's head. www.fleischers.no

Day 4, Voss-Balestrand, 87 km (1 ferry)

Tvindefoss falls beckons you before the road crosses the Vikafiell mountains. Just before you reach the Sognefjord stop at Hopperstad stave church. The fiordside village of Vik produces a pungent cheese known as gammalost; aficionados claim it's a natural Viagra. It's excellent accompanied by marinated salmon, wrapped in a thin potato patty.

Across the fjord lies Balestrand, one of the most picturesque villages

bring you a charcuterie of moose served with herbs and edible flowers, followed by monkfish sautéed in herbs, and finally a cloudberry parfait. Afterwards, stroll amongst the beautiful Swissstyle villas of Balestrand. www.kviknes.no

www.walaker.com

240 km (1 ferry)

When you're ready to continue, follow the RV55 road to Sogndal and the RV5 road further east to Mannheller, where you cross the fjord by ferry to Fodnes. From here, there are two alternative routes to Bergen. The world's longest road tunnel (24.5 km) is the quickest way to Aurland, while in summer you can take the National Tourist Route a magnificent panorama of the Aurlandsfiord. Both roads lead to Flåm, innermost in the fiord. A fjord cruise on the Nærøyfjord - the world's narrowest fjord and a UNESCO World Heritage area – is a must. Do not miss a trip on the Flåm Railway, and take the opportunity to cycle back down the valley. We also recommend a stop at the historic Stalheim Hotel, before continuing on to the city between the seven mountains. www.dehistoriske.no.www.stalheim.com www.grandterminus.no

On eastbound Rv55 along the Sognefjord, you will soon discover many treasures - such as the 850-year-old Urnes stave church, a UNE-SCO World Heritage attraction. Just across the fjord a bed awaits you at the romantic Walaker Hotel in Solvorn. The family that runs it serves their food with pride, be it fish from the fiord. strawberries from nearby Jostedalen. You simply must try a glass of the local raspberry juice!

Day 6, Sogndal-Flåm-Gudvangen-Bergen,

Touring Fjord Norway by car



ROUTE1 6 DAYS

614 KM 5 FERRIES

Experience

- Experience
- Edvard Grieg Museum Troldhaugen.
- Oselvarverkstaden a traditional boatvard at Os
- Urnes, Hopperstad and Fantoft stave churches
- Cruise the Sognefiord and the Nærøvfiord.

Wonderful detours

- Lysøen fairytale villa of violinist Ole Bull
- The Arboretum and Botanical Gardens at Milde
- Bøyabreen glacier, the Norwegian Glacier Museum in Fjærland.
- A guided walk on Nigardsbreen.
- Flåmsbana Europe's greatest railway adventure.
- A mountain walk to Sivle Farm at Stalheim.
- A wilderness trek in the Vikafjell mountains.

With a gastronomic focus

- Bergen's Fish Market.
- A Hardanger fruit farm in May with trees bloomina
- Undredal great goat cheese and a tiny stave church
- Food festivals check our events calendar.
- Fløien Folkerestaurant and Bryggen Tracteursted are two of Bergen's historic restaurants
- Smak av Kysten (Taste the Coast) more than 20 restaurants where great seafood is quaranteed!
- You can also check out these other projects that focus on good food: Fiordmeny Vossameny, Hardangermeny, Norsk bygdeturisme og gardsmat. Matfylket Rogaland. En smak av Nordsjøløypa and Hanen

For more tour suggestions, see: www.fjordnorway.com



555 KM **3 FERRIES**

UNESCO World Heritage Sites in Fjord Norway

 The Geirangerfjord – one of the most magnificent and unspoiled fjords in the world. • Urnes stave church – the oldest stave church in the world, probably built around 1150. Famous for its intricately carved portals. • The Nærøyfjord – the narrowest fjord in the world. Together with the Geirangerfiord, this is a UNESCO World Heritage Site, exemplifying the special fiord landscape of Norway. • Bryggen in Bergen – the old wharf pre-dates the Hanseatic league that once had its Norwegian office here. This building pattern has been repeated through almost 900 years, even after many fires.

Experience:

- Ålesund one of Europe's finest Art Nouveau towns
- Jostedalsbreen the largest glacier on mainland Europe. Its beautiful glacier arms include Briksdalsbreen, Bøyabreen and Nigardsbreen. Norwegian Glacier Museum – located in
- Fjærland, this museum is guaranteed to provide visitors with additional insights into our glaciers and how the glaciers are reacting on climate change.
- Sogn Folk Museum at Kaupanger.
- Old Lærdal (Lærdalsøyri) a wonderfully preserved village. The new village centre was built at a new site nearby.
- Borgund stave church built around 1180. Sometimes fittingly referred to as "the fairytale church"
- The ferry crossing from Kaupanger to Gudvangen – think of it as an inexpensive, yet magnificent fiord cruise
- Stalheimskleiva the 13 hairpin bends that ascend next to the gorge at the end of Nærøvdalen vallev are an attraction all bv themselves!

Other UNESCO World Heritage Sites in Norway

 Røros – an old mining town that seems untouched by modern times. The wooden buildings and street patterns date back to the 17th century. Located 380 km north of Oslo. • Vega Archipelago – islands noteworthy due to both their natural and cultural uniqueness. • Alta – near this town in the far north of Norway are thousands of petroglyphs, the finest concentration being at Jiepmaluokta. The oldest carvings are more than 6000 years old, most dated to around 500 BC. The Struve Geodetic Arc – which extends from the Black Sea to Hammerfest – was the first large-scale, scientific survey in Europe. Four measurement points are situated in the county of Finnmark



The Hanseatic wharf Bryggen in Bergen, Hordaland. © Andrea Giubelli - Visitnorway.cor

A TOUR OF WORLD HERITAGE SITES Ålesund – Geiranger – Stryn – Sogndal – Kaupanger – Gudvangen - Voss - Bergen

It is well known that Norway has many world-class attractions. However, some of these are so unique and important that they belong to all of humanity. This special tour brings you to a selection of these UNESCO World Heritage Sites.

Ålesund, the Art Nouveau town

We start our journey in the town of Ålesund, on the northwestern coast of Fiord Norway In addition to its magnificent location at the edge of the mighty Atlantic, Ålesund has an exceptional array of Art Nouveau buildings. The reason for this is actually a tragic fire, which devastated the town in the early hours of 23 January 1904. Even though 800 buildings were reduced to ashes and ten thousand were people left homeless in the cold winter night, there was only one casualty

Architects and builders from all over Norway came to help rebuild the town, in record time. As a result of their combined efforts Ålesund was transformed, receiving a beautiful Art Nouveau countenance, yet with a distinctly Norwegian character. In addition to joining a the "Time Machine" at the Art Nouveau Cen rewarding insights! www.visitalesund.com

Ålesund – Geiranger, 110 km, 1 ferry, 4 hours

Get ready for a cruise on the Geirangerfjord, the king of fjords, which has attracted travellers from all corners of the world since the area. www.nordfjord.no first ship of tourists sailed into the fjord in 1869. Generations of travellers have called

in the world". Along with the Nærøyfjord, it is a UNESCO World Heritage Site, exemplifying the fjord landscape of Norway.

From Ålesund, you continue on to Hellesylt, where you can take a ferry to Geiranger. Find a place on deck or by a window – because the view is fantastic

Soon you will see cascading waterfalls such as De Syv Søstre and Brudesløret (The Seven Sisters and The Bridal Veil), snow-capped mountains and lush vegetation clinging to dark mountain walls - all mirrored in the blue-green waters of the fjord. Perched high above on mountain ledges are the farms of Skageflå, Knivsflå and Blomberg. They too are worth a visit. Many interesting excursions are available from the village of Geiranger

www.fjordnorway.com/places-to-go/geiranger

Geiranger – Strvn, 100 km, 2,5 hours

When you are ready to leave this fjord, your bus climbs trunk road RV63 to Dalsnibba viewpoint. Here you really must stop and enjoy guided city walk, we urge you to experience one of the most magnificent panoramas in all of Norway!

tre. The combination is sure to provide many From the junction ahead, drive west on E15. As you emerge from a series of tunnels, there is another great viewpoint at Videseter. It is easy to understand why the natural beauty of the Stryn and Loen area, with its majestic mountains, many lakes and waterfalls, attracts so many visitors. The road continues along the southern shore of Strynsvatnet lake. Consider a stop at Jostedalsbreen National Park Centre, before reaching Stryn or your chosen accommodation in the

Stryn – Sogndal, 140 km, 2.5 hours

the Geirangerfjord "the most beautiful fjord From Stryn your unhurried, scenic road journey continues along

iord. Møre og Romsdal. © CH/www

RV60, joining highway E39 at Byrkjelo. At Jølstravatnet lake and Skei turn onto southbound RV5. Soon the road tunnels under the glacier!

All of Norway's fjords were carved out by ice during a series of 40 or more ice ages. At times an ice sheet up to 3 km thick covered the land. A visit to Jostedalsbreen, the largest glacier on mainland Europe, and its beautiful glacier arm Briksdalsbreen, will make you appreciate the immense forces at work. Please note that you must always keep a safe distance from the glacier, unless accompanied by an experienced guide. Make a little detour to visit the Norwegian Glacier Museum in Fjærland and its fascinating exhibits on the inner life in the glacier.

RV5 soon cuts across the mountains to the town of Sogndal, tucked deep into one of the fiord arms of the Sognefjord. As you enjoy the view you should pause to consider that ice carved away 5400 cubic kilometres of land mass - at the snails pace of half a metre every thousand years! If the fjord was drained of water, and you stood at its deepest point, you would be 1308 m below sea level, surrounded by mountains up to 3 km high.

Here, the finest attraction in addition to the town itself is Bryggen, the old Hanseatic wharf overlooking the harbour. Bryggen is a living treasure that figures prominently on UNESCO's Sogndal – Urnes – Kaupanger, 55 km, 1 ferry, 2 hours There are many attractions along the Sognefjord and its many fjord arms. The main fjord World Heritage List. Its distinctive row of gable-end buildings exemplify a building tradition reaches halfway to the Swedish border. that dates back almost 900 years, and which was once common in many European ports. The present buildings date back to 1702, rebuilt after one of many fires.

From Sogndal, take trunk road RV55 in a northeasterly direction, crossing by ferry from Solvorn to Urnes, and later returning the same way. (Check departure times and book your Narrow wood-paved passages invite you into dimly lit spaces, luring you deep into Bryggen's ferry tickets in advance. Just park your bus in Solvorn.) Just a short walk away, on a small past. In the Middle Ages this was the headquarters of the Hanseatic merchants who headland with a beautiful view of the Lustrafjord, stands the oldest stave church in the world, controlled Norway's lucrative exports of dried cod. Today artists and craftsmen, fashion a UNESCO World Heritage attraction. Urnes was built around 1150, one of an estimated designers and architects ply their trades here. For added historical insight, visit Bryggen 2000 stave churches raised by specialised builders, who handled their materials with the Museum and the Hanseatic Museum - and join a guided city walk. The "City of The Seven Mountains" has much to offer. www.visitbergen.com same care that Viking boat builders did

Although the elevated nave and the arcaded interior resemble Romanesque churches, Please note: the building also has elements of pre-Christian traditions. Particularly striking are the To receive maximum enjoyment from this World Heritage journey, it is imperative that you dragon-style carvings of intertwined animal figures on the north and west facing portals. not be in a hurry. We strongly recommend taking five-eight days, complementing it with Observant visitors may note a resemblance to the Book of Kells, and there were indeed other attractions en route that you as a tour operator believe to be of special interest to many early connections between Ireland and Norway your party.

In the Sognefjord area there are four other stave churches. Kaupanger is very close, and here As with most of the tours described in this Travel guide, you can reverse the order of your there is a fine folk museum, and a boat museum. After returning on the Urnes-Solvorn ferry, itinerary. And tempting option is to take the Hurtigruten Coastal Steamer one direction head back to Sogndal on RV55, and then turn southeast on RV5 to Kaupanger. between Bergen and Ålesund.

If you would like a detour to visit Lærdal and its well-preserved old village centre, you can take the Mannheller–Fodnes ferry and the tunnel to the village. Just 27 km further east on E16 is Borgund stave church, formed like something out of a legend. The other two stave churches in the Sognefjord region are Undredal and Hopperstad. www.sognefjord.no

Kaupanger – Gudvangen, Ferry cruise

Fjords are best experienced by boat, so we recommend taking the ferry from Lærdal or Kaupanger to Gudvangen. That gives you three hours or so to sayour the magnificent, shifting panorama. You sail west on the Sognefjord before entering the beautiful Aurlandsfjord, before the captain once again changes course into the Nærøyfjord.

The Nærøyfjord. Sogn og Fjordane. © Sverre Hjørnevik / www.fjordnorway.com Urnes Stave Church, Sogn og Fjordane. © Espen Mills/Tasteofnationaltouristroutes.cor

This is the narrowest fjord in the world, at one point only 250 m wide - and yet another UNESCO World Heritage Site. It winds its way past cascading waterfalls and steep mountainsides to the village of Gudvangen. If you look carefully, you can spot sure-footed goats wandering where they please. This is a truly magnificent fjord cruise! www.fjord2.no

Gudvangen – Bergen, 150 km, 3 hours

From Gudvangen you drive along the floor of a tranquil valley, before ascending the 13 hairpin bends of Stalheimskleiva. Perched at the top is Stalheim Hotel, a great setting for a coffee break, meal or overnight stay. In addition to Norway's best private folk museum, there are gardens that provide a magnificent view of the valley and surrounding mountains! Then continue to Voss, an inland town where the music of the Hardanger fiddle is cultivated by masters, and cultural traditions are exceptionally strong. Highway E16 takes you westward through a varied landscape to the city of Bergen

Bergen and Bryggen



ROUTE3 4-7 DAYS 910 KM

7 FERRIES

Eniovable detours

 Runde, our southernmost birdrock, visited by puffin and other migrating seabirds. • Boat excursions from Ålesund – to the Geirangerfjord, the Hjørundfjord and the "roses and jazz town" of Molde. • Ona – a charming fishing village located west

- of Molde • Alnes lighthouse - a lighthouse outside Ålesund that is well worth a visit. Kvernes stave church on Averøy – The humble exterior of this church, built during the latter
- half of the 14th century, hides a beautiful interior • Sunnmørsalpene – magnificent hiking terrain.
- The fishing village of Fosnavåg offers one of Norway's best seafood restaurants.
- From Hellesylt, there is a scenic detour up the beautiful valley of Norangsdalen. Continue along RV655 to Ørsta and views of the Sunnmøre Alps

Experience:

- Wildlife Sea Safari along the coastline outside Ålesund in a high speed RIB-boat.
- Strawberries are an attraction too at least in the village of Valldal
- The Information Centre Norsk Fjordsenter in Geiranger yields a fascinating insight into
- history, culture and life along the fjord.

For more tour suggestions, see www.fiordnorway.com



nsdal. © Terie Rakke / Nordic Life AS / www.fiord

THE WONDERS OF MØRE OG ROMSDAL

Ålesund - Geiranger - Åndalsnes - Molde - Bud -Kristiansund – Trondheim – Sunndalsøra – Molde – Ålesund

The northernmost county of Fjord Norway is legendary for its dramatic landscape - in fact many tourists who come here never make it to other regions of our country. The many attraction in Møre og Romsdal include the Geirangerfjord, the Art Nouveau town Ålesund, the Atlantic Road between Molde and Kristiansund, the hairpin bends of Trollstigen, fishing villages and the snow-clad inland peaks.

Ålesund – the Art Nouveau town

The Art Nouveau town of Ålesund could be taken right out of a fairy tale. The town's unique location at the edge of the ocean surrounded by fjords and mountains creates an almost unbeatable combination of are well worth your while: culture and nature! Ironically, it is thanks to the great fire of 1904 that For a view of Geiranger and the fiord, walk Ålesund has one of the world's finest concentrations of Art Nouveau or drive up the road behind the village architecture. During that one winter night, 800 building were reduced to Flydalsjuvet. This rock ledge offers a to ashes and ten thousand people left homeless. Architects and stunning panorama and is one of the most craftsmen from all over Norway contributed to the huge rebuilding photographed attractions in Norway. Also project. The result is a greater and more harmonious concentration consider a visit to Skageflå, an abandoned of Art Nouveau architecture than is found anywhere else in Europe.

Visiting the Art Nouveau centre and its "Time Machine" will give you insight into the amazing story. If you look up as you explore the town, you will discover elegant facades and imaginative ornamentation. much of it inspired by our Viking roots. If you walk up the 418 steps tiful hike in Geiranger is Storseterfossen, to the top of Mount Aksla, you will be rewarded by an unforgettable panorama! www.visitalesund.com

Ålesund – Geiranger, 87 km, 2 ferries, 2.5 hours

A 20-minute drive from Ålesund will take you to Magerholm, and Geiranger – Åndalsnes – Molde, 182 km, the ferry ride across the fjord to Aursnes takes just 15 minutes. Drive 2 ferries onward to Hellesvit, before taking a new and longer ferry ride to the In the morning when you're ready to convillage of Geiranger. Think of this as an inexpensive fjord cruise - the tinue from Geiranger, you'll be pleased to Geirangerfjord is a UNESCO World Heritage attraction! On the know there is another fantastic viewpoint loudspeakers the sights and attractions are explained in a variety of on your itinerary, as you drive up the hairpin languages - for instance the legends of how the impressive waterfalls bends of the Eagle's Road. Then continue De svy søstre (The Seven Sisters), Friaren (The Suitor) and Brudesløret three-guarters of an hour to Eidsdal, taking (The Bridal Veil) came to be. If you peer up, you may be astonished to see farms perched on mountain ledges high above the fiord. Ferry timetables for the Geirangerfjord are available at www.visitflam.com

Consider slowing your pace when you reach the village of Geiranger, at the head of the famous fiord. Here are three adventures that

farm 270 metres above the fjord. This is where the King and Queen of Norway celebrated their Silver Wedding Anniversary in 1993. You need to take a boat before starting the hour-long hike to Skageflå. Another beauwhere a trail takes you behind the waterfall! www.fjordnorway.com/places-to-go/ aeiranaei

the ferry to Linge

From here the road takes you to a popular viewpoint above Gudbrandsjuvet, a high and

Geirangerfiord. Møre og Romsdal. © Per Eide / www.fiordno

narrow gorge through which the raging Valldøla River flows. The river has carved deep giant's ship on an excursion. See www.haholmen.no cauldrons and intricate formations. Café Juvet offers lunch with a view of the gorge. For a room with a view, check out Juyet Landskapshotell, Reservations are advised, since there are just seven rooms, each of them quite unique. Ask about the local wilderness camp, rafting and canyoning. www.juvet.com

From the gorge, your journey continues to Trollstigen and a journey down its famous ha bends. (Please check your brakes before the descent!) If you take less than an hour, you d stop long enough to enjoy the amazing view.

The area around the town of Åndalsnes, at the head of the Romsdalsfjord, offers exc adventures. How about canoeing down Istra, a tributary to Raumaelven? For equipment expert instruction, please contact, www.romsdalaktiv.com Also tempting is Raumaban spectacular train ride on which you will be treated to views of deep river gorges and Norv highest cliff: Trollveggen. The train is furnished with especially large windows. A ride Åndalsned to Dombås takes one hour 40 minutes. www.nsb.no/raumabanen

An hour's drive from Åndalsnes will take you to the ferry guay at Åfarnes. From Sølne the other side it's only half an hour's drive to Molde. See www.fjord1.no for ferry schedu

Molde, jazz and roses

Molde is the town of jazz and roses, as well as fjords and mountains. During the 19th cer parks were established, and more rose gardens than perhaps anywhere else in Norway could write a credible history of modern jazz based on the great musicians who have pla at the Molde International Jazz Festival, celebrating its 50th year in 2011.

The "Molde panorama" is legendary, counting 222 peaks. If you think this an exact ation, a brochure lists them by name. For accommodation and other information, www.visitnorthwest.no

Molde – Bud – Kristiansund, 104 km

An hour's drive from Molde is the idyllic fishing village of Bud. In the 16th and 17th cent Bud was the largest trading post between Bergen and Trondheim - today it is best know its seafood restaurants and cultural history.

The coastal road between Molde and Kristiansund is proof that the joy lies in the journe moments you may feel you're driving on the sea itself as the Atlantic Road skips from isla island, and from islet to skerry, across bridges and causeways. Road workers endured to hurricanes to build it. If the winds are strong, make sure your windows are up, unless you a shower! Many people take a trip out here when the autumn storms start to rage - it is a sight when the big waves break beside (and sometimes across) the road.

Do take time to stop at one of the many lay-bys to enjoy the view, or walk a few metres along the smooth coastal rocks and cast your fishing line. A stone's throw or two to the west the shipping lane crosses the notorious waters of Hustadvika, concealing innumerable wrecks.

It is well worth your while to take the short boat trip to Håholmen, a well-preserved fishing hamlet from the 18th century. It was previously run by adventurer Ragnar Thorseth, who many a time has sailed a replica ship in the wake of Vikings. A film is shown about these expeditions. If you book ahead, you can enjoy a fine seafood lunch, try deep-sea fishing or join the Viking

c Road, Møre og Romsdal. © Mattias Fredriksson / www.fjordnorway.com

airpin didn't	return, Kristiansund received spices and cultural impulses – and many good recipes for bacalo, which can be enjoyed in local restaurants.
citing It and nen, a	When the people of Oslo get uppity, the natives of Kristiansund are fond of pointing out that they established their opera long before there was one in the Norwegian capital! The town hosts an annual opera festival, as well as an increasingly popular international photography festival.
way's from	If you're yearning for an excursion, we recommend a boat trip to Grip, a scenic archipelago situated 14 km out at sea. Stroll through the fishing village, listen the seagulls and the waves, and visit the stave church. www.visitnorthwest.no
es on	Kristiansund – Trondheim, 200 km, 3 hours (road E39), 2 ferries
iles. ntury	From Kristiansund to Trondheim, you can choose between highway E39, the express route drive, or the longer coastal route, which is essentially a northward extension of the Atlantic Road. The coastal road entails ferry crossings at Seivika–Tømmervåg and Kanestraum–Halsa.
/. You layed	In Trondheim make sure to visit Nidaros Cathedral, built in 1070–1300, and explore the charm- ing Bakklandet neighbourhood across the river, with its old wooden houses and narrow streets.
	Trondheim – Sunndalsøra – Molde, 255 km 4,5 hours
gger- visit	Drive southwest to Surnadalsøra, a fjordside village at the mouth of the Surna river, which offers excellent salmon fishing. When you're ready, take the Kvanne–Rykkjem ferry and continue on to Sunndalsøra, another great base for wilderness adventures. From Sunndalsøra your route continues to Molde. Individual travellers and small groups might consider an overnight stay at the old trading post Angvik, or in one of the friendly hotels in or around Molde.
uries	
vn for	Molde – Ålesund, 82 km, 2 hours, 1 ferry After taking the Molde–Vestnes ferry, head westward to Ålesund. This town, which has perhaps the greatest concentration of art nouveau architecture in Europe, is well worth exploring.
ey. At nd to welve want quite	

Kristiansund is famous for klipfish. For centuries, fresh cod has been salted and dried, and

exported to Mediterranean countries and beyond, where it is rightly considered a delicacy. In

Kristiansund and Grip



ROUTE 4 7-10 DAYS 730 KM **3–5 FERRIES**

Experience

- Bryggen, a UNESCO World Heritage Site.
- Troldhaugen Edvard Grieg Museum.
- A guided glacier walk on Folgefonna.
- Agatunet hamlet a cluster of farms dating back to the Middle Ages. Lagmannsstova was built around 1250
- The old hydropower facilities in Tyssedal.
- A hike to Trolltunga one of the most stunning viewpoint in Fjord Norway.
- Try kayaking or whitewater rafting in Fidfiord.
- Enjoy the taste at Hardanger Juice and Cider Factory.
- Try the adrenal-kicking sports of your choice at Voss!
- Interested in Norwegian knitwear? Don't miss the opportunity to visit the factory
- outlet of Dale of Norway, in Dale. Summer skiing at Folgefonn Summer Ski Centre

Enjoyable detours:

- The Barony Rosendal has beautiful Renaissance gardens in an exquisite setting, a venue for summer concerts and other events.
- At the Hardanger Vessel Preservation Centre in Norheimsund you can see boat
- building done the Viking way! • A Hardanger farm with fruit orchards
- blooming in May.
- A visit to Hardangervidda Nature Centre in Eidfjord enhances any visit to Hardanger. Make sure you include a visit to Vøringsfossen, the most famous waterfall in Norway, and a trip up to the Hardangervidda mountain plateau
- Take the renowned Flåmsbana Railway down to the fjordside village of Flåm, and then a fjord cruise on the Nærøyfjord, a UNESCO World Heritage area.

For more tour suggestions, see: www.fiordnorway.com



Folgefonna, Hordaland, © Desire Weststrate

AN ADRENALIN-FILLED **ADVENTURE!**

Bergen - Folgefonna - Utne/Kinsarvik/Lofthus -Tyssedal - Ulvik - Voss - Bergen

Fjord Norway offers a wealth of exciting activities, set in stunning scenery. On the journey we describe here, you can go hiking in the mountains above Bergen, ioin a guide on the Folgefonna or Jostedalsbreen glacier, ascend to the rock ledge known as Trolltunga, cycle the Navvies' Road, try kayaking and whitewater rafting, canyoning and mountain cycling. Best of all: you choose the level of challenge!

Beraen

For a bird's eye view of "the City of Seven Mountains", take the Fløibanen funicular, or the cable car to Mount Ulriken (643 m). But don't stop there – mountain trails invite you to explore further. Back down by the harbour, be sure to visit the famous Fish Market and Start with a visit to the Norwegian Museum the Hanseatic Wharf, a UNESCO World Heritage Site. If you want of Hydropower and Industry. Afterwards you a GPS challenge, want to try rock climbing or abseiling, just visit can explore the old hydropower facilities the Tourist Information Office or www.bergenbasecamp.com. For up the valley. Perhaps you're tempted to a accommodation and attractions see www.visitbergen.com

Bergen - Folgefonna glacier - Utne/Lofthus, ca. 140 km, 1-2 explore the heights above Tyssedal, and ferries, 4 hours

From Bergen follow highway E16 inland to Trengereid, before switching to Rv7, a National Tourist Road. Just before the village of century ago. Norheimsund, stop at Steinsdalsfossen – vou can actually walk behind this waterfall! Turn south at Norheimsund; another 15 minutes One of Norway's most stunning viewpoints takes you to Tørvikbygd and a relaxing 20-minute ferry crossing to is perched in the mountains of Hardanger. Jondal. Now you're ready to set your sight on the dazzling Folgefonna glacier and Folgefonna Summer Ski Centre, set high above the Hardangerfiord. For a guided walk on Folgefonna or the glacier full day for this. Do be careful if you walk tongue Julklavassbreen, contact www.folgefonni-breforarlag.no out onto Trolltunga (the troll tongue) itself; (Never explore the glacier on your own!)

Bring food, beverage and warm, layered clothing for the glacier old Ringedal Dam and giant's cauldrons excursion, even if the sun is shining. After your guided glacier walk you can enjoy refreshments at the summer ski centre's café at Jondal. For accommodation we recommend the charming For details on the adventures offered, visit fjordside village Utne, or take the ferry across the fjord to Kinsarvik. www.opplevodda.com There is va ried accommodation throughout the area. Check out www.hardangerfiord.com

Utne/Lofthus - Tyssedal - Ulvik - Voss, ca. 160 km, 0–1 ferry, 4 hours Request a box lunch from your hotel or buy food at the grocer, then head for Tyssedal.

400-metre climb to the dam watcher's hut on Mount Lilletopp? You're also invited to see it through the eyes of the daring navvies that built the pioneering facilities here a

A 20-km mountain walk and 800-metre ascent will take you there - you need a it's a long drop into oblivion. The guided excursion starts in Skjeggedal, passes along the river before ascending the "Ladder to the Heavens" up the mountains.

It is less than an hour's drive from Tyssedal north along the fjord until you cross the Hardanger Bridge and continue on to Ulvik.

Matador Network / www.fiord

Three farms outside Ulvik comprise the Fruit and Cider Route. Pop past and sample the boat. In addition to the stunning scenery you may be lucky enough to see seals, porpoises fare www.siderruta.no and other wildlife up close.

Exciting discoveries in Voss

When you're ready, turn your back to the fjord and head across the mountains; you'll reach Voss after an hour's drive, plus whatever stops you require to savour the scenery. The town of Voss has gained international fame in certain circles by Voss – Gudvangen – Flåm – Aurland – Lærdal – Sogndal – Jostedal, ca. 220 km, 1 ferry, hosting Ekstremsportveko, an annual week-long festival for extreme sports, It's 4–5 hours great to be a spectator, but those yearning for hands-on adventure will find plen-We recommend choosing the National Tourist Route from Aurland to Lærdal, across scenic ty of temptations at Voss and in its vicinity. Check out www.vossrafting.no and Aurlandsfjellet. From the award-winning viewpoint Stegastein, you can enjoy a wonderful www.ekstremsportveko.com panorama over the Aurlandsfiord

Perhaps no adventure is more exotic than to walk the glacier with an experienced guide, for Voss Rafting Senter offers rafting and other water sports for beginners as well as masters. instance on Nigardsbreen, an arm of Jostedalsbreen, the largest mainland glacier in Europe. Depending on the water level, we'll head for the Stranda or Raundal river. Their experienced The glacier guides provide the specialised equipment you need, and they offer tours of varying length and difficulty, even for families with children down to the age of six years. guides will provide excellent instruction, as well as guidance on the excursion itself. Afterwards we can enjoy refreshments or a meal in the restaurant, while reviewing photographs from your expedition. To gain further insight into the glacier's inner life, we suggest a visit to the Norwegian Glacier

Museum in Fiærland or Breheimsenteret in Jostedal. Only then will you truly understand how Voss is an agricultural area known for traditional food. Thinly cut sausage (vossafår) and the massive ice cap that covered most of Norway during a series of 30-40 ice ages gradually cured leg of lamb (fenalår) are well worth a try. The local fare can be a fascinating challenge. carved through the bedrock, sculpting what became the fjords of western Norway. You will Ask for "vossameny" at the local hotels or cafés, or consider a visit to Smalahovetunet, also understand how the ongoing global climate change is reducing glaciers throughout the We'll let the menu be a surprise! For accommodation, more activities and attractions, visit world. If after walking on ice that is thousands of years old, you are tempted to spend more time in the area, you can enjoy mountain hikes, go rafting or kayaking, or choose between www.visitvoss.com a wealth of other activities! See www.sognefjord.no

Voss – The Navvies' Road – Voss

Another great adventure that you can share with family or friends is a bicycle journey on Jostedal – Sogndal – Kaupanger – Gudvangen – Voss – Bergen, ca. 210 km, 1 ferry, the Navvies' Road (Rallarvegen), an old construction road blessedly free of car traffic. 7-8 hours Park your vehicle at Voss and take the train to Finse or Haugastøl station. From there the On your way back to Bergen, we recommend that you take the ferry from Kaupanger to Navvies' Road crosses the Hardangervidda plateau, roughly following the Bergen Railway Gudvangen. After crossing the Sognefjord into the Aurlandsfjord, the ferry travels the full from Haugastøl via Finse, Hallingskeid and Myrdal, before descending to Flåm. The road length of the Nærøyfjord, the narrowest fjord in the world. This dramatic fjord and pristine itself is guite an attraction, leading you through a fantastic alpine area at thousand metres landscape that surrounds it is a UNESCO World Heritage Site. See: www.fjord2.no above sea level, up to 1300 metres, and then down to sea level.

The Navvies' Road was built more than a century ago to bring in supplies and equipment to the thousands of workers who were building the Bergen Railway. From mid-July each year, this old road provides grateful adventurers with an exotic two-wheeled journey. Early in the season you may have to walk your bicycle over patches of snow, and for safety we recommend that you also walk your bike down the steepest gravel sections.

From the fjordside village of Flåm, you can take the Flåm Railway back up to Myrdal, and from there return to Voss on the Bergen Railway.

For more information about the Navvies' Road (Rallarvegen), please visit: www.visitflam.no www.nsb.no www.fiordtours.com www.norske-bygdeopplevelser.no www.rallarvegen.com

In Flåm there is ample opportunity to enjoy many more activities - such as hiking in the valley of Aurlandsdalen, kayaking the fjord, or joining a fjord safari in a fast-moving RIB

vies' Road, Hordaland, © Kaitlin Bailey / Matador Network /

See also: www.sognefjord.no See www.visitflam.com



ROUTE 5 12-18 DAYS 1619 KM 7 FERRIES

Voted Best of Fjord Norway

 The Lysefior Pulpit Rock Trolltunga • The Hardangerfjord Beraen The Nærøyfjord Inner Nordfjord (Olden–Loen–Stryn) • The Geirangerfjord • Strandafjell

Kristiansund

Six scenic roads:

 National Tourist Route Ryfylke National Tourist Route Hardanger • National Tourist Route Aurlandsfjellet National Tourist Route Geiranger–Trollstigen National Tourist Route Old Strynefjell Road National Tourist Route Atlantic Road

UNESCO World Heritage Sites

Bryggen in Bergen www.visitbergen.com

- The Nærøyfjord www.sognefjord.no
- Urnes stave church www.sognefiord.no
- The Geirangerfjord
- www.visitgeirangerfjord.com

Experience!

- The Lysefjord www.regionstavanger.com A hike to the Pulpit Rock
- Old Stavanger
- Røldal stave church www.hardangerfjord.com • Låtefossen waterfall close to Odda
- A hike to Trolltunga in Hardanger
- Via Ferrata in Tyssedal
- The Ullensvang Hotel
- www.hotel-ullensvang.no
- The Hardangerfjord
- Cider tasting in Ulvik, Hardanger
- Vøringsfossen waterfall close to Eidfjord
- Simadalen Power Station in Eidfjord
- Hardanger Vessel Preservation Centre in
- Norheimsund Steinsdalsfossen waterfall in Norheimsund,
- Hardanger • Bergen – The gateway to the Fjords
- www.visitbergen.com
- Edvard Grieg Museum Troldhaugen
- Voss Folk Museum www.visitvoss.com Rafting at Voss
- Tvindefossen falls close to Voss
- Stalheimskleiva on the way to Gudvangen • The Nærøyfjord www.sognefjord.no
- Fjord safari on the Nærøyfjord



Geirangerfjord, Møre og Romsdal. © Per Ottar Walderhaug Lodalen. Strvn. Sogn og Fjordane. © Erik Hermansson

BEST OF FJORD NORWAY

Stavanger-The Lysefjord-Pulpit Rock-Sauda-Røldal-Tyssedal-Eidfjord-Ulvik-The Hardangerfjord-Bergen-The Nærøyfjord-Aurlandsfjell-Lærdal-Sogndal-Strvn-Geiranger-The Geirangerfjord-Stranda-Ålesund-Molde-Kristiansund-Trondheim

What are the ten most exciting travel destinations in Fjord Norway? The Norwegian people have voted for their favourites – and we have composed a tour of the top ten attractions they would like to share with the world. Welcome to an unforgettable scenic travel adventure!

Stavanger – The Lysefjord

In 1125, Bishop Reinald stunned the locals when he arrived with stonemasons from Winchester and started building the cathedral. The town of Stavanger owes its prosperity to the sea. The Canning Museum tells the story of the "silver Museum vields insights into how "black gold" has been extracted from the stormy North Sea. A vast oil field was discovered here in 1969.

Old Stavanger has the largest concentration of historical wooden houses in Northern Furope. Other attractions include the Fish Market and seafront buildings along the harbour, which now house excellent restaurants and popular must see the amazing collection of landscapes 3 ferries by Lars Hertervig at the Rogaland County Museum of Art. www.regionstavanger.com

Sailing the Lysefjord

A cruise on the famous Lysefjord is not to be missed! In the summer, the tourist ferry as well as express boats sail eastward from Stavanger, some all the way to Lysebotn at the head of the fjord, offering an unforgettable sightseeing experience. An alternative is to drive to Lauvvik at the mouth of the fjord and board there. Or perhaps you're lucky enough to be enjoying a holiday aboard your own boat?

Your fjord voyage passes the impressive Pulpit metres from the fjord. Further in, the Kjerag

cliff rises twice as high, and is one of the world's premier sites for base jumping; after adrenalin-filled moments of free-fall, the diver releases her parachute and lands safely on a tiny meadow. Lift your eyes and you may see Kjeragbolten, a boulder wedged into a crevice more than a thousand metres above the abyss. Along the fjord you may spot seals, goats and a wide variety of bird species, and there are many charming ports of call. of the sea", and the Norwegian Petroleum At Flørli, for instance, you can rise to the challenge of climbing 4444 steps up the mountainside.

To the top of Pulpit Rock!

An even more dramatic way to experience Pulpit Rock is to take the two-hour hike to the plateau on top. The trail starts at Preikestolen Mountain Lodge. For your convenience, buses to the lodge correspond with the ferry from Stavanger to Tau. Welcome to a great adventure and stunning view! www.regionstavanger.com

watering-holes. If you appreciate fine art, you Stavanger - Tau - Sauda - Røldal - Tyssedal, 232 km, 5.5 hours,

The first ferry from Stavanger to Tau takes an hour. From there, your journey along the National Tourist Route Ryfylke lets you experience the region's varied natural magnificence. Ryfylke has a verdant countryside and well-kept farms, fjords dotted with a myriad of islands, waterfalls, rolling heathlands, mountains – and of course, Pulpit Rock.

After you pass Bjørheimsvatnet lake, consider a stop at Glasskjellaren in Bjørheimsbygd, where beautiful glass objects are made by hand. A bit further along is the distinctive wooden Årdal Old Church, built in 1620. When you reach Hjelmeland, take the ferry to Nesvik, then drive to the village of Sand, stopping at its fascinating salmon studio. After the crossing to Ropeid, you drive up the western shore of the Saudafjord. An unusual attraction is the museum, old industrial buildings and abandoned zinc mines at Allmannajuvet gorge. Another stop not to be missed is Svandalsfossen: several hundred steps have been constructed Rock (Preikestolen), a sheer cliff that rises 600 to lead you safely to the viewing platform at the top of the falls, as well as down to the fjord. www.ryfylke.com

Hydropower and a weeping crucifix

From Sauda, the National Tourist Route Ryfylke continues through mountain scenery to Røldal, with great viewpoints along the way. The stave church in Røldal merits a visit: for centuries it was a place of pilgrimage, thanks to a weeping crucifix said to have healing powers.

On the next leg of your journey, take highway E134/Fv13 towards Odda and the Hardangerfjord. After half an hour you pass the impressive Låtefoss falls, which is where the National Tourist Route Hardanger starts. The town of Odda has a proud industrial history and is situated at the head of the Sørfjord, the southernmost arm of the Hardangerfjord. Then drive 6 km up the western shore of the fiord to Tyssedal Start with a visit to the Norwegian Museum of Hydropower and Industry, before exploring the old hydropower facilities up the valley. Perhaps you're tempted to a 400-metre climb to the dam watcher's hut on Mount Lilletopp? From the heights, you can see Tyssedal through the eyes of the daring navvies who built the pioneering facilities here a century ago. www.hardangerfjord.com

Trolltunga (The Troll's Tongue)

One of Norway's most stunning viewpoints is perched in the mountains of Hardanger A 20-km mountain walk and 800-metre ascent will take you there - you need a full day for this. Do be careful if you walk out onto Trolltunga (the troll tongue) itself: it's a long drop into oblivion. The at Voss. www.visitvoss.com guided all-day excursion starts in Skjeggedal, passes old Ringedal Dam and giant's cauldrons along the river before ascending the "Ladder to the Heavens" up the mountains. For details on the adventures offered, visit www.opplevodda.com

Tyssedal – Eidfjord – Ulvik – Bergen, 245 km, 4 hours

In Eidfjord, an hour's drive farther along the fjord, Hardangervidda Nature Centre offers three floors of exhibitions, and a surround-movie on the region's magnificent landscape. The eastbound National Tourist Route Hardangervidda starts in Eidfiord, and we'll follow it a short ways. Perhaps no music more powerfully conjures the splendour of the Norwegian landscape than Edvard Grieg's. The sight of Vøringsfossen falls the most stunning in all of Norway has enchanted countless tourist In fact the view from Fossli Hotel inspired Grieg to compose Norwegian Folk Songs, Opus 66, during his summer stay here in 1896.

Simadalen Hydropower Station, one of the largest in Europe, might well excellent brewery pub housed in a building inspired by the mediaeval make you feel like you're visiting Grieg's "Hall of the Mountain King" - it's stave churches. www.visitflam.com tucked 700 metres inside the mountain. Also worth a visit is Kjeåsen, a farm perched like an eagle's nest on a mountain ledge six hundred The road across the mountain plateau metres above the Simadalsfjord.

More adventures await the daring: white-water river rafting, kayaking on the fjord, glacier walks and ice-climbing, and in the winter snow-kiting Aurlandsfjellet (closed in the winter), which climbs up onto the mountain on the Hardangervidda mountain plateau, www.hardangerfiord.com

Cider, poetry and Viking boatbuilding

From Eidfjord retrace your route, then drive across the Hardangerfjord Bridge and take a detour to the idyllic fjordside village of Ulvik. We heartily recommend sampling some genuine Hardanger cider at one as a bear den. of the nearby apple farms, and visiting the Olav H. Hauge Centre in Ulvik, which celebrates one of Norway's most cherished modern poets.

Continue westward along the Hardangerfjord on the National Tourist Route Hardanger, Fv7, to Øystese and Norheimsund. Along the Norwegian Wild Salmon Centre is situated right on the banks of the river. fjord there are many fruit farms, farm shops and restaurants, such as Steinstø Fruit Farm and Gamlastovo, where you can try some local From Lærdal drive Rv5 through the tunnel, then take the Fodnes-Mannspecialities from Hardanger. Should you wish to extend your stay in heller ferry. A stop at Sogn Folk Museum in Kaupanger is a must, as is a scenic Hardanger, the area has a range of accommodation choices, including Hardangerfjord Hotel in Øystese and Thon Hotel Sandven in Norheimsund.

The city of Bergen is only an hour and half's drive away - but there is no reason to hurry. In Norheimsund you can enjoy a fascinating visit to the Hardanger Vessel Preservation Centre. Its skilled craftsmen practice boatbuilding techniques handed down from the Vikings! And behind the falls! www.hardangerfjord.com

Bergen

Whereas Rome is the city of seven hills, Bergen is known as "The City of The Seven Mountains". You will be hard pressed to find any other city this size with a greater number of attractions. Take a stroll through the heart of town, wander its cobblestone streets and narrow alleys, of fjord, mountains and glaciers. Our route follows Fv5 along the and explore charming neighbourhoods of old wooden houses in Sogndalselvi river and Dalavatnet lake. After a series of tunnels you Sandviken or Nordnes. The pride of Bergen is Bryggen – a UNESCO reach the Fjærlandsfjord. A visit to the Norwegian Glacier Museum in

World Heritage Site – that seems to draw you into its wooden walkways and its mediaeval past when Hanseatic merchants controlled the wharf and much of Norway's trade.

Highway F16 takes you past Tvindefossen falls. Just ahead of Stalheim make sure you turn onto the old road, so you can stop and enjoy the stunning view from Stalheim Hotel before slowly driving the 13 hairpin bends of Stalheimskleiva down into the tranquil river valley below. (A wrong turn speeds you into the valley via a tunnel, missing the sights.)

You also have a chance to visit Urnes, the oldest stave church in the world. It's well worth the round-trip ferry ride from Solvorn. The church stands on a small headland with a beautiful view of the Lustrafjord. Urnes was built around 1150; today it is a UNESCO World Heritage Site. Particularly striking are the dragon-style carvings of intertwined just outside Norheimsund is Steinsdalsfossen, where the trail leads you animal figures on the portals facing north and west. It is estimated that during a 200-year period, two thousand stave churches were erected in Norway, by specialized builders who handled their materials with the same care that Viking boat builders did. www.stavechurch.com/urnes

Sogndal – Stryn – Geiranger – Stranda, 300 km, 6 hours, 1 ferry Sogndal is a premier fruit-growing region, as well as a meeting place

For a bird's eye view, take the Fløibanen funicular up the mountainside. That will give you time to appreciate Bergen's beautiful setting. By the way, great hiking trails start at the upper station.

Bergen has made things convenient for art lovers by concentrating virtually all its art museums and public galleries near the central lake. If you are musically interested, be sure to visit Troldhaugen Edvard Grieg Museum, a short drive from town. Also check out the events calendar: Bergen is known for its varied cultural offerings. www.visitbergen.com

Bergen – The Nærøyfjord – Lærdal – Sogndal, 282 km, 5 hours

The road from Bergen winds its way northeast along the fjord, before gradually climbing toward Voss, an inland town steeped in cultural traditions. A visit to Voss Folk Museum Mølstertunet or a Hardanger fiddle concert is sure to be rewarding

You will also find excellent opportunities for adventure, ranging from rafting and kayaking to rock-climbing and paragliding. At the end of June each year, there's even a popular international Extreme Sport Festival

Railway drama and the narrowest fjord

From the village of Gudvangen you should treat yourself to sightseeing on the Nærøvfiord, the narrowest fiord in the world and a UNESCO World Heritage attraction. The boat trip to Flåm takes a couple of hours. There is also a road tunnel to Flåm. www.fjord1.no

This fjordside village is the end stop of the world-famous Flåmsbana, one of Europe's most dramatic railway adventures. The nearby mountains and valleys offer many rewarding hikes. For relaxation, head for Ægir, an

From Flåm your journey continues along the fjord to Aurland. Those who are in a hurry may drive the world's longest car tunnel (24.5 km) to Lærdal. The scenic alternative is the National Tourist Route plateau that forms the "roof" of this tunnel. Here the stark landscape of rock and snow has its own beauty. Do stop at the truly impressive Stegastein viewpoint, which juts out 30 metres to look back down to the tranquil fjord, 600 metres below. Up on the mountain plateau, stop at Vedahaugane viewpoint, and explore an art installation designed

After descending on the other side, a short drive leads to Lærdalsøyri, a wonderfully preserved old village that merits exploration on foot. One of the best-known salmon rivers runs right through the village and the

visit to Kaupanger stave church. www.sognefjord.no

Detour to Urnes stave church

- Kayaking on the Nærøyfjord
- Elåmsbana www.visitflam.com
- Biking the Flåm Vally parts of the Rallarveger Road
- Aurlandsfjellet with Stegastein viewpoint www.sognefjord.com
- Old Lærdalsøyri
- Bøvabreen Glacier in Fiærland
- Norwegian Glacier Museum in Fiærland
- Via Ferrata in Loen www.nordfjord.no Hotel Alexandra www.alexandra.no
- A hike to Mount Skåla
- The Geirangerfjord
- www.visitgeirangerfjord.com
- Hotel Union www.hotelunion.no
- Strandafiell www.strandafiellet.no
- Trollstigen Road www.visitmolde.com
- Ålesund www.visitalesund.com
- Kayaking in Brosundet, Ålesund
- Views from Mount Aksla, Ålesund
- Boat excursions from Ålesund to the Hiørundfiord
- Wildlife Sea Safari in Ålesund
- Molde paporama www.visitmolde.com
- The Idyllic fishing village of Bud
- The Atlantic Road
- Kristiansund www.visitkristiansund.com

Detours

- Top of the Pulpit Rock www.regionstavanger.com
- Folgefonna Glacier in Hardanger, with a glacier walk or summer ski www.hardangerfiord.com
- National Tourist Route Aurlandsfjellet www.nasjonaleturistveger.no
- Urnes stave church close to Sogndal www.sognefjord.no
- Nigardsbreen Glacier in Jostedal, close to Sogndal www.sognefjord.no
- Dalsnibba viewpoint on the way to Geiranger www.visitgeirangerfjord.com
- Håholmen by the Atlantic Road- preserved fishing hamlet from the 18th century www. haholmen.no
- The Island of Smøla www.visitkristiansund.com
- Innerdalen valley with great hiking www.visitkristiansund.com

Best of Fjord Norway

Norway has decided. In summer 2013, both tourists and the locals took photos and voted for the ten best destinations in Fiord Norway in the #Best of Fjord Norway campaign. More than 6,000 photos were uploaded, and almost 80,000 votes were cast. The four best photos in the competition were chosen to adorn Times Square in New York.

Fjærland will give you many insights into the life of glaciers, including how they carved out the route westward is highway E136 along the shore of the Romsdalsfjord, before E39 cuts across a fjords of Western Norway during a succession of ice ages. Another 10 km along your route is peninsula to Sjøholt, finally reaching Ålesund. www.visitandalsnes.com the turnoff to Bøyabreen, one of 28 arms of Jostedalsbreen, the largest glacier on the European continent. www.sognefjord.no

Then continue on Fv5, and along the northern shore of Jølstravatnet lake, before cutting north at Skei toward Byrkjelo. You will discover fine photo opportunities as you cross the mountains down to the idyllic fjordside village of Utvik. The road now hugs the fjord, passing through the villages of Olden, Loen and Stryn – all surrounded by dramatic scenery that beckons you to explore.www.nordfjord.no

Outdoor adventures

How about a walk on the glacier with an experienced guide, a rafting adventure, or a hike up Mount Skåla (1848 m)? Why not take the challenge and hike the via ferrata in Loen up to the summit of Mount Hoven (1010 m)? Both peaks reward you with great fjord panoramas. Or perhaps you prefer a bicycle trip at your own chosen tempo? For instance from Olden, you can head 20 km up the valley to the Briksdalsbreen glacier arm. www.nordfjord.no

From Strvn follow Ev15 eastward up the river valley and along the lake through the charming village of Hjelle, and then to Ospeli Bridge. There you turn onto the scenic Old Strynefjell Road, which first opened in 1884.

Impressive scenic roads

Although a mere 27 km long, this National Tourist Route captures the tension of different landscapes - the rounded mountains of the east, and rough-hewn and the more alpine mountains of the west. The scenery is especially colourful in the autumn. Near Videseter there are unforgettable viewpoints at Videfossen and Øvstefossen waterfalls. One hundred and thirty years ago, hard-working navvies built the beautiful arched Old Jøl Bridge, cut the carefully-fitted stones of the road's many retaining walls, and placed the long rows of guard stones. This old gravel road, which is open from June until the winter snowfall, rejoins Fv15 at Grotli.

From Grotli take Fv63, passing numerous mountain lakes on your way to Geiranger. National Tourist Route Geiranger Trollstigen starts at the far end of Langvatnet lake. (Parts of this route are closed in the winter) Soon the road hugs the southern face of Dalsnibba (1476 m). When it's Molde – Bud – Kristiansund, 104 km open, you can drive a private toll road that climbs up to the summit and one of Norway's most magnificent panoramas! www.nasjonaleturistveger.no

A UNESCO World Heritage fjord

The descent to the village at the head of the Geirangerfjord is guite an experience. A unique photo opportunity can be enjoyed at Flydalsjuvet, a rock outcrop above this fjordside village. www.fjordnorway.com/places-to-go/geiranger

Now we suggest a cruise on the fjord, albeit without the expenses usually associated with such an indulgence. Take the ferry from Geiranger to Hellesylt. You will have an hour to enjoy the tall mountains, perhaps still topped with snow. Here are majestic waterfalls such as De Syv Søstre, Brudesløret and Friaren (the seven sisters, the bridal veil, and the suitor). And here are farms perched on mountain ledges, and lush forests that seem to defy gravity on the steep mountain faces – all mirrored in the tranquil blue-green fjord. It's easy to understand why travellers come from all over the world to experience the Geirangerfjord, a UNESCO World Heritage attraction. www.visitflam.com

View from the summit

On arrival in Hellesylt head towards Stranda, just 30 km away – but don't be in a rush. There is an incredible panorama to be enjoyed from the top of Roaldshornet, 1230 m, and a cable car takes you almost to the top. You might see paragliders riding the updrafts. At the upper station there is a café with a stunning view on the menu, and if you want more the summit is just a ten-minute walk away. We fully understand if you choose to linger in the mountains of Strandafjellet, because there is great hiking to be had – for instance to the top of Mount Slogen (1564 m), with an overnight stay at Patchell Cabin.

In the winter, the local mountains offer perhaps the best powder snow and freestyle conditions in Scandinavia. Strandafjellet Ski Resort has seven lifts and 17 pistes, as well as many prepared tracks for cross-country enthusiasts. www.strandafjellet.no

Stranda – Trollstigen – Åndalsnes – Ålesund, 196 km, 3.5 hours, 1 ferry

A ferry from Stranda takes you across the Norddalsfiord. From Liabygda on the other side you drive eastward via Linge to Valldal, a place renowned for its tasty strawberries. By the way, you are now back on the National Tourist Route Geiranger-Trollstigen.

The giant's cauldrons and the Troll Ladder

After heading up the river valley, there is popular viewpoint above Gudbrandsiuvet, a high and narrow gorge through which the raging Valldøla river flows. The river has carved deep giant's cauldrons and intricate rock formations.

Continue on up into the mountains - you're soon in for a breathtaking adventure. Norwegians consider Trollstigen Road (the Troll Ladder) a national treasure – your descent down the 11 hairpin bends can best be described as "mountaineering by car". (Please check your brakes before the descent!) If you take less than an hour, you didn't stop long enough to enjoy the amazing views. A stone bridge takes you across the 320-metre-high Stigfossen falls, and the valley leads you Music Museum. The collection counts 2000 instruments gathered from throughout the world. safely down to Åndalsnes on the fjord. This town is a great base for wilderness adventures. The

Ålesund – the Art Nouveau town

This town's unique location on the edge of the ocean, surrounded by fjords and mountains, creates an almost unbeatable combination of culture and nature! Ironically, it is thanks to the great fire of 1904 that Ålesund has one of the world's finest concentrations of Art Nouveau architecture During one winter night, 800 buildings were reduced to ashes and ten thousand people were left homeless – incredibly enough there was only a single casualty.

Architects and craftsmen from all over Norway contributed to the huge rebuilding project. The result is a greater and more harmonious concentration of Art Nouveau architecture than is found anywhere else in Europe.

A visit to the Art Nouveau Centre and its "Time Machine" will give you insight into the amazing story. Lift your eyes as you stroll through Ålesund, and you will discover elegant facades and imaginative ornamentation much of it inspired by our Viking roots. A walk up the 418 steps to the top of Mount Aksla is rewarded by an unforgettable panorama! www.visitalesund.com

Ålesund – Molde – Kristiansund, 167 km, 3h15min, 1 ferry

Getting to your next destination is simple. Drive the E39 to Vestnes, and take the ferry across to Molde. That's one hour driving, and one hour's relaxation as you cross the fiord.

Molde, jazz and roses

Molde is the town of jazz and roses, as well as fjords and mountains. During the 19th century, more parks and rose gardens were established here than perhaps anywhere else in Norway. The Molde International Jazz Festival is legendary – you could write a credible history of modern jazz based just on the great musicians who have played Molde since the first festival in 1961. www.visitnorthwest.no

The "Molde panorama" is almost equally renowned, counting 222 peaks. Lest you think the locals are exaggerating, a brochure lists them by name.

The coastal road between Molde and Kristiansund is proof that the joy lies in the journey. Three-quarters of an hour drive from Molde lies the idyllic fishing village of Bud. In the 16th and 17th centuries. Bud was the largest trading post between Bergen and Trondheim – today it is known for its seafood restaurants and cultural history.

The Atlantic Road

Bud is also the start of the National Tourist Route Atlanterhavsvegen, or more simply: the Atlantic Road. The real fun starts once you reach Vevang. At moments you may feel you're skipping over the surface of the sea like a skimmed stone, as the Atlantic Road leaps from island to island, and from islet to skerry, across elegant bridges and causeways.

Road workers endured twelve hurricanes to build it. If the winds are strong, make sure your windows are up, unless you want a shower! Many people take a trip out here when the autumn storms start to rage - it is quite a sight when the big waves break beside (and sometimes across) the road

Do take time to stop at one of the many lay-bys to enjoy the view, or walk a few metres along the smooth coastal rocks and cast your fishing line. A stone's throw or two to the west the shipping lane crosses the notorious waters of Hustadvika bay, which conceals innumerable wrecks.

Cosmopolitan Kristiansund

The town of Kristiansund, built on three islands, is renowned for its first-rate klipfish. For centuries, fresh cod was salted and dried on the local cliffs (hence the name), and exported to Mediterranean countries and beyond, where it is rightly considered a delicacy. In return, Kristiansund received spices and cultural impulses - and many good recipes for bacalao, which can be enjoyed in local restaurants. Today the cod is dried indoors, but we guarantee that the klipfish and bacalao is at least as good, www.visitnorthwest.no

Kristiansund prides itself on having built an opera house long before the Norwegian capital got around to it. Needless to say, the town's annual opera festival is very well attended.

Kristiansund – Trondheim, 197 km, 3h20min, 1 ferry

The quickest route from Kristiansund to Trondheim is highway E39, which goes via Orkdal and Valsøyfjord with a ferry crossing from Kanestraum to Halsa.

However, if you're not in a great hurry, we recommend a longer but far more scenic route through a truly magnificent part of Fjord Norway! The hour extra is well worth it. Head east on Fv680 and take the Seivik-Tømmervåg ferry. Continue the windy coastal route past Kyrksæterøra to Vinjeøra, then drive highway E39 the final stretch to Trondheim.

Trondheim

Granted, Trondheim is well outside Fjord Norway, but nonetheless deserves mention. The central attraction is the impressive, built in 1140, which was long a pilgrim destination. If you're interested in music and musical instruments (and surely that means all of us), then pay a visit to Ringve www.trondelag.com



There are a whole lot of adventures to be had between Bergen, "The City of The Seven Mountains", and the Art Nouveau town of Ålesund. This journey is proof of that - and you can add wishes to make it your very own.





A taste of autumn in the fjords

Most visitors come to Fjord Norway in the summer, but the greatest wonders are reserved for those who come in spring and autumn. In autumn the landscape glows in golden colours. Harvest time along the fjords is the perfect occasion to taste local produce. Try to plan your tour to include one of the many festivals.



3-5 DAYS 422 KM **3 FERRIES**

Kaupanger-Sogndal

Balestrand - Vik -

Bergen

chosen

A grand tour of Fjord Norway

For travellers arriving in Oslo, this tour is designed to let them experience the best of Norway. It is a journey of contrasts, of rounded valleys and rough-hewn mountains, of fjords and glaciers, of thriving cities and charming villages, and stave churches that witness to a distant past.





Vik-Voss-Bergen

Eidfjord-Oslo

For more tour suggestions, see: www.fjordnorway.com/tour-suggestions

An inland route to the fjords

This inland route from Norway's capital takes you through the Hardangervidda National Park and crosses the Haukelifjell mountains, before offering you magnificent fjord scenery.

The Sognefjord circuit

The fjord is the soul of Western Norway, and an unhurried journey exploring the Sognefjord is unforgettable. Your most difficult decision may well be how many detours to make. There are fantastic attractions almost any way you turn - such as five stave churches, numerous glaciers and a landscape that offers never-ending drama.



A comprehensive tour

This journey starts in Oslo and includes both the northern and southern parts of Fiord Norway. You will see some of the most beautiful Norwegian fjords - the Geirangerfjord, Sognefjord and Hardangerfjord. The entire route is suitable for coaches. Some roads are closed during winter and alternative routes may be



Classic routes from Oslo to Bergen

This classic route between Oslo and Bergen offers two alternatives. Your choice is made at Hol. RV7 is a National Tourist Route across the Hardangervidda mountain plateau, while RV50 takes you to Aurland and Flåm and then via E16 to Bergen



Short trips (1-4 days)

A taste of life and tradition in springtime

Spring is the perfect time to explore Fjord Norway that's when our magnificent landscape awakens after winter's sleep. In May, amazing colours burst forth to greet the warming sun. Orchards of blossoming fruit trees dazzle as much as the glacier and snow-capped mountains above. The tranquil blue-green fjords reflect cascading waterfalls, and roaring rivers rush meltwater towards the sea



To the fjords – from Kristiansand

Your route is a wonderful prelude to the fjords, starting from Kristiansand or Stavanger (both with ferries to the continent). Don't hurry as you follow RV44 all the way to Haugesund.



days) Medium-length trips (3-8

Longer trips (6-14 days)



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From Hirtshals, in the north of Denmark, you can choose: You can travel directly and comfortably with our two new cruiseships MS Stavangerfjord and MS Bergensfjord on a spectacular trip along the western coast of Norway to Stavanger and Bergen, you can travel inexpensively to Langesund in Telemark or superfast to Kristiansand in the South of Norway.

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The Rauma Railway

- The most beautiful train journey

Dombås - Åndalsnes

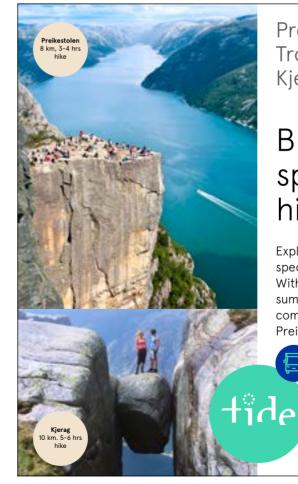
A trip on the Rauma Line is a unique opportunity to experience one of the most spectacular scenic areas in Norway.

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

The trains are modern and comfortable and they have an electronic guiding system that provides information about the sights along the route.

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





Preikestolen. Trolltunga and Kjerag

Bus to spectacular hikes

Explore some of Norways most spectacular mountain hikes. With daily departures during the summer season you can enjoy a comfortable bus journey to Preikestolen, Kjerag and Trolltunga.





Daily departures

April 2nd. - September 30th Preikestolen, day trip from Stavanger

June 11th. - August 31st Kjerag, day trip from Stavanger

July 1st. - August 31st. Preikestolen, day trip from Hardanger Trolltunga-Preikestolen Express coach, one way Hardanger to Preikestolen or Preikestolen to Hardanger.

More information and booking

Preikestolen & Kjerag ©Terje Rakke/Nordic Life AS/FjordNorway rolltunga @Scott Sporleder/FiordNorwa

tide.no/fjords



Choose from our 14 excellent hotels along the west coast of Norway. Whatever your needs are, Thon Hotels offer a warm and welcoming atmosphere and a high level of service. thonhotels.com

HON HOTELS

Norway



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Our Family and youth Hostels in Fjord Norway:

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HI Flåm	+47 57 63 21 21	flam@hihostels.no
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HI Mjølfjell	+47 56 52 31 50	mjolfjell@hihostels.no
HI Molde	+47 71 25 94 70	molde@hihostels.no
HI Preikestolen	+47 51 74 20 74	preikestolen@hihostels
HI Skjolden	+47 57 68 61 88	skjolden@hihostels.no
HI Sogndal	+47 57 62 75 75	sogndal@hihostels.no
HI Stavanger Mosvangen	+47 51 54 36 36	stavanger@hihostels.nd
HI Stavanger St. Svithun	+47 51 51 26 00	stavanger.stsvithun@hiho
HI Sunndalsøra	+47 71 69 87 00	sunndalsora@hihostels
HI Voss	+47 56 51 20 17	voss@hihostels.no
HI Ålesund	+47 70 11 58 30	alesund@hihostels.no
HI Åndalsnes	+47 71 22 13 82	andalsnes@hihostels.ne
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75	sogndal@hihostels.no
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00	stavanger.stsvithun@hihostels.no
00 '	sunndalsora@hihostels.no
) 17	voss@hihostels.no
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82	andalsnes@hihostels.no

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Fjord Norway

Public Transport

If you can find it on the map, you've got a good chance that a bus or boat will take you there. Many foreign travellers are positively astonished at how good public transport is in Norway. Even the most remote destinations have viable communications with the world-at-large, and for those who live there this is important confirmation that they are part of the greater community.

Local buses seem to go everywhere, but the route to your destination may meander a bit. You do well to check the schedule and plan your return and your options - and then can afford to be spontaneous and set vour own timetable

Express buses offer efficient travel over large distances, from town to town. Nor-Way Bussekspress guarantees that if the last seat is taken, they'll drive an extra bus.

Express boats 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. Even though a growing number of bridges and subsea tunnels are being built, it is the ferries that unite Fjord Norway. (For the most popular ferries, you're wise to queue early: Geiranger-Hellesylt, Gudvangen-Kaupanger and Lauvvik-Lysebotn.)

The sightseeing boats take you to great sights - and then back to your starting point. The Norwegian State Railway NSB offers two main entries into Fjord Norway: the Bergen Railway and the Southern Railway. In addition, you can enjoy adventures on Flåmsbana and the Rauma Railway. Best in davlight

Flying provides an enriching perspective. Seen from the air, Norway is the very image of modesty; we occupy surprisingly small portions of the land, surrounded by vast tracts of unspoiled wilderness. Today there is fierce competition between the airlines - a decided advantage for travellers. Norway's domestic airlines offer great deals in the summer. Others sell passes that allow you to travel almost freely in a given time frame. Be aware that there are many minor airports; perhaps right near where you're headed.

Ferries from/to the Continent

connections to the Continent

Route (return)	Departures	Duration	Internet
Hirtshals (Denmark) - Larvik	2 times daily	3 h. 45 mins.	www.colorline.com
Hirsthals (Denmark) - Kristiansand	2 times daily	3 h. 15 mins.	>>
Kiel (Germany) - Oslo	Daily	20 h.	"
Strømstad (Sweden) - Sandefjord	4 times daily	2 h. 30 mins.	>>
København (Denmark) - Oslo	Daily	17 h.	www.dfdsseaways.com
Hirtshals (Denmark) - Bergen	Daily	16 h. 15 mins.	www.Fjordline.no
Hirtshals (Denmark) - Stavanger	Daily	10 h. 30 mins.	>>
Hirtshals (Denmark) - Kristiansand	Daily	2 h. 15 mins.	"
Hirtshals (Denmark) - Langesund	Daily	4 h. 30 mins.	>>
Strømstad (Sweden) - Sandefjord	Daily	2 h. 15 mins	>>
Fredrikshavn (Denmark) - Oslo	Daily	8 h. 45 mins.	www.stenaline.no/stenaline.dk

Express boat services in Fjord Norway

The modern express coastal route connects Fjord Norway. Here is a list of the short local routes and longer regional routes available. Most coastal express boats serve meals. Indeed, they are quite an adventure in themselves!

Route	Frequency	Travelling time	Adults*	Internet
Bergen - (Balestrand) Flåm (May-Sept.)	Daily	5 hrs.25 mins.	775	www.norled.no
Bergen - (Askvoll-Florø-Måløy) Selje	2 times a day	5 hrs. 5 mins.	885	www.norled.no
Bergen - Rubbestadneset (Austevoll ruten)	4 times a day	1 hrs.30 mins.	331	www.skyss.no
Bergen - Austevoll-Rubbestadneset-Leirvik-Skånevik-Øler	n 2 times a day	3 hrs.5 mins.	434	www.skyss.no
Bergen - (Balestrand) Sogndal	Once a day	4 hrs. 50 mins.	665	www.norled.no
Bergen - Flesland - Os - Rosendal	2 times a day	2 hrs.	361	www.rodne.no
Bergen - Frekhaug - Knarvik (Nordhordland ruten)	6 times a day	27 mins.	50	www.skyss.no
Bergen - Kleppestø (Askøyruten)	21 times a day	13 mins.	35/50	www.norled.no
Flåm - Balestrand (Flåmekspressen) (01.05-30.09)	2 times a day	2 hrs.	260	www.fjord1.no
Hellesøy - (Lyngøy-Hernar-Sanden) Nordøysund	2/4 times a day	15 mins.	29	www.gulenskyss.no
Kristiansund - (Ringholmen) Edøya, Kystekspressen	4 times a day	40 mins.	124	www.kystekspressen.no
Kristiansund - Trondheim, Kystekspressen	3 times a day	3 hrs. 15 mins.	606	www.kystekspressen.no
Leirvik - Bergen	4 times a day	2 hrs.	361	www.norled.no
Molde - (Helland) Vikebukt	app. 10 times a day	20 mins.	90	www.norled.no
Måløy - (Smørhamn) Florø, Kystekspressen	Once a day	1 hrs. 15 mins.	230	www.fjord1.no
Norheimsund - Utne - Kinsarvik -Lofthus - Ulvik - Eidfjor	rd Once a day (01.05 30.09.)	2 hrs. 45 mins.	306	www.norled.no
Sogndal - Selje	Once a day	5 hrs. 5 mins	1030	www.norled.no
Stavanger - (Sand) Sauda	4 times a day	2 hrs. 35 mins.	229	www.kolumbus.no
Stavanger - Fister - Hjelmeland	3 times a day	1 hrs.25 mins.	112	www.kolumbus.no
Stavanger - Jelsa	4 times a day	1 hrs. 15 mins.	129	www.kolumbus.no
Ålesund - (Valderøya) Hareid	app. 15 times a day	25 mins.	105	www.norled.no
Ålesund - Valderøya - Nordøyane	6 times a day	65 mins.	145	www.norled.no
Ålesund - Langevåg	20 times a day	15 mins.	60	www.norled.no

All prices are stated in Norwegian kroner (NOK). NB! Fares, times and number of sailings may be subject to change. * 2015 prices. Allow for an increase of 3 % in the year 2016.

Experience:

Unless you are a solitary traveller, check if you can get a group **discount**. Youths with time on their hands intending to explore a given county in depth, may want to inquire about a one-month youth pass (ungdomskort). There are many discount combinations. If you use them wisely, your savings can further enrich vour holiday.

For schedule information (and prices) for the county that you're already in, simply dial 177 from a local phone. The airlines and Norwegian State Railway NSB have their own schedule information service.

One of the great advantages of public transport is that it puts you in touch with the locals. They can point the way to attractions and adventures that you might otherwise miss and provide recommendations that enhance your holiday.

Have a great journey!

www.ruteopplysningen.no Rogaland: www.kolumbus.no Hordaland www.skyss.no/www.tide.no Soan og Fjordane: www.ruteinfo.net Møre og Romsdal: www.177mr.no 62 Nord: www.62.no Fjord Tours: www.fjordtours.com Norled AS: www.norled.no Fjord1: www.fjord1.no Fjord2: www.fjord2.no

It feels natural to take the sea route to Fjord Norway - where people have always earned a living from and lived by the sea. Fjord Norway has ferry

Fjord Norway

BOMVEG Toll payments in Norway



auto

PASS

Most toll plazas in Norway are automatic and have the AutoPASS sign. Drive straight through without stopping. An invoice will be sent to you later.

There are only one toll plaza with manual payment - see map at www.autopass.no (Visitor's Payment). Most vehicles have a valid toll payment contract and have a toll tag installed. If you have not signed a contract in advan-

ce, a photo will be taken of your registration plate and an invoice sent to the vehicle owner. From 1 January 2015, a compulsory tag has been introduced

for all commercial heavy goods vehicles above 3.5 tonnes.

www.autopass.no

Different contracts:

- AutoPASS contract: contact a toll road operator - see www.autopass.no
- Visitor's Payment: maximum two months' duration - see www.autopass.no (Visitor's Payment)
- EasyGo partnership between Norway, Sweden, Denmark and Austria - see www.easygo.com

Have a pleasant journey!

Toll roads (prices 2015)	Road	Map ref.	Car	Pass.	
Gjesdal, Rogaland	Fv. 45	18B	48		Gautomss
Toll ring Stavanger (A), Rogaland T/R		17B	20		Grauto MSS
The Finnøy Mainland Connection, Rogaland	Fv.519	16B	150		Grauto MSS
T-forbindelsen. Haugaland Bomselskap, Rogaland	Fv. 47	16B	26		Grauto Mss
The Halsnøy Connection, Hordaland	Fv. 544	14C	100		Grautomes
Stordalstunnelen, Hordaland	E134	14C	43		Grautomes
The Haugaland Connection, Rogaland	E39/E134/Rv. 47	15B/A/16A	14		Grautomes
Bømlopakken, Spissøy	FV542	14A	65		Grautomes
The Folgefonn Tunnel, Hordaland	Fv. 551	13C	72		Grautomes
The Jondal tunnel, Hordaland	Fv. 551	13C	100		Grautomes
Askøypakken, Hordaland	FV562/563	11 A/B	22,50		Grauto mus
Toll ring Bergen (A), Hordaland T/R		11/12B	25		Grautoms
Hardangerbridge, Hordaland	Rv. 13/Rv.7	12E	150		Grauto nass
Toll booths in Kvam, Hordaland	Fv. 7	12C	43		Gautoms
Voss-Granvin, Hordaland	Rv. 13	11D/E	43		Grauto nass
Vaksdal-Voss, Hordaland	E16	11C/D	43		Grautomuss
Årdal-Turtagrø* Sogn og Fjordane (Closed during winter)		7C	75		
The Atlantic Tunnel, Møre og Romsdal	Fv. 64	2G/H	93	37/18	
Sykkylven bridge, Møre og Romsdal	Fv. 71	E4	35		Grautoms
The Imarsund Connection, Møre og Romsdal	Fv. 680	2G/H	105		Grautomass
Dalsnibba/Nibbevegen, Møre og Romsdal		5F	110		
Prices are quoted in NOK					

* www.tindevegen.no

Ports of call for the Hurtigruten/Coastal Express

www.hurtigruten.com

The Coastal Express plies the whole coast from Bergen in the south to Kirkenes near the border with Russia. Since 1893, the Coastal Express has plied the Norwegian coast as a combined passenger, freight and tourist service. Today, the fleet consists of new, up-to-date vessels. One of the ships leaves Bergen every evening all year round, calling at a total of 35 ports along the coast. The Bergen-Kirkenes-Bergen round trip takes 11 days. Ports of call in Fjord Norway: Bergen - Florø - Måløy - Torvik - Ålesund - Geiranger (Summer / Fall) - Hjørundfjorden (Fall) - Molde - Kristiansund.

Trains in Fjord Norway

From abroad, the train connections to Oslo are excellent, with onward connections to Stavanger, Bergen, Flåm and Åndalsnes

Name of line	Route, either way	Distance	Duration	Full price whole stretch
Bergensbanen	Bergen-Myrdal-Finse-Geilo-Oslo	479 km	ca. 7 hrs.	845*
Flåmsbana	Myrdal-Flåm	20 km	ca. 1 hrs.	340*
Raumabanen	Åndalsnes-Dombås-Oslo	457 km	ca. 5,5 hrs.	820*
Sørlandsbanen	Stavanger-Kristiansand-Oslo	598 km	ca. 8 hrs.	945*
www.nsh.no	www.flaamsbana.no www.fior	tours no		

www.nsb.no www.flaamsbana.no www.fjordtours.no

All prices are stated in Norwegian kroner (NOK). * 2015 prices NB! We reserve the right to make changes to prices and departure times.



Car Ferries in Fjord Norway

The ferries provide a welcome break from driving. Once on board, you can enjoy the view of the fjord. You can buy snacks on most ferries. Be warned, there may be queues in the summer months. On many crossings, it is possible to make a reservation contact the ferry company. Contact the ferry company for further information.

	Route	Departures	Duration	Night	Car incl.	Adults*	Internet
	Fogn-Judaberg-Nedstrand-Jelsa	2 times a day	3 hrs. 30 mins.		214	66	www.norled.no
	Hjelmeland-Nesvik-Ombo	10 times a day	10/30 mins.		70/83	29/32	"
	Lauvvik- Oanes	36 times a day	10 mins.		70	29	,,
l	Mekjarvik-Kvitsøy	8 times a day	85 mins.		143	48	"
l	Mortavika-Arsvågen	49 times a day	25 mins.	Х	158	39	www.fjord1.no
l	Stavanger-Tau	35 times a day	40 mins.		148	49	www.norled.no
l	Sand-Ropeid	34 times a day	10 mins.		70	29	"
l	Lauvvik-Lysebotn (tourist route June - August).	2 times a day	2 hrs. 30 mins.		685	290	www.fjord1.no/turistruter
l	Breistein-Valestrand	33 times a day	12 mins.		86	32	www.osteroy-ferjeselskap.no
l	Buavåg-Langevåg	17 times a day	20 mins.		114	40	www.norled.no
l	Gjermundshamn-Varaldsøy-Årsnes	32 times a day	20 mins.		114	40	······································
l	Halhjem-Våge	13 times a day	35 mins.		136	46	www.fosennamsos.no
l	Hodnanes-Nordhuglo-Jektevik	25 times a day	35 mins.		70	29	www.norled.no
l	Hufthamar-Krokeide	19 times a day	35 mins.		209	60	www.fosennamsos.no
l	Husavik-Sandvikvåg				163	48	www.ioscilliallisos.ilo
		12 times a day	20 mins.		87	33	www.aoalod.ao
l	Jondal-Tørvikbygd Kinsarvik-Kvanndal	17 times a day	20 mins.		136	46	www.norled.no
		6 times a day	50 mins.				22
l	Leirvåg-Sløvåg	18 times a day	20 mins.		90	34	~ 11
	Sandvikvåg-Halhjem	35 times a day	40 mins.	Х	217	59	www.fjord1.no
	Utbjoa-Sydnes-Fjeldbergøy-Borgundøy-(Skjærsholmane)	1-7 times a day	65 mins.		70/136	29/46	www.norled.no
l	Ranavik-Skjærsholmane	21 times a day	40 mins.		143	48	"
I	Sævrøy-Fedje	12 times a day	30 mins.		109	39	"
l	Utne-Kvanndal	24 times a day	20 mins.		90	34	"
	Utåker-Matre-Skånevik	15 times a day	20 mins.		77/102	31/37	,,
l	Venjaneset-Hatvik	29 times a day	12 mins.		77	31	www.fosennamsos.no
l	Kinsarvik-Utne	9 times a day	30 mins.		102	37	www.norled.no
	Askvoll-Fure-Gjervik	18/3 times a day	15/30 mins.		74/87	29/33	www.fjord1.no
l	Askvoll-Fure-Værlandet	6 times a day	1 hrs. 20 mins.		175	56	"
l	Daløy-Haldorsneset	15 times a day	8 mins.		61	26	"
l	Dragsvik-Vangsnes	23 times a day	30 mins.		87	33	"
l	Fodnes-Mannheller	54 times a day	15 mins.		74	29	"
l	Hella-Dragsvik	24 times a day	10 mins.		61	26	"
l	Hella-Vangsnes	23 times a day	15 mins.		80	31	,,
l	Isane-Stårheim	20 times a day	15 mins.		74	29	,,
l	Lavik-Oppedal	36 times a day	20 mins.		90	34	www.norled.no
l	Lote-Anda	30 times a day	15 mins.		67	28	www.fjord1.no
l	Oldeide-Måløy	11 times a day	35 mins.		98	36	www.ijoid1.iio
l	Ortnevik-Måren-Nordeide	8 times a day	30 mins.		124	43	>>
l	Rysjedalsvika-Rutledal-Krakhella				124	43	2.2
l		8 times a day	1 hrs. 10 mins.		97	.,	www.lustrabaatane.no
l	Solvorn-Ornes	4 times a day	15/20 mins.			36	
l	Kaupanger - Gudvangen	1/2/4 times a day	2 hrs. 45 mins.		700	300	www.fjord2.no
l	Flåm-Gudvangen (tourist route May - Sept).	8 times a day	2 hrs. 30 mins.		-	305	www.fjord1.no/turistruter
l	Arasvika-Hennset	22 times a day	15 mins.		74	29	www.fjord1.no
l	Brattvåg-Dryna-Fjørtofta-Harøya	23 times a day	45 mins.		137	46	,,
I	Edøya-Sandvika	18 times a day	20 mins.		93	34	"
I	Eidsdal - Linge	29 times a day	10 mins.		67	28	,,
I	Festøy-Solavågen	42 times a day	20 mins.		80	31	"
I	Geiranger-Hellesylt		65 mins.		490	245	"
I	Haramsøya-Lepsøya-Skjeltene	15 times a day	40 mins.		107		www.norled.no
l	Hareid-Sulesund	36 times a day	25 mins.		102	37	,,
l	Hollingsholmen-Aukra	34 times a day	15 mins.		67	28	www.fjord1.no
	Hundeidvika-Festøya	15 times a day	20 mins.		80	31	,,
	Larsnes-Åram-Voksa-Kvamsøya	9 times a day	45 mins.		102	37	www.norled.no
	Kanestraum-Halsa	37 times a day	20 mins.		87	33	www.fjord1.no
I	Magerholm-Sykkylven	56 times a day	15 mins.		74	29	· · · · · · · · · · · · · · · · · · ·
	Mordalsvågen-Solholmen	30 times a day	15 mins.		67	28	??
	Molde-Vestnes	38 times a day	35 mins.		124	43	,,
	Molde-Veshes	8 times a day	40 mins.		124	43	٠٠
	Rykkjem-Kvanne	32 times a day	10 mins.		67	28	,,
l	Seivika-Tømmervåg (Kristiansund-Tustna)		25 mins.		93	34	"
l	Småge-Orta-Finnøya-Sandøya-Ona	30 times a day			148		www.torghattan.nord.no
		4 times a day	50 mins.			49	www.torghatten-nord.no
l	Stranda-Liabygda	28 times a day	15 mins.		67	28	www.fjord1.no
l	Sæbø-Leknes-Skår-Trandal-Standal	21/6/3 times a day	15-55 mins.		67-124	28-43	
L	Volda-Folkestad	36 times a day	15 mins.		77	31	www.norled.no
L.	Volda-Lauvstad	16 times a day	25 mins.		102	37	
	Åfarnes-Sølsnes Årvik-Koparneset	35 times a day 32 times a day	15 mins. 10 mins.		74 70	29 29	www.fjord1.no www.norled.no

* 2015 prices. Allow for an increase of 4 % in the year 2016.

All prices are stated in Norwegian kroner (NOK). NB! Fares, times and number of sailings may be subject to change.

Route/Name

NX 145 Møre-ekspressen

NX 175 Hallingbussen

162 Øst-VestXpressen

180 Haukeliekspressen

300 Sør-Vest ekspressen

400 Kystbussen

450 Sognebussen

Timekspressen

Lavprisekspressen

Bus4you

NX 155 Mørelinjen

NX 147 Nordfjordekspressen

160/161 Valdresekspressen

NX 170 Sogn og Fjordane ekspressen

430 Fjordekspressen over Nordfjordeid

431 Fjordekspressen over Stryn

Express coach services in Fjord Norway

Itinerary

Fosnavåg-Volda-Stryn-Otta-Gardermoen-Oslo

Førde-Skei-Sogndal-Gol-Gardermoen/Oslo

Ålesund-Molde-Surnadal-Trondheim

Oslo-Åmot-Haugesund/ Bergen

Bergen-Førde-Strvn-Ålesund

Oslo-Kristiansand-Stavanger

Stavanger-Flekkefjord-Kristiansand

Stavanger-Haugesund-Stord-Bergen

Volda-Ålesund-Molde-Kristiansund

Bergen-Førde-Nordfjordeid-Volda-Ålesund

Geilo-Gol-Drammen-Oslo

Måløy-Nordfjordeid-Stryn-Otta-Gardermoen-Oslo

Oslo-Fagernes-Beitostølen/Årdalstangen-Sogndal

Lillehammer-Fagernes-Lærdal-Flåm-Voss-Bergen

Sogndal/Øvre Årdal-Lærdal-Aurland-Voss-Bergen

Bergen-Lervik-Haugesund-Stavanger-Sandnes

TRAVEL INFORMATION

ACCOMMODATION

Many hotels and accommodation enterprises offer discount schemes for tourists in summer

buy when checking in. Contact your hotel or the hotel chain directly.

Pass® hotel pass, you will get up to 50% off at 120 hotels throughout Norway, up to 25% off various activities and 15% off rental cars from Avis. A Fiord Pass® covers two adults and accompanying children under the age of 15. Price: NOK 150

Many kinds of cabins are available, depending on the price and standard you are looking for. A high-standard cabin usually contains a living room, one or more bedrooms, a well-equipped kitchen and a bathroom. Bed linen is normally available for rental. Contact cabin renters directly.

Fishermen's-style rorbu accommodation

Rorbu is the Norwegian name for the small shacks that fishermen used to work and stav overnight in. Today, you can stay in traditional style in converted or new rorbu. They are mostly of high standard and consist of one or more bedrooms, a kitchenette and living room. Normally, all rorbu have showers and toilets. Prices vary, but they are always located by the sea or a lake.

Camping

Most campsites in Fjord Norway are of a high standard and make camping a fine way of experiencing Fjord Norway. The campsites are assessed on the basis of the service and standard provided. Prices vary, but a 2-3 star campsite will charge approx. NOK 80 - 160 per caravan/tent per night and a 4-5 star site will cost approx. NOK 120 - 400. Most 3 star campsites have toilets and showers suitable for use by disabled people. Opening hours are usually between 7 a.m. and 11 p.m., but many large sites are open round the clock. Many campsites also have chalets for rent. See www.camping.no for more information.

There are many good roadside picnic areas. They are intending for picnicking only, not for camping or overnight

Tax Free

Sweden, Finland and Denmark

system and receive a refund of 12 - 19 % on leaving the country, depending on the purchase amount in each shop.

Look for the Tax Free logo.

Credit cards

All the major credit cards can be used in Fjord Norway. VISA is most widespread, but AmEx, Eurocard (Access/

mally accepted by hotels, restaurants and shops.

Hotel passes

You often have to have a hotel pass, which you can

Fjord Pass® is one type of hotel pass. With a Fjord

Holiday cabins

Picnic areas





Persons resident outside Norway,

can take advantage of the tax-free

CARD

Mastercard) and Diners are also nor-

SOME GOOD ADVICE FOR FJORD NORWAY

We recommend all visitors to include fjords, waterfalls, coasts and glaciers on their trip. Fjord arms and waterfalls are accessible virtually everywhere you travel in Fjord Norway, while glaciers are often a little more off the beaten track. Why not visit the offshoots of the Jostedalsbreen glacier at Briksdalsbreen near Stryn, Nigardsbreen in Jostedalen or Bøyabreen in Fjærland, a glacier arm which is literally right beside the main road. You should also try to get in some summer skiing, either on the Folgefonna glacier in Hardanger or at the Stryn Summer Ski Centre.

You should also experience the culture of Fjord Norway. Did you know that Bryggen (the Hanseatic Wharf) in Bergen and Urnes stave church in Luster are on UNESCO's World Heritage List? Did you know that an opera festival is held every year in Kristiansund, or that every June you can sit down at the world's largest herring table in Florø and eat the "silver darlings" to your heart's content? What about visiting the jazz festival at Voss, or the Gladmat food festival in Stavanger? Contact the local tourist information offices to find out what's on.

BY CAR IN FJORD NORWAY

Road standards

Norwegian roads are better than you might think and you can get around without any problems. However you really should take a detour on one of the old, narrow roads instead of just taking the shortest route - a great way to discover the beauty of secluded spots.

Traffic regulations

Remember to respect all road signs/speed limits and take special note of the following: Dipped headlights are mandatory (also in daytime). Children under 4 must have a separate seat or safety net (babies). The use of safety belts is compulsory both in front and rear seats. Driving with alcohol in the

blood is strictly forbidden and the blood alcohol limit is 0.2 ml/litre. In cars, drivers must use a handsfree device when talking on their mobile phone.

A national network which will carry you to your destination quickly and punctually in high standard coaches. No reservation necessary.

Internet

www.netthuss.no

www.nettbuss.no

www.nettbuss.no

www.nettbuss.no

www.nettbuss.no

www.nor-way.no

www.nor-way.no

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www.nettbuss.no

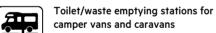
www.timekspressen.no

www.lavprisekspressen.no



General speed limits are as follows: In built-up areas: 50 km/h On open roads: 80 km/h

90/100 km/h Speed limits are identical for motorbikes, cars and camper vans/caravans, except that vehicles towing trailers are not permitted to drive faster than 80



km/h regardless of road standard. Respect road

cal toilets in the countryside is strictly

- FV13 Gaularfjellet road, normally open May to December.
- Sognefjell Road, normally open May to October
- October. FV63 Trollstigen Road open end of May - end of
- FV258 Old Strynefjell Road, normally open June to
- FV520 Breiborg Røldal, normally open June to
- Årdal Turtagrø/Tindevegen (private road),
- Aurland Erdal/Aurland Road/Snow Road (Sogn

October

Brokke - Suleskar (Rogaland), normally open from June to November

Dumping refuse and emptying chemi-

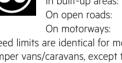
forbidden. There are clearly signposted special toilet/waste emptying stations along the roads. Most campsites also provide such facilities.

Winter-closed roads

- October
- October
- December.
- normally open from app. 5 May to 31 October.

og Fjordane), normally open from 1 June to 15

- FV55
- FV63 Geiranger Road, normally open May to end



signs/speed limits!

tions. Call the Vegmeldingstienesten (Road conditions information line) for more information: Tel.: in Norway: 175

FV55

Tel.: from abroad: + 47 815 48 991

Roads with narrow, winding sections:

Bårddalen, Gaularfjellet, Sogn & Fjordane FV13

Sognefjell Road, Fortun – the Sogn &

Fjordane/Oppland county boundary

FV258 Ospeli – the Sogn & Fjordane/Oppland

FV511 Skudeneshavn – Kopervik on Karmøv.

FV513 Solheim – Skjoldastraumen, Rogaland

FV569 Dalseid (junction with E16) - Eidslandet:

FV651 Straumshamn – Volda, Møre og Romsdal

FV655 Leknes – Tryggestad, Møre og Romsdal

FV501 Hauge i Dalane – Heskestad, Rogaland

Lysevegen road: Suleskar – Lysebotn, Rogaland

Øvre Årdal – Turtagrø, Sogn og Fjordane

Aurland Road/Snow Road: Aurland – Erdal. Sogn

FV63 Trollstigen Road – Eagle Road – Geiranger,

Not suitable for caravans!

FV661 Eidsvik – Tomra, Møre og Romsdal

The dates for the opening of winter-closed roads

will depend on local weather and driving condi-

- RV13 Lutsikrossen – Høle. Rogaland
- FV48 Tysse – Eikelandsosen, Hordaland FV50 Steine – county boundary Sogn &

Fjordane/Buskerud

county boundary

FV503 Vikeså – Byrkdal, Rogaland

FV520 Sauda - Røldal, Rogaland

FV550 Jondal - Utne, Hordaland

Møre og Romsdal

og Fiordane

Rogaland

FV506 Røynåsen – Ålgård, Rogaland

Alcohol and tobacco - duty free quota for people travelling to Norway

You can bring a tax free alcohol and tobacco quota with you when you

have been abroad.

2014:

pops or wine.

with alcohol

see: www.toll.no

vehicles across land.

dard

0

0

tobacco.

Type of goods	Amount:
Spirits/liqueur etc. over	1 litre
22% up to 60% alcohol	
by volume.	
Wine etc. over 2.5% up to	1,5 litre
22% alcohol by volume.	
Beer over 2.5% alcohol	
by volume (including	
strong beer),	
or alcopops etc. over	2 litre
2.5% up to 4.7 % alcohol	
by volume.	
Cigarettes or other	200 cigarettes or 250
tobacco (for example	grams, or 1.5 litres of
moist snuff)	alcohol beverages over
	2.5% up to 22% alcohol
	by volume.
Cigarette papers	200

The spirits quota can be replaced by 1.5 litres of either wine or beer, while the wine guota can be replaced by beer, a litre for a litre. Wine and beer cannot be replaced by stronger beverages.

The duty free quotas were changed from 1 July

• If you do not make use of the tobacco guota, you can bring in an additional 1.5 litres of beer, alco-

You can only replace the whole tobacco guota

• You cannot replace the alcohol guota with

Wine and spirits can only be purchased in special off-licences in Norway, called 'Vinmonopol'. These off-licences are found in large population centres and towns. For more information and examples,

Rights of access using the countryside

Above all, Fjord Norway offers you unspoiled nature. You can roam freely as long as you show consideration to landowners and other users. There is free access to all outlying land, i.e. land that is not cultivated or in the immediate vicinity of the landowner's house. Open fires are not permitted outdoors during the summer months. This also applies to Primus stoves. It is prohibited to empty toilets or other waste in the countryside or to drive motorised

Electricity

220-volt alternating current is stan-



Pets

Norway is free of many contagious animal diseases and parasites that are common in other parts of the world. Therefore, strict regulations apply to

the movement of animals across the Norwegian border. Check the website of the Norwegian Food Safety Authority, Mattilsynet, for more information: www.mattilsvnet.no. Prepare well before travelling to avoid problems at the border, and help keep Norway free of rabies and other animal diseases.



Telephones

To make international calls from Norway, dial 00 and the appropriate country code and the telephone num-

ber. To call Norway from abroad, dial the international dialling prefix for foreign calls in the country you are in, then 47 for Norway and the telephone number you want to call.



Smokina

Smoking is prohibited in all public places, buildings and means of transport. All establishments that sell food

or drink, discotheques, pubs, bars etc. are smokefree. The lower age limit for buying tobacco products is 18 years.



Emergency numbers

Emergency telephone numbers are toll free, also from pay phones. Fire 110

Police 112 Ambulance 113



Temperatures

In Fjord Norway you have to be prepared for all kinds of weather and temperatures. Summers can be

really hot with temperatures reaching 30° Celsius, but you may also experience temperatures as low as 10° Celsius. If you're going to the mountains or on a boating trip, make sure you take warm windproof clothing with you.

TOURIST INFORMATION

Region Stavanger

www.RegionStavanger.com

E-mail: info@RegionStavanger.com Tel.: (+47) 51 85 92 00. Open: 1 June - 31 August daily 09.00-20.00. Rest of year Mon.-Fri. 09.00-16.00, Sat. 09.00-14.00

Sandnes: Vågsgt. 22, NO-4306 Sandnes Open: 20 June-13 Aug. Mon.-Fri. 9.00-16.00, Sat. 9.00-14.00. Rest of the year Mon.-Fri. 9.00-16.00. Kvadrat: on E39 between Sandnes and Stavanger. Tel.: (+47) 51 96 00 44. Open: Mon.-Fri. 10.00-20.00, Sat. 10.00-18.00. E-mail: turist.kvadrat@amfi.no, www.kvadrat.no

TRANSPORT

Rogaland Taxi has taxis, minibuses and tour buses seating from 20 to 80 passengers. Rogaland Taxi

Rødne Fjord Cruise

SIGHTSEEING TOUR OF THE LYSEFJORD AND THE MAJESTIC PREIKESTOLEN (PULPIT ROCK) - tours available all year. Join us aboard a very comfortable sightseeing boat to experience the Lysefjord and the Pulpit Rock, the concealed Fantahålå crevice, waterfalls and beautiful scenery. Up to three departures daily during the high season. Guiding in several languages. The tour lasts approx. 3 hours. Departures from Skagenkaien. For groups and individual travellers. Cruise and walk - a trip where you get to experience the Pulpit Rock from the ford and from the mountains. Departures June, July and August. Read more on our website. Rent your own boat we have charter boats of various sizes, carrying 12 to 147 passengers. We tailor trips for all occasions! Rødne Fjord Cruise, Skagenkaien 35-37, 4006 Stavanger Tel.: +47 51 89 52 70, www.rodne.no, mail@rodne.no

Airport, Sola. For more information, see www.jaerlines.no. We also have tour buses that are long trips in Norway and abroad. Tel.: (+47) 51 90 90 20, Fax: (+47) 51 88 41 10 Email: buss@rogaland-taxi.no

ATTRACTIONS

Jorsalfar had established Stavanger as the Episcopal residence. The best preserved medieval church in the Nordic countries. Old Stavanger has more than 170 houses dating from the end of the 18th century. The city of Stavanger has the best preserved and the largest concentration of wooden buildings in northern Europe.

Stav among the sand dunes at Solastranden, one of the finest beaches in Norway. Next door to one of Norway's biggest amusement parks. A round of golf? It's just five minutes away. Aromatherapy massage? The hotel has its own spa. A history dating back a hundred years, staff who really care and meals vou are sure to remember. www.sola-strandhotel.no Tel.: (+47) 51 94 30 00

TOURIST INFORMATION

Sauda Ferie og Fritid, Kyrkjegata 2,



4200 Sauda. Tel.: (+47) 52 78 42 00 Suldal Turistkontor, 4230 Sand, Tel.: (+47) 52 79 05 60 Strand Turistkontor, 4100 Jørpeland. Tel.: (+47) 51 75 95 10. Forsand Turistkontor: Kommunehuset, 4110 Forsand. Tel.: (+47) 51 70 36 60 Hielmeland Turistkontor, 4130 Hielmeland. Preikestolen Turistkontor, Preikestolen parking. Tel.: (+47) 51 75 95 10.



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	CA	Ryfylkevegen 2	2710, NO-4120 Tau	464 77 965		post@hamrane-hyttefelt.no	www.hamrane-hyttefe	lt.no 7	2-6
Hamrane Hyttefelt Ryfylke Fjordhotel	CA H	Ryfylkevegen 2 NO-4230 Sand		464 77 965 52 79 27 00		post@hamrane-hyttefelt.no ryhotell@online.no	www.hamrane-hyttefe www.ryfylkefjordhote		2-6 118

Cat.: CA) Cabins, (H) Hotel, (M) Museum No.: Number of rooms/cabins/branches 🖌 Number of beds per cabin/hotel

ROGALAND

Rogaland, the southernmost fjord county, offers most popular attractions in Norway. Haugesund, the uniquely beautiful landscapes ranging from sandy herring and festival town, is a very enjoyable small beaches to towering mountain faces, but also inclu- town which is well worth a visit, particularly during the ding distinctive towns full of character. The Jæren August festivals. All these places are joined together area has the most beautiful beaches facing the by a network of distinctive roads that are worth expeocean, and Stavanger, the largest town in Rogaland, riencing for both culture and nature lovers alike. The has a charming mix of old wooden houses and North Sea Road along the coast from Kristiansand to modern architecture and a varied cultural scene. Out Haugesund, RV13 - the Ryfylke road from Sandnes by the ocean lies the picturesque little community to Røldal, which is the first stage of the RV13 Fjord of Skudeneshavn, which was voted Norway's Best Road from the south, the historic Tronåsen route, Summer Town in 2004. Rvfvlke has lovely skerries, the RV45 Suleskarvegen road and Lysevegen with island communities, fjords, mountains and unspoi- its 27 hairpin bends down to Lysebotn, from where led nature. The spectacular rock formation called Stavanger can be reached by car ferry. There are Preikestolen (the Pulpit Rock), which plunges 600 wonderful views of Mount Kjerag and the Pulpit Rock metres straight down into the Lysefjord, is one of the from the ferry.

Attractions in Rogaland:

History comes alive at the restored Viking farm largest fisheries ports in Norway. at Avaldsnes, Karmøy, in the Prehistoric Village at A cruise or ferry ride into the Lysefjord brings you Forsand and the Iron Age farm at Ullandhaug. The Pepast the impressive Pulpit Rock and the towering troleum Museum and Cannery Museum in Stavanger Kierag mountain ridge. From Lyseboth at the end of are well worth a visit, as are the excellent collections of the fjord, a series of hairpin bends take you up into the the Rogaland County Museum of Art. The Cathedral mountains. Gloppedalsura, a huge area of rocks and in Stavanger and Utstein monastery on Mosterøy are boulders freed by ice, is also an exotic sight. still in fine shape.

Heading southward, be sure to choose the North Sea you to a tranquil holiday. In the northern part of the road, along the sandy and stony beaches of Jæren. county you find the charming town of Skudenespast the cabins tucked under the overhanging cliff of havn, Haugesund, and picturesque villages such as Helleren, to the southern town of Egersund, one of the Nedstrand in Ryfylke.

Popular attractions:

Attraction	Place	Open	Internet
Kongeparken amusement park	Ålgård	May - Sept	www.kongeparken.no
Byrkjedalstunet	Dirdal by/RV45	All year	www.byrkjedalstunet.no
Sightseeing Lysefjorden	Lysefjorden	All year	www.rodne.no
Avaldsnes area	Karmøy	May - Dec	www.avaldsnes.info
Preikestolen- the Pulpit Rock	Lysefjorden	All year	www.regionstavanger.com
Old Skudeneshavn	Skudeneshavn	All year	www.visithaugesund.no
Sogndalstrand	Sogndalstrand	All year	www.sogndalstrand.mamutweb.com
The Norwegian Petroleum Museum	Stavanger	All year	www.norskolje.museum.no
Rogaland Arboretum	Sandnes	All year	www.rogalandarboret.no
Lysefjordsenteret	Oanes	May - Sept	www.lysefjordsenteret.no
Flor og Fjære	Sør Hidle	May- Sept	www.florogfjare.no
Vitensenteret	Sandnes	All year	www.jaermuseet.no

Rogaland has a myriad of beautiful islands inviting



Facts about Rogaland Size: 9 376 km²

Population: app 460 000 Towns: Stavanger, population app 131 000 Sandnes, population app 72 000 Haugesund, population app 36 000 Egersund, population app 15 000 Bryne, population app 11 000 Jørpeland, population app 7 000 Kopervik, population app 7 000 Åkrehamn, population app 10 500 Sauda, population app 5 000 Skudeneshavn, population app 3 700

International airports: Stavanger and Haugesund International ferries: To/from Denmark Railways: The Southern Railway (Sørlandsbanen) round trip Stavanger–Oslo Longest fjord: The Lysefjord

Sirdal Eaersund

operates the airport bus between Bryne and Stavanger

adapted for disabled passengers. Transfers/sightseeing/

Website: www.jaerlines.no, www.Rogaland-taxi.no

Stavanger Cathedral was started in 1125 after Sigurd

SHOPPING

Kvadrat, One of Norway's biggest shopping centres. 160 shops. On the E39 between Sandnes and Stavanger. Open Mon. - Fri. 10.00-20.00. Sat. 10.00-18.00 E-mail: turist.kvadrat@amfi.no www.kvadrat.no

AKTIVITETER

The National Scenic Route Jæren between Ogna and Bore is 41 kilometres long. The open coast along Jæren has always been a notorious area for seafarers, and the exposed coast has a long history of coastal culture. **Bikes** – the Tourist Information Office in Sandnes hires out free city bikes and has its own cycling map of the city and region. Stavanger Tourist Information Office hires out bikes on a daily or weekly basis, with necessary equipment such as helmets and bike bags.



Norwegian Petroleum Museum

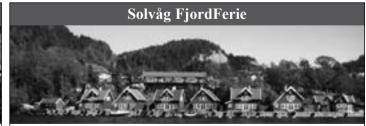
A modern, interactive and exciting museum, showing how bil and gas are formed, how they are produced, what they are used for and how Norwegian society has been affected by the petroleum industry. In the cinema you can se the new 3D film "Petropolis" The museum has a well-stocked souvenir shop and a café. Open: 1 June-31 August: daily 10.00-19.00, 1 September-31 May: weekdays 10.00-16.00, Sunday 10.00-18.00. Admission: NOK 100/ NOK 50. Reservations can be made for groups outside ordinary opening hours. Tel.: (+47) 51 93 93 00, Fax: (+47) 51 93 93 01 www.norskolje.museum.no. post@norskolje.museum.no

Drive National Tourist Route Rvfvlke on the RV 13 and F 520 roads – from Oanes in the south to Hårå in Røldal in the north. The most famous attractions in the Ryfylke area are the Lysefjord, the Pulpit Rock (Preikestolen) and Mount Kjerag, but you will also find stopping places in beautiful natural settings and places of historical interest.

Reisemål Ryfylke as NO-4130 Hielmeland Tel.: (+47) 51 75 95 10 info@rvfvlke.com www.rvfvlke.com

Download the free Ryfylke Multiguide app for a guided tour of the Ryfylke Nationa Tourist Route





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Marken

GJESTEHUS



Travel by bus, boat and light rail when you want to enjoy Bergen and Hordaland!

Visit skyss.no for timetables and further information

skyss.no

he Hanseatic Wharf at Bryggen in Berge © Kaitlin Bailey / www.fiordnorway.com



HORDALAND

It is the fjords that give Hordaland its distinctive a cultural and winter sports centre offering unique inland from the ocean and are the perfect place for a vear in May/June. boating holiday. In the middle of the county lies Voss,

Attractions in Hordaland:

Bergen was a European City of Culture in 2000, Låtefossen and Steinsdalsfossen (which you can and with good reason. Among them: Bryggen, Old walk behind). Bergen, the charming neighbourhoods of Nord- The Hardangfjord is an adventure any time of year. the lively Fish Market and the numerous art mu- Utne. seums around the central lake - all excellent. Do Further southwest lies the exotic barony at Rosendal. the city. Outside town is a reconstruction of Fan- attractions include the Heathland Centre at Lygra. violinist Ole Bull. With plentiful rain, Hordaland is Rallarvegen, the old construction road of the worth-

character. They lead you through rich and fertile opportunities for a really active holiday. At Voss you communities, past waterfalls and steep outcrops to can go rafting, paragliding, horse-riding in the mothe high mountains and the glaciers. At 179 kilometres untains, angling, mountain walking, cycling, kayaking, the Hardangerfjord is the longest fjord in Hordaland. parasailing (hanging in a parachute drawn behind a It stretches all the way inland to the Hardangervidda boat) and water skiing. Bergen is the gateway to the and the mountainous fjord-side village of Eidfjord. fjord country and Norway's second largest city. The Beside the fjord are small communities famous for city is the undisputed capital of Fjord Norway and is their beauty. The fruit-producing villages of Ulvik steeped in tradition, history, culture and atmosphere. and Ullensvang are perhaps the best known. At the Bryggen in Bergen is on UNESCO's World Heritage mouth of the fjord is a rich and varied archipelago List. When in Bergen we also recommend visits to consisting of 9 thousand large and small islands and the Fish Market and to the home of Edvard Grieg, as skerries. They help shelter the communities further well as to Bergen International Festival held every

nes and Sandviken with their narrow cobblestone The village of Ulvik and the historic Agatunet hamlet streets, the 12th century Church of St. Mary's, are a must, as are the Hardanger Folk Museum in

visit the viewpoints of Mount Ulriken and Fløven. Along the coast there are many tiny communities, and stroll the promenade called **Fiellveien** above such as **Espevær** and **Glesvær**. Nordhordland's many toft stave church, Troldhaugen Edvard Grieg One of the finest comprehensive tours is Norway in Museum and Lysøen, the exotic home of the 19th **a Nutshell.** If you're into bicycling, be sure not to miss blessed with scenic waterfalls such as Vøringsfossen, while Bergen Railway. And festivals? Plenty of them!

Popular attractions:

Attraction	Place	Open	Internet
The Hanseatic Wharf at Bryggen	Bergen	All year round	www.norgesverdensarv.no/bryggen-i-bergen
Fløibanen funicular	Bergen	All year round	www.floibanen.no
Bergen Aquarium	Bergen	All year round	www.akvariet.no
The Hanseatic Museum	Bergen	All year round	www.museumvest.no
Hardangervidda Natursenter	Eidfjord	April-Oct./ Groups all year	www.hardangerviddanatursenter.no
Vøringsfossen waterfall	Eidfjord	All year round	www.hardangerfjord.com
Låtefossen waterfal	Odda	All year round	www.hardangerfjord.com
Stalheim	Voss	All year round	www.hardangerfjord.com
Steinsdalsfossen waterfall	Norheimsund	All year round	www.hardangerfjord.com
Tvindefossen waterfall	Voss	All year round	www.visitvoss.no



Facts about Hordaland

International airport: Bergen

Glaciers: Folgefonna 225 km²,

Hardangerjøkulen 78 km²

International ferry connections:

Towns: Bergen, population app 248 000

Stord, population app 18 000

Odda, population app 5 000

Voss, population app 14 000

Railway: The Bergen Railway, Bergen-Oslo

Longest fjord: The Hardangerfjord 179 km

National park: Hardangervidda 3,422 km²,

Folgefonna 545 km², Hallingskarvet 450 km²

Population: app 500 300

Size: 15 438 km²

Airport: Stord

To/from Denmark

Hordaland

() 177/+47 55 55 90 70



for walking, cycling, glacier trips, fjord trips, hunting and fishing. Many attractions in the area - Odda -Røldal - Tyssedal - museums, churches, Røldal Stave Church, the Norwegian Museum of Hydropower and Industry and lots more.

Come to Hardanger and stay with us! Hardanger Hotel offers the following facilities: 50 single and double rooms

- Free parking
- Norwegian breakfast
- · Lobbybar Fully licenced • Free highspeed WLAN in all rooms
- Conference room Capacity up to 100 persons

HARDANGER HOTEL P.O.Box 484, NO-5751 Odda Tel.: (+47) 53 64 64 64 Fax: (+47) 53 64 64 74 E-mail: post@hardangerhotel.no www.hardangerhotel.no

The Hanseatic Wharf at Bryggen in Bergen. © Andrea Giubelli/www.visitnorway.com

Balestrand Hotel



Size: 18 623 km²

Population: app 109 000

round trip Flåm–Mvrdal

National parks: Jotunheimen, 1,151 km²

Jostedalsbreen National Park 1,310 km²

Breheimen National Park, 1,691 km² Hallingskarvet National Park, 450 km² Glaciers: Jostedalsbreen, 487 km²

SOGN OG FJORDANE

Sogn og Fjordane county is full of natural contrasts of the county, in the more open Sunnfjord, there are arms and fertile valleys, where you can see impressive events and major festivals. offshoots of the Jostedalsbreen glacier. In the middle

- the extensive fjords, the ocean to the west, the waterfalls and fishing rivers. The coastline of the entire mountains to the east, waterfalls and glaciers. The county is dotted with large and small islands and Sognefjord carves a deep swath right through Sogn beaches, and is rich in coastal culture. Several of the og Fjordane county. It is Norway's longest fjord, ex- oldest stave churches in Norway are to be found by tending all of 204 km inland to the Jotunheimen and the Sognefjord, and innermost in Sogn is Urnes Stave Jostedalsbreen national parks. Parts of the fjord are Church, listed on UNESCO'S World Heritage List. The narrow and steep-sided on both shores, but in other county also boasts the Sognefiellsvegen and Gamle places it opens up to make room for lush pastures Strynefiellsvegen roads, which have been designated and small villages. The Nærøyfjord was included in national scenic routes. Wherever you travel in Sogn og UNESCO's World Heritage List in 2005. The Nordfjord, Fjordane you will encounter an active and vibrant local in the northern part of the county, ends in narrow fjord culture in the form of exhibitions, cultural and sporting

Attractions in Sogn og Fjordane:

The most famous attraction? The Sognefjord, of in all of Europe, 514 m. The Anders Svor Museum course! Along its shores you find the well-preserved celebrates one of Norway's best figurative sculptours. villages of **Balestrand** and **Lærdalsøyri**, and the In the **"Fosseheimen"** area of Sunnfjord, you will find stave churches of Urnes, Kaupanger and Hopper- more than 50 impressive waterfalls and more than 20 stad – and not far away Undredal and the amazingly km of trails along the three major rivers. Just follow well preserved Borgund stave church. The narrowest trunk road RV13 from the Sognefjord. The Flåmsbana and most impressive fjord arm is the Nærøyfjord, now railway is sure to take your breath away on its dizzying a UNESCO World Heritage attraction. For a close-up 20 km descent through twenty tunnels from Myrdal view of coastal culture and idyllic islands, just hop on to Flåm. If you have time, consider walking the old a ferry or express boat. The Jostedalsbreen glacier is construction road as well. The most frequent meeting worth a closer look - with an experienced guide, mind place of storms in Norway is Stad and the West Cape. vou! The most visited glacier tongue is Briksdals- Many Christian historians consider the cave of St. breen. For added insights, visit the glacier museums. Sunniva, overlooking the monastery ruins on Selja, Some of the most scenic areas of Nordfjord are **Olden**, to be the Norwegian womb of the new religion. Loen and Stryn. The Hornindal lake is the deepest

Popular attractions:

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Attraction	Place	Open	Internet
Flåm Railway/Kjosfossen waterfall	Flåm	All year round	www.flaamsbana.no
The Nærøyfjord	Aurland	All year round	www.sognefjord.no
Briksdalsbreen glacier	Olden	All year round	www.nordfjord.no
Sognefjellsvegen mountain road	Luster/Lom	May - November	www.sognefjord.no
Bøyabreen glacier	Fjærland	All year round	www.sognefjord.no
Nigardsbreen glacier	Jostedal	All year round	www.jostedal.com
The Norwegian Glacier Museum	Fjærland	April - Oktober	www.bre.museum.no
Borgund Stave Church	Lærdal	May - September	www.stavechurch.com/ borgund
Breheimsenteret	Jostedal	May - September	www.jostedal.com
Jostedalsbreen National Park Centre	Stryn	May - September	www.jostedalsbre.no
Norway in a Nutshell®	Sogn og Fjordane	All Year	www.fjordtours.com
Sognefjorden in a Nutshell	Sogn og Fjordane	1 May – 30 September	www.fjordtours.com



Leikanger Fjord Hotel

Ouiet family-run hotel in the middle of Balestrand. 30 rooms, all with shower/WC. 15 with balcony and fjord view. Ideal base for excursions

NO-6898 Balestrand Tel.: (+47) 57 69 11 38 www.balestrand.com E-mail: info@balestrand.com







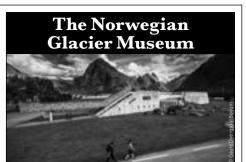
Beautifully situated by the Sognefjord. Family-run hotel since 1882, 52 rooms.

NO-6863 Leikanger Tel.: (+47) 57 65 60 20 www.leikanger-fjordhotel.no E-mail: post@leikanger-fjordhotel.no

MIDTNES HOTEL

Charming hotel in the centre of Balestrand 30 rooms, most of them with fjord views, Boat hire, opportunities for swimming. Pool, darts.

NO-6898 Balestrand Tel.: (+47) 57 69 42 40 Fax: (+47) 57 69 42 41 www.midtnes.no E-mail: booking@midtnes.no



in Fjærland – between the Sognefiord and the lostedalsbreen

- Learn about glaciers and glacier-formed landscape by interactive models.
- Do your own experiments with 1000-year old glacier ice from the glacier lostedalsbreen.
- Enjoy the panoramic film about the lostedalshreen
- Travel in time with "Our changing climate from the past to the future".

Welcome to an entertaining hands -on museum for the whole family!

Open daily; April, May, eptember & October 10 am - 4 pm / June - August: 9 am - 7 pm Tel.: +47 57 69 32 88 / Fax: +47 57 69 32 87 www.bremuseum.no E-mail: post@bre.museum.no

Treat yourself to a wonderful few days by the Sognefjord. Kviknes Hotel in Balestrand is one of the most distinctive hotels in Norway. The historical atmosphere, international cuisine and comprehensive wine cellar make for an unforgettable experience. The Nærøyfjord and Urnes Stave Church, attractions on UNESCO's World Heritage List which draw visitors from all over the world, are not far away.

The hotel has several different categories of rooms, both in the modern building and in the historical wing.



Visit the Flåm Railway - the amazing branch

line between the village of Flåm, at the head of the Aurlandsfjord, and Myrdal, a mountain station on the Oslo - Bergen Line. This unique

railway line climbs 865 m over 20 km with a

gradient of 1:18. Because of the steepness of

the gradient, parts of the line go through tun-

Destination

www.nordfjord.no

Strvn & Nordfiord

Nordfiord consists of the municipalities

Vestkapp (West Cape) plateau. It has

everything you need for an active

holiday. Nordfjord also has a rich

history, which, for example, you

can explore at the 12th cen-

tury Selja monastery.

bouring fiord to the

not far from Ålesund.

Nordfiord is the neigh-

Geirangerfjord, and it is

OLDEDALEN SKYSS AS:

alacier.

Stryn, Hornindal, Gloppen, Eid, Vågsøy and

Selje. Nordfjord is famous for the impressive

DESTINATION BRIKSDAL

• Transport by Troll cars to the Briksdalsbreen

• The season runs from April to October

BRIKSDAL GLACIER MOUNTAIN LODGE :

Souvenir shop with a wide range of souvenirs

Advance booking recommended

Direct line tel.: (+47) 57 87 68 05

www.oldedalen-skysslag.com

rogeir@briksdalsbre.no

© Normann

Rooms/cabin

Large car parks

Cafeteria/restaurant

• Can seat 500 persons

Tel.: (+47) 57 87 68 00

www.briksdalsbre.no

post@briksdalsbre.no

Serves cold and warm dishes

Most credit cards accepted

Briksdalsbreen glacier, the fiord, high mountains,

idvllic green valleys and a fantastic coastline with

white sandy beaches, big breakers and the majestic

Perhusvegen 24. NO-6783 Strvn Tel. +47 57 87 40 40

mail@nordfiord.no www.nordfiord.no facebook.com/strynnordfjord @strynnordfjord @strynnordfjord

The hotel with 'the fjord in its garden' Beautiful outdoor area. Near famous attractions such as Briksdalen and the glacier, the Lodalen valley, Fjærland, Geiranger, Vestkapp (West cape), Selje and Kråkenes lighthouse. Hottub and beach

NO-6793 Innvik Tel.: (+47) 57 87 49 90 Fax: (+47) 57 87 49 99 post@innvikfjordhotell.no www.innvikfjordhotell.no

Family Hotel from 1896. Idyllically located by Lake Strynevatne in the middle of Stryn Summerski Centre (29 km) and the Centre of Stryn (27 km). Peaceful and romantic spot in majestic surroundings with an atmosphere of days gone by. The 18 hotel rooms range from a simple comfort to romantic luxury. For the price concieus, the motel (annex) offers 12 rooms.

The old shop at Hielle is full of atmosphere offering only locally made art and handicrafts. Enjoy tea and cake whilst soaking in the dramatic views. Locally made gifts
 Local art
 Café

Hjelle Hotel, NO-6798 Hjelledalen E-mail: hotel@hjelle.com Tel.: (+47) 5787 2750 - Fax: (+47) 5787 2751

Cabins - Apartments - Café/shop Boat- and canoe rental - Free trout fishing Marked walking trails – Via Ferrata Loen Wireless Internet – Special offers during the off-seasor Good atmosphere and excellent service! NO-6789 LOEN. Mob: (+47) 416 69 192 post@sande-camping.no www.sande-camping.no



NO-6789 Loen Tel.: (+47) 57 87 57 00 Fax: (+47) 57 87 57 51 post@loenfjord.no www.loenfjord.no



Flåmsbana – the Flåm Railway P.O. Box 75. NO-5742 Flåm

Tel.: (+47) 57 63 21 00 Fax: (+47) 57 63 23 50 Web: www.flaamsbana.no & www.visitflam.com E-mail: flaamsbana@visitflam.com

FLÄMSBANA "World class train journey"

nels that spiral in and out of the mountainside. The train slows down or stops at the most spectacular vantage points. The trip through the steep-sided Flåmsdalen valley, with views of magnificent waterfalls and snow-capped mountains, takes about 55 minutes one way and 2 hours return. Flåm-Myrdal-Flåm Prices 2016 Adults NOK 440 Children 4-15 vears NOK 170

9-10 daily departures from 18 April to 01 October, 4 daily departures from 02 October to 16 April







Olden Fjordhotel

Family-run hotel. Beautifully situated by the fiord. 60 comfortable rooms with bath/ shower, balcony and fjord view. First class restaurant.

NO-6788 Olden, Nordfjord Tel.: (+47) 57 87 04 00 Fax: (+47) 57 87 04 01 E-mail: post@olden-hotel.no www.olden-hotel.no



STRYN & NORDEJORD

Innvik Fiordhotell



Hielle Hotel www.hielle.cor

The Old Shop at Hjelle www.gamlebutikken.no





• Pleasant hotel by the fjord • 137 en suite double rooms, 274 beds • Karjolen Restaurant, Fiskekroken Bar • Dancing Terrace, food and drinks served outdoors (in good weather) • Bicycle/boat rental, hiking trails, excursions



Hotel Alexandra

Loen – Strvn – Nordfiord 2.5 hours from Ålesund 4.5 hours from Bergen 1.5 hours from Geiranger

• Modern, top class hotel • 200 well equipped rooms, 380 beds Restaurant Charlotte with Alexandra Buffet • Restaurant Andrine with à la carte menu • Markus wine cellar, Bar and Café • Alex Dancing, nightclub • Salong Ida – piano bar • Alexandra Bad og Spa (baths and spa) • Tennis, mini-golf, boat and cycle hire Lovely gardens Alexandra Marina • Skiing, glacier walking, fishing and boat trips

and mountain walks - all within an hour's reach. The best known places are: Briksdalsbreen glacier. Lodalen. Lake Lovatnet. Mount Skåla. Jostedalsbreen National Park Centre

• Hotel Alexandra is one of the foremost course and conference hotels in Norway, and can accomodate 700 persons for large meetings. • Via Ferrata Loen – spectacular climbing route

close to the hotel.



NO-6789 Loen Tel.: (+47) 57 87 50 00 Fax: (+47) 57 87 50 51 alex@alexandra.no www.alexandra.no



Visnes Hotel

A historic hotel dating from 1850. Located beside the fjord, 3 min. from the centre of Strvn. 12 rooms with en suite bathrooms. Family rooms. Restaurant serving local produce (June August), 40 km to Briksdalsbreen glacier and 75 km from the Geirangerfjord. Free Wi-Fi.

> Visnes Hotel, Prestestegen 1, NO-6783 Stryn Tel. (+47) 57 87 10 87/908 54 362 booking@visneshotel.no www.visneshotel.no

Strvn Hotel

In the centre of Stryn – 69 modern rooms with cable TV Fully licensed restaurant and bar Free Wi-Fi



Tel. +47 57 87 07 00 • post@strynhotel.no • www.strynhotel.no

Name	Address	Tel.: (+47)	Internet (www)	Name	Address	Tel.: (+47)	Internet (www)
Balsnes Gard	Nordfjordeid	971 49 249	balsnesgard.no	Kråkenes Fyr	Raudeberg	950 23 668	krakenesfyr.no
Best Western Bryggen Hotel Nordfjord	Nordfjordeid	57 86 06 22	bryggenhotel.no	Nesholmen Leirstad	Hyen	57 86 96 54	nesholmen.no
Best Western Måløy Hotell	Måløy	57 84 94 00	maloyhotell.no	Nordfjord Hotell, Scandic Partner	Nordfjordeid	57 86 33 33	nordfjord-hotell.no
Briksdalsbre Fjellstove	Briksdalsbre	57 87 68 00	briksdalsbre.no	Nordfjord Sommarhotell	Sandane	57 86 80 40	nordfjordadventure.no
Doktorgarden Selje	Selje	909 29 771	doktorgarden-selje.no	Selje Hotel/Selje Spa Thalasso	Selje	57 85 88 80	seljehotel.no
First Hotel Raftevold	Hornindal	57 87 96 05	raftevold.no	Sentrum Hotell	Nordfjordeid	57 86 23 10	sentrumhotell.no
Gloppen Hotell	Sandane	57 86 53 33	gloppenhotell.no	Singerheimen	Olden	920 84 187	singerheimen.no
Hjelle Hotel og Motel	Hjelledalen	57 87 27 50	hjelle.com	Stryn Hotel	Stryn	57 87 07 00	strynhotel.no
Hotel Alexandra	Loen	57 87 50 00	alexandra.no	Stryn Kaffebar & Vertshus	Stryn	416 82 198	strynvertshus.no
Hotel Loenfjord	Loen	57 87 57 00	loenfjord.no	Ulvesund Fyr	Deknepollen	952 40 487	ulvesundfyr.no
Innvik Fjordhotell	Innvik	57 87 49 90	innvikfiordhotell.no	Visnes Hotel	Stryn	57 87 10 87	visneshotel.no

CABINS, CAMPING CHALETS AND HOLIDAY APARTMENTS

lame	Address	Tel.: (+47)	Internet (www)	Name	Address	Tel.: (+47)	Internet (www)
Alsaker Hytteutleige	Nordfjordeid	57 86 02 09	alsakerhytte.no	Nordfjord Fritidssenter - hytte	Blaksæter	902 66 550	nordfjordfritid.no
Aud's Cottages, Sandal	Byrkjelo	57 86 88 21	sandalgard.no	Nore Fjordsenter	Bryggja	947 84 042	nore-fjordsenter.com
Briksdalsbre Fjellstove	Briksdalsbre	57 87 68 00	briksdalsbre.no	Norsk Fjordhestsenter - Hytter	Nordfjordeid	57 86 48 00	norsk-fjordhestsenter.no
Byrkjelo Camping	Byrkjelo	917 36 597	byrkjelo-camping.no	Nygård Camping	Hjelledalen	57 87 52 58	nygaardcamping.com
jellstrand Ferieleilegheiter	Nordfjordeid	909 23 741	visitfjellstrand.no	Olden Camping Gytri	Olden	57 87 59 34	oldencamping.com
jordblikk Hytter	Olden	57 87 34 23	fjordblikk.no	Oldevatn Camping	Olden	57 87 59 15	oldevatn.com
låten Feriehytter	Olden	57 87 59 49	nordfjord.no	Orheimstunet	Stårheim	918 32 369	orheimstunet.no
'olven Camping	Hjelledalen	476 66 900	folven.no	PlusCamp Sande Camping	Loen	416 69 192	sande-camping.no
ransøyra Hytteutleige	Utvik	57 87 65 44	fransoyra.no	Robjørgane Gardshus	Stryn	57 87 64 14	robjorgane-panorama.no
Gloppen Camping & Fritidssenter	Sandane	57 86 62 14	gloppen-camping.no	Roset Panorama	Blaksæter	57 87 56 06	rosetpanorama.no
Grande Camping	Oppstryn	971 69 709	grandecamping.no	Rundereim Hytter og Rorbu	Selje	57 85 82 12	rundereimhytter.com
Grovatunet Feriehus	Hjelledalen	976 22 123	grovatunet.no	Røberg Feriehus og Hytter	Stryn	900 95 232	roeberg.no
Gryta Camping	Olden	57 87 59 50	gryta.no	Selje Camping & Hyttesenter	Selje	57 85 62 43	seljecamping.no
Jåsemyr Camping	Byrkjelo	478 18 520	gasemyrcamping.page.tl	Sjøhuset Måløy	Deknepollen	930 57 878	nordfjord.no
Ianne Bua	Selje	57 85 62 49	nordfjord.no	Skipenes Gard	Nordfjordeid	57 86 08 24	skipenes-gard.com
Ijelledalen Hyttesenter	Hjelledalen	57 87 52 34	hjelledalen.no	Skongenes Fyr	Måløy	938 54 398	UT.no/hytter/Skongenes
logrenning Feriehytter	Loen	995 13 295	kjenndalstova.no	Solberget Feriehytter	Olden	57 87 31 50	nordfjord.no
Iolmevik Camping	Stryn	995 16 935	holmevik.no	Solheim Fiskeferie	Måløy	958 61 908	solheim-fiskeferie.no
Gørstad Hytteutleige	Nordfjordeid	57 86 23 20	nordfjord.no	Stokkenes Gjestegard	Nordfjordeid	417 46 500	stokkenes-gjestegard.no
Kleivenes Camping	Stryn	57 87 75 13	kleivenes.no	Stryn Camping	Stryn	57 87 11 36	stryn-camping.no
Knausen Hyttegrend	Hornindal	57 87 96 12	knausenhyttegrend.no	Strynsvatn Camping	Stryn	57 87 75 43	strynsvatn.no
idasanden	Stryn	994 84 176	lidasanden.no	Tjugen Camping	Loen	57 87 76 17	tjugen.no
.oenvatn Feriesenter	Loen	57 87 76 55	loenvatn.com	Vestkapp Camping	Stadlandet	57 85 99 50	vestkappcamping.com
/lelkevoll Bretun	Briksdalsbre	57 87 38 64	melkevoll.no	Viking Camping & Kro	Innvik	960 15 735	vikingcamping.no
/indresunde Camping	Stryn	57 87 75 32	mindresunde.no	Vollsnes Feriehus	Hjelledalen	400 70 666	vollsnes.no
Ayklebust Hytteutleige	Oldedalen	57 87 38 36	home.online.no/~jenmyk	Ytreeide Feriehus	Stryn	57 87 20 84	nordfjord.no
ledrebergtunet	Stryn	480 38 007	nedreberg.no	Aabrekk Gard - Trollbu	Oldedalen	913 82 569	aabrekkgard.no
Vesjartun Camping	Nordfjordeid	57 86 27 32	nesjartun.no	Aarneset Gardstun	Oppstryn	911 01 298	nordfjord.no
Vesset Fjordcamping	Olden	909 36 873	nessetfjordcamping.com	Årskogvika Camping	Lote	57 86 44 22	arskog.no

ACTIVITIES / ATTRACTIONS / TRANSPORTS

Name	Address	Tel.: (+47)	Internet (www)
Anders Svor Museum	Hornindal	57 87 97 76	sfk.museum.no
Breimsbygda Skisenter	Breim	57 86 73 68	breim.no/ski
Briksdal Adventure	Briksdalsbre	901 38 308	briksdaladventure.no
Fagre Stryn Aktivitetsselskap	Stryn	916 14 100	stryn.no
Fjord Guides	Loen	57 87 64 00	fjordguides.no
Fjord Helikopter	Stryn	974 84 040	fjordhelikopter.no
Geiranger & Nordfjord Cruise Handling	Stryn	57 87 74 73	geiranger-nordfjord.no
Harpefossen Skisenter	Nordfjordeid	57 86 25 50	harpefossen.no
Hornindal Skisenter	Hornindal	906 77 225	hornindalski.no
Indre Nordfjord Turlag	Stryn		indrenordfjord.turistforeninge
Jostedalsbreen Nasjonalparksenter	Oppstryn	915 80 078	jostedalsbreenadventure.com
Jølster Rafting	Skei i Jølster	900 67 070	jolster-rafting.no
Kjenndalstova Kafe og Restaurant	Loen	905 34 087	kjenndalstova.no
Lapoint Surfcamp	Stadlandet	46639742	lapoint.no
Loen Active	Loen	57 87 58 00	loenactive.no
MS Kjenndal II	Loen	995 13 295	kjenndalstova.no
MB Olden - Olden Cruise	Olden	901 22 389	oldencruise.no
Nave Hjortefarm	Bryggja	913 11 593	nordfjordhjort.no
Nettbuss Ekspress	Stryn	5070	nettbuss.no
Nord Helikopter	Ålesund	95 89 79 00	nordhelikopter.no
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Name	Address	Tel.: (+47)	Internet (www)
Nordfjord Adventure	Sandane	57 86 80 40	nordfjordadventure.no
Nordfjord Folkemuseum	Sandane	57 88 45 40	nordfjord.museum.no
Nordfjord Fritidssenter	Blaksæter	57 87 56 50	nordfjordfritid.no
Norsk Fjordhestsenter	Nordfjordeid	57 86 48 00	norsk-fjordhestsenter.no
Norway AdvenTURes	Davik	994 04 207	norway-adventures.com
Oldedalen Skyss	Briksdalsbre	57 87 68 05	oldedalen-skysslag.com
Operahuset Nordfjord	Nordfjordeid	907 79 933	operahuset.no
Orheimstunet - museum	Stårheim	918 32 369	starheimsbygda.no/orheimstune
Selja Kloster	Selje	57 85 66 06	seljekloster.no
Singerheimen	Olden	920 84 187	singerheimen.no
Skarstein Fjordcruise "Isabella"	Olden	913 51 042	skarstein-fjordcruise.com
Stad Surfing	Stadlandet	57 85 69 44	stadsurfing.com
Stadt Naturguiding	Stadlandet	415 13 473	stadtnaturguiding.no
Stall Rygg	Sandane	57 86 55 58	stallrygg.no
Stryn Sommerski	Stryn	458 37 077	strynsommerski.com
Stryn Vinterski	Stryn	57 87 11 15	strynvinterski.no
Uteguiden AS	Stryn	405 54 670	uteguiden.com
Vestkapp Båtservice - Klosterbåten	Selje	996 14 492	seljekloster.no
Yrineset	Oldedalen	900 55 931	vrineset.no

MØRE OG ROMSDAL

routes offering unforgettable experiences. Other well- mainland.

Møre og Romsdal is the northernmost county in for hiking in the Sunnmøre Alps. The three distinctive Fjord Norway. The landscape is full of contrasts, with towns of Ålesund, Molde and Kristiansund are also thousands of large and small islands and skerries. well worth a visit: Thanks to its rebuilding after the and mountain peaks towering to altitudes of up to town fire of 1904, the Art Nouveau town of Ålesund is 2000 meters. The Geirangerfjord, which was recently famous for its distinctive and harmonious architecture. included on UNESCO's World Heritage List, is the Molde, the city of roses, offers panoramic views of the most famous tourist attraction in the county. The fjords and the mountains. The town really livens up Trollstigen Road (near Åndalsnes), the Eagle Road during the international jazz festival it hosts every (Ørnevegen) near Geiranger and the Atlantic Road July. Kristiansund is built on four islands right by the between Molde and Kristiansund are all exhilarating ocean. Bridges and tunnels connect the town to the

known attractions include the bird island of Runde Take a trip to the fishing villages of Bjørnsund and near Ålesund, the Atlantic Sea Park in Ålesund and the Grip, which are really idyllic in summer, and to the lively salmon river Surna. There are also great opportunities fishing community of Ona with its 25 inhabitants.

Attractions in Møre og Romsdal:

train lines - the Raumabanen Railway - an adventure or ornithologist.

You can get a real bargain on one of the world's that starts at the head of the Romsdalsfjord. One of best cruises by taking the ferry from Geiranger to the most dramatic stretches of road is the Atlantic Hellesylt on the Geirangerfjord. UNESCO recently Road between Molde and Kristiansund, the former added the Geirangerfjord to its World Heritage List. town known for its Molde Jazz Festival. On an 15 km You can experience the fantastic scenic drive Golden west of Kristiansund, stands Grip stave church. The Route from Geiranger to Åndalsnes, trunk road RV63, county of Møre og Romsdal has more than its share past the jutting viewpoint rock of **Dalsnibba**, up to of fine museums and a fabulous aquarium called the Eagle's View (Ørnesvingen), over the mountain the Atlantic Park. Ålesund is unique not only for pass to Valldal, down the hairpin bends of Trollstigen, its harmonious Art Nouveau architecture, but for passing the impressive mountain wall of Trollveggen. its beautiful ocean-side setting. The bird rock of Take a train ride on one of Europe's most impressive **Runde** is required for any self-respecting bird lover

Popular attractions:

Attraction	Place	Open
Trollstigen road	Rauma	May-September
The Geirangerfjord	Geiranger	All year
The Atlantic Road	Averøy	All year
Aksla viewpoint	Ålesund	All year
Dalsnibba viewpoint	Geiranger	May-September
Atlantic Sea-park	Ålesund	All year
The fishing village of Grip	Kristiansund	May-September
Aursjøvegen	Sunndal-Eikesdal	June-October
Norsk Fjordsenter	Geiranger	All year
Romsdalsmuseet	Molde	All year
Geiranger & Norway in a nutshell®	Geiranger-Bergen-Oslo	April -September

Internet

- www.fjordnorway.com www.fjordnorway.com
- www.visitmolde.com
- www.visitalesund.com
- www.fjordnorway.com
- www.atlanterhavsparken.no
- www.visitkristiansund.com
- www.visitkristiansund.com
- www.verdsarvfjord.no
- www.romsdalsmuseet.no
- www.fjordtours.com



Facts about Møre og Romsdal

Size: 15 101 km² Population: app 261 500 **Towns:** Ålesund, population app 46 000 Molde, population app 26 000 Kristiansund, population app 24 000 Ulsteinvik, population app 6 00 Åndalsnes, population app 2 200 Fosnavåg, population app 3 450 Airports: Ålesund, Molde, Kristiansund, Ørsta/ Volda Railway: The Rauma Railway, Åndalsnes – Dombås with connections to Oslo and Trondheim. Oslo – Oppdal, then by bus (the Nordmøre Express) to Kristiansund. Oslo – Trondheim, bus, express boat or Hurtigruten coastal express to Kristiansund, Molde and Ålesund. Longest fjord: The Storfjord 110 km National Parks: Dovrefjell and Sunndalsfjella, 1.693 km², Reinheimen, 1.969 km²

DESTINATION ÅLESUND & SUNNMØRE - VISIT NORDMØRE & ROMSDAL - DISTANCE CHART

Oslo



NORTHWEST – Atlantic Road and Trollstigen Road

National Tourist Roads - Coastal cities Molde and Kristiansund. **Welcome!**

DISTANCE CHART

The distance chart shows the quickest road route between two points. Ferries are not included in the distance. With some few exceptions the choice of road is based on national and European roads. The chart is to be regarded as a guideline. **www.visveg.no www.naf.no**

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