

WIN GREAT PRODUCTS FROM BERGANS

NORWAY
POWERED BY NATURE

HIKING

WHERE THE VIEWS CAPTIVATE




[VISITNORWAY.COM](https://www.visitnorway.com)

NORWAY

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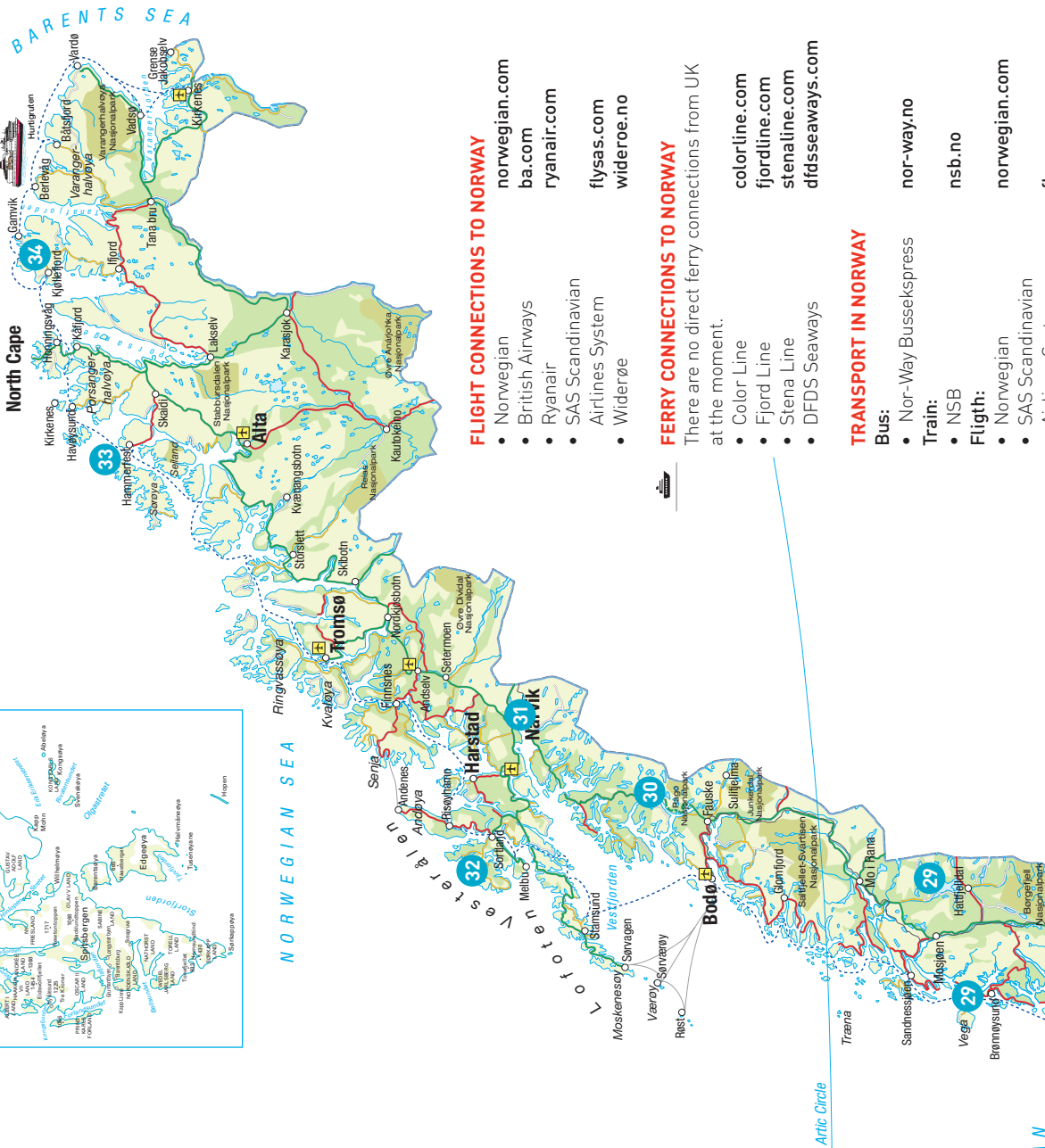
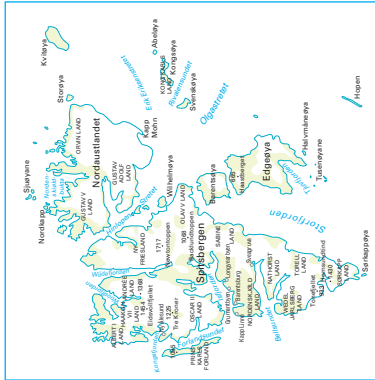
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SVALBARD



FLIGHT CONNECTIONS TO NORWAY

- Norwegian norwegian.com
- British Airways ba.com
- Ryanair ryanair.com
- SAS Scandinavian Airlines System flysas.com
- Widerøe wideroe.no

FERRY CONNECTIONS TO NORWAY

There are no direct ferry connections from UK at the moment.

- Color Line colorline.com
- Fjord Line fjordline.com
- Stena Line stenaline.com
- DFDS Seaways dfdsseaways.com

TRANSPORT IN NORWAY

Bus:

- Nor-Way Bussekspress

Train:

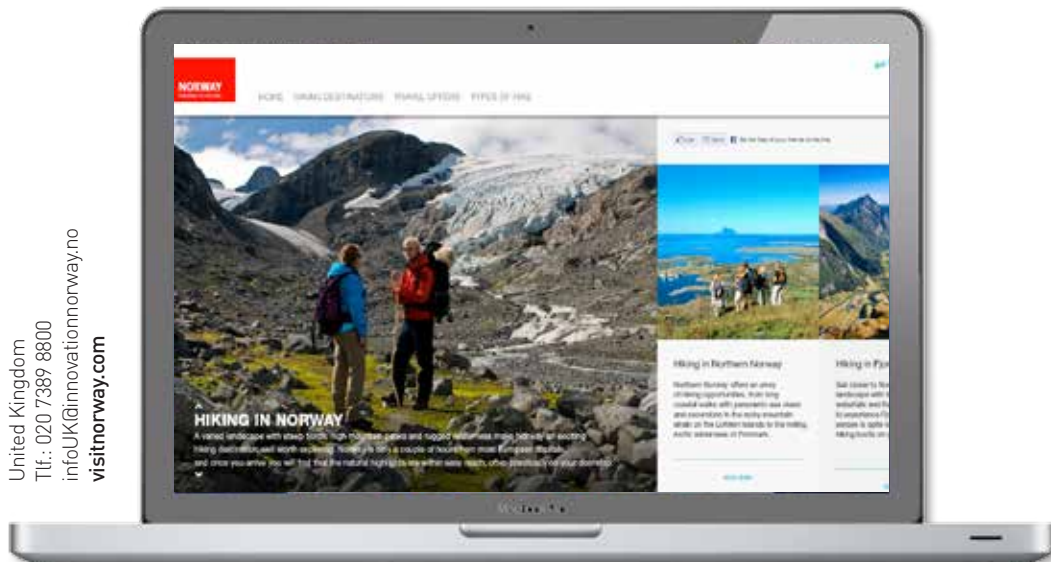
- NSB

Flighth:

- Norwegian
- SAS Scandinavian

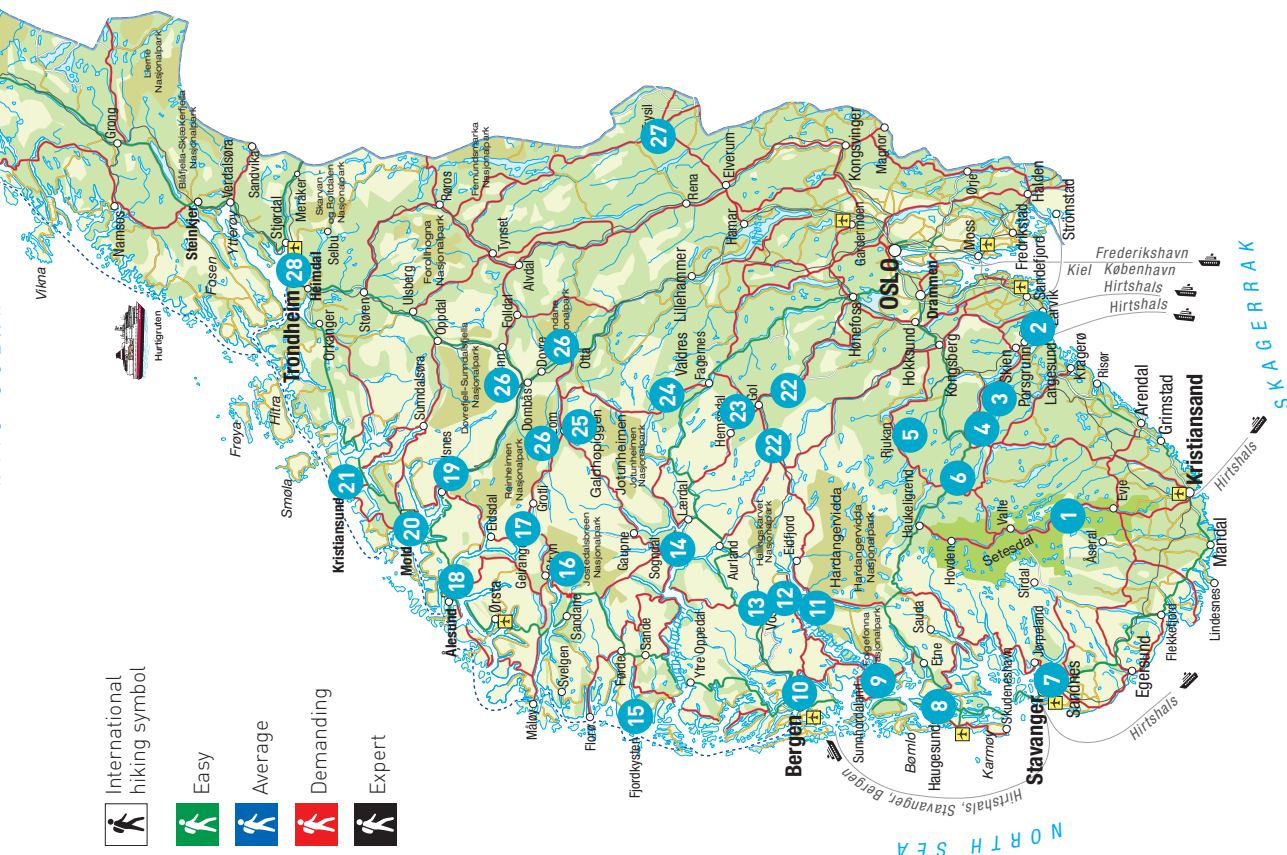
INNOVATION NORWAY

5 Regent Street
 Charles House
 London
 SW1Y 4LR
 United Kingdom
 Tlf.: 020 7389 8800
 infoUK@innovationnorway.no
 visitnorway.com



VISITNORWAY.CO.UK/HIKING

On the award winning website visitnorway.co.uk/hiking, Norway's largest travel and tourism portal, you will find inspiration and information about hiking in Norway. You will find the best hiking destinations, suitable accommodation, offers from tour operators and there is a handy walk finder enabling you to find walks that suit your level of fitness all over Norway.





MAIN ROAD IN NORWEGIAN

The best way to get really close to the nature of Norway is to put on your hiking boots. You will discover a landscape like no other – dramatic waterfalls, majestic mountains, fantastic fjords and the freshest air you have ever tasted. Your breath will not be taken away by the hiking, but by the natural beauty all around.

Hiking through this stunning Norwegian scenery will be good for both your mind and body alike. You will be able to really get away from all the pressures that seem to come with modern life and stay at beautiful self-service cabins or a cosy family run hotel. Norway is the perfect destination to get back to nature and recharge your batteries.

In all parts of the country, you will find great hiking terrain, well-marked trails, superb accommodation choices, locally produced cuisine and wonderful wine. A treat always tastes better at the end of an active day.

Norway has 42 spectacular National Parks and even in the largest cities it is only a short distance from amazing countryside. Hiking in Norway is about keeping things simple, it is about peace and tranquillity and getting back to nature.

The opportunities for pure escapism are endless. You may wish only to take short daily walks or you may wish to explore

the natural surroundings through longer more challenging hikes. Whatever you choose, there are trails and terrain to suit all levels of fitness and experience. The paths are clearly marked with a red T and are looked after by the Norwegian Tourist Organisation. Do remember to always follow the marked paths.

There is no better way to discover Norwegian history and traditions than by foot. For example, Rjukan in Telemark offers a hike called "The Saboteurs Footsteps", showing the steps taken to prevent Hitler creating Atomic weapons. This provided inspiration for the film, "The Heroes of Telemark". Or "The Pilgrim Walk", that takes you along the historic Middle Ages roads that leads to St.Olav's grave in Trondheim. Both fascinating as well as being beautiful.

We look forward to welcoming you soon to Norway, voted 'One of the best hiking destinations in the world' by The Lonely Planet in 2011.



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© CH/VISITNORWAY.COM



© CH / VISITNORWAY.COM



© INNOVATIV FJELLTURISME AS



OLAV OLSEN,
NATUROPPLEVINGAR

1 The hiking season generally runs from May to October – but depends on the specific area. Along the coast, hiking is often possible all year round.

2 In Norway, paths are marked with stone cairns and with red painted T's or signposted according to the international hiking standard; which system is used where, is listed in this brochure.

3 Local culinary traditions, recipes and specialties will pamper your palate. Some farms offer cooking classes, where you can learn to cook traditional Norwegian dishes.

4 Hiking with a guide means you can experience the Norwegian mountains from a new perspective and will learn more – for example by climbing or hiking on a glacier.

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© TERJE RAKKE/NORDIC LIFE/VN.COM

© TERJE RAKKE/NORDIC LIFE/FJORD NORWAY

NORWAY HAS A WIDE RANGE OF ATTRACTIVE HIKING

HISTORIC HIKES

Parts of Norway's long and eventful history can now be experienced on foot, either on a guided hike, or independently with the help of good maps and signposts.



© STEIN THUE

The Pilgrim's Path

The St. Olav Ways connect history, natural and cultural heritage, and encompass an extensive network of trails leading to Nidaros Cathedral, the main goal of a pilgrimage here.

Organised trips and more information on pages 4 and 5, and on stolavways.com



© FOTOGRAF JACOBSEN

The Saboteur route

This guided walk takes you in "the saboteurs' footsteps" at Rjukan: A legendary sabotage to prevent Nazi Germany from producing nuclear weapons from heavy water.

Distance: Eight kilometres each way

Duration: Three hours

Price per person: **NOK 200**

Season: May to October

Difficulty: Easy

visittellemark.com

GLACIER WALKING

Join experienced and knowledgeable guides on one of Norway's 1,600 glaciers (equivalent albeit to only 0.7% of the area of Norway)



© JUVASSHYTTA

Galdhøpiggen

The hike starts at Juvasshytta cabin and after about seven-and-a-half kilometres you arrive on Norway's roof - Galdhøpiggen, 2,469 metres above sea level.

Vertical climb: Approximately 620 metres. **Duration:** Six to seven hours. **Difficulty:**

Demanding. **Season:** June to mid September. **Price per person:** **NOK 200** (adult)

Minimum age: Seven years
juvasshytta.no



© BRIKSDAL ADVENTURE

Jostedalbreen is mainland Europe's largest glacier (487 square kilometres) and has 28 tributary glaciers.

Brenndalsbreen is one of these, and Briksdal Adventure offers guided walks here.

Vertical climb: Approximately 300 meters. **Duration:** Five to six hours. **Difficulty:** Medium

Season: June to September

Price per person:

NOK 650 (adult).

Minimum age: Twelve years.
nordfjord.no/glacierhike

HIKE & SAIL

A good option for those who want to combine walks in the stunning fjord landscape with kayaking.



© BENJAMIN HJORT

Hike, kayak and sail, Ålesund and Sunnmøre

Join an unforgettable five-day trip, with a perfect combination of hiking, kayaking and boat trips in beautiful scenery.

Duration: Five days

Difficulty: Medium

Season: June to September

Price per person: **NOK 10,000**
actin.no



© GUNNAR S. JØLBERG

Hike and sail along FjordKysten, Fjord Norway

Sail on board a yacht to some of the most beautiful hikes along FjordKysten. The organiser will customise the trip based on your preferences and the conditions.

Duration: Five days

Difficulty: Adapted to suit the clients

Season: All year

Price per person: **NOK 5,750**
butesail.com



© SVERRE HJØRNEVIK



© KRISTIN BAUNE BOCHUD

ADVENTURES

MULTI-DAY TRIPS

Thanks to DNT's extensive network, you can choose between dozens of walks all over the country. DNT Oslo and Surroundings offer group trips for those who prefer not to walk independently.



© KARI LARSEN

The Triangle route is one of Norway's most popular roundtrips and lies in Rondane, Norway's oldest national park. Here you will find some of the last remaining herds of wild reindeer in Norway.

Distance: Approximately 72 kilometres. **Duration:** Four days. **Season:** June to September. **Accommodation:** in mountain lodges and/or cabins of a good standard **Difficulty:** Medium turistforeningen.no



© SISSEL LANDSET

Hardangervidda across

This hike is relatively easy in slightly hilly landscape. Day stages vary from five to seven hours. By the way, Hardangervidda is Northern Europe's largest mountain plateau. **Distance:**

Approximately 93 kilometres

Duration: Seven days

Season: July to September

Accommodation: In DNT cabins (alternatively camping)

Difficulty: Easy

visitnorway.com/hiking

PACKAGE TOURS

If you are after guided hikes, booked hotels and luggage transportation, then a tour operator is what you need.



© FJELLFERIE AS

Guided walks from hotel to hotel

If you are after guided hikes, booked hotels and luggage transportation, then a tour operator is what you need. «Fjellferie» specialises in hiking and cycling tours in the mountains of Southern Norway, and collaborate with several tour operators in the UK.

Bookable products can be found on page 41 and fjellferie.no



© RUADE FLAMINGH

Take a trip to Europe's northernmost point

Far off the beaten track and mass tourism, mainland Europe's northernmost point awaits; Kinnarodden. Reach "the edge of the world" with tour operator "Expedition Earth". **Duration:** 10 - 11 hours. (including boat trip)

Distance: Approximately 24 kilometres. **Difficulty:** Expert

Season: June to September

Price per person: NOK 1,390

visitnordkyn.no

FIXED BASE HOLIDAYS

The ideal holiday for those who want to stay in one place, with good accommodation and activities on offer.



© NILS-ERIK BJØRHOLT

Hemsedal

The small mountain resort of Hemsedal is perfect for those who want an active holiday all in one place: Hiking, cycling, fishing, via ferrata and climbing, are just some of the activities on offer.

Season: June to September

Worth noting: In Hemsedal they have developed a «Top 20»: 20 marked mountain hikes, which will take you to just as many summits in the region. hemsedal.com

CLASSIC WALKS



© SVERRE HJØRNEVIK

The Norwegian "Classics"

Still not seen enough tour suggestions? Then possibly Norway's most spectacular hikes, the so-called "classics", are presented on page 37

PILGRIMAGE IN NORWAY



© PER GUNNAR HAGELIEN



© WIKIPEDIA COMMONS

OLAV THE HOLY

Year 995: Olav Haraldsson is born

Year 1007: Heads out on a Viking expedition, age 12

Year 1014: Baptised in Rouen, France

Year 1015: Returns to Norway, is elected king and introduces Christianity

Year 1030: Falls at the Battle of Stiklestad

Year 1031: Olav is canonised

A pilgrimage in Norway is more than a journey through Nordic history, European tradition and Norwegian culture. It is also a very personal experience.

The holy shrine of St Olav in Nidaros Cathedral, Trondheim, has been the most important pilgrimage site in the Nordic countries since the canonisation in 1031. Even today, the cathedral is a treasured destination for thousands of walkers from all over the world. 2,000 kilometres of Norwegian landscape, magical scenery, cultural heritage and beautiful towns and villages is an important reason, but not the only one. Virtually all modern pilgrims describe a journey full of added value in the form of a unique personal experience.

WALKING PILGRIMAGE

A pilgrimage is in essence a religious tradition, and historically a pilgrim is a person walking towards a sacred place to pray, give thanks and do penance. Today, the routes and the walks are open to everyone, regardless of their spirituality,

and the motivation for walking varies. Some walk because they feel the need to step away from the noise of today's information society, to find time to reflect on their own existence. Others want to challenge themselves physically and mentally. Some see the walk as an educational journey, while others walk to find God. Regardless of the motivation, the common denominator for the walker's experience seems to be the same as it always has been: A spiritual journey, close to nature, culture and history, which represents something much more profound than an ordinary hike or holiday.

NIDAROS CATHEDRAL – THE NORDIC'S MOST IMPORTANT PILGRIMAGE SITE

Both the journey and the goal are important for pilgrims. That said: Nidaros



COUNCIL OF EUROPE



CONSEIL DE L'EUROPE

EUROPEAN
CULTURE ROUTE

Cathedral is a spectacular goal to reach. From a simple wooden chapel over St Olav's burial site, the church has evolved into a magnificent cathedral, Norway's national sanctuary and the traditional location for the consecration of the country's King. Located in the heart of Trondheim, the cathedral is one of Norway's most impressive buildings, filled with beautiful artworks and richly ornamented stone sculptures. Close to the cathedral lies Nidaros Pilgrim Center, a welcoming and vibrant reception centre where all pilgrims can meet and stay. This is where the Olav Letters or diplomas are presented. Both experienced and novice walkers are offered a warm welcome.

PLAN YOUR JOURNEY AT STOLAVSWAYS.COM

On stolavsways.com you will find more information about the pilgrim trails in Norway and recommended routes. A useful travel planner makes it simple to create your own itinerary. You can enter the start and end point of the walk, attractions, accommodation, dining etc. You will also find recommended walks with ready-made itineraries and popular points of interest.

RECEIVING THE OLAV LETTER

All pilgrims can obtain a Pilgrim's Passport, where you can collect stamps in certain churches, lodgings and parish offices along the route. Those who have walked at least 100 kilometres can receive the Olav Letter as proof that they have completed their pilgrimage. Will you take up the challenge?



Read more at stolavsways.com



ST.OLAV WAYS
THE PILGRIM PATHS TO TRONDHEIM

SOUTHERN NORWAY



RJUKAN © BJØRN NYSVEEN

Nowhere is the landscape so full of contrasts as in Southern Norway. Along the coastal paths there are fantastic views of sun-soaked rocks and the open sea. However, just a few hours' drive inland you will find majestic mountains and charming mountain villages. You do not have to go far to find some amazing walking opportunities.

In Setesdalheiene, 800 – 1,400 metres above sea level, you will find the SVR Conservation Area – Norway's second largest protected area. Europe's southernmost wild reindeer herd lives here. Wild reindeer are shy, but if you are lucky you may spot them. Nonetheless, we can guarantee you amazing experiences. DNT's network of hiking trails is extensive both within and outside the protected area. It is therefore possible to customise a walk to suit your fitness level and the weather conditions.

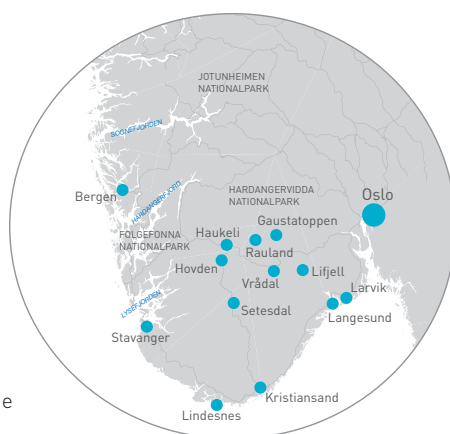
The Setesdal region has 8,000 inhabitants spread out over 5,000 km², which results in vast areas for recreation. Whether you wish to walk from cabin to cabin in the mountains or go for day trips from the hotels in the valley, you will find brilliant possibilities in Setesdal.

In Telemark you will find a combination of gentle valleys and towering mountains

with well-maintained walks suitable for anyone from beginners to the experienced mountain goat. Gaustatoppen Mountain is 1,883 metres above sea level and on a clear day you can see one sixth of Norway from this summit.

Telemark is also known for its cultural heritage. The Telemark Canal was traditionally an important mode of transport, but is today a unique tourist attraction with a varied terrain and amazing hiking opportunities. In north Telemark you will find Rjukan, known as the cradle of industry, where Norsk Hydro industries started more than 100 years ago. Today Rjukan is a lively mountain village, but the industrial heritage makes this a unique historic town. Rjukan offers a range of outdoor activities and is also the gateway to Hardangervidda, the highest mountain plateau in northern Europe.

The climate in the south is mild. In the lower areas you can start the hiking season in April, but in the higher areas it is better to wait until June for optimal conditions.





HIKING SUGGESTIONS



© VANDREREGIONEN VEST-TELEMARK/HAMISH MOORE

FALKERISET

A popular mountain trail with 360 degrees of panoramic views over Hardangervidda. The Sherpas from Nepal have created a beautiful stone path up to the viewing point. The path has steps built into the mountains and the ascent is gradual, making it a fairly easy walk. You walk through birch woods, before you arrive at the viewing point above the tree line. Are you lucky, you might see some wild reindeer along the way. The walk starts at the parking lot in Kromvikvegen. Directions: From Rauland you follow the road riksvei 362 towards Haukeli and take off where it is signposted Kromviki. Follow the Kromvikvegen road for 11 km and you will arrive at the parking lot.

Distance: 3km return

Difficulty: Easy/Medium

visittelemark.com/hiking



© VANDREREGIONEN VEST-TELEMARK/HAMISH MOORE



FACTS

LOCATION

Southern Norway encompasses the counties of Telemark, East Agder and West Agder.

TRAVEL

In Southern Norway there is two international airports (in Kristiansand and Torp/Kristiansand) with good links to most of the major cities in Europe. In addition, the region has great ferry links to the continent making it easily accessible.

FOR MORE INFORMATION
visittelemark.com
setesdal.com

HÆGEFJELL - VRÅDAL

This is a challenging trip in beautiful mountain surrounds with panoramic views over Vrådal and the watercourses

Nisser and Vråvatn. The walk is amazing whether you only complete parts of the trip or the whole trip. From Stemnetten and onwards up the mountains, you have views

all around you!

Distance: 12 km, takes approx. 6 hours in total

Season: June-October

Difficulty: Challenging

visittelemark.com/hiking



© ANDERS MARTINSEN



HIGH MOUNTAIN EXPERIENCES AT HOVDEN

This walk is all the way north in Setesdal Austhei. The start is by Berdalen, at 800 metres above sea level, and stays at around 1,200 metres for the majority of the walk. You can choose to stay in your own tent or in the DNT cabins.

Duration: Three days

Season: June to October

Difficulty: Expert

setesdal.com



SETESDAL

SETESDAL NØREG TETT PÅ © ANDERS MARTINSEN FOTOGRAFER

Norway up close ©

Setesdal is centrally located in Southern Norway. The landscape varies from low-lying communities to wild and beautiful mountains. You can choose between short walks, or hike for days from cabin to cabin in the mountains. We promise you, there are great hiking opportunities, whatever your age.

The settlements in Setesdal are all located along rv. 9 – the main artery from the ferry terminal at Kristiansand to the fjords. The landscape changes character from low-lying villages furthest south in Evje to the high mountains at Hovden in the north. Wherever you choose to stop, you will find great hiking opportunities nearby.

Both summit hikes and roundtrips are well-marked and signposted, and there are detailed maps and information for every walk. Information can be obtained from local tourist

offices and other key tourist attractions.

The walks are of varying degrees of difficulty, but most of them are suitable for families. DNT has a large network of trails, with accompanying cabins, on the big mountain plateaus – Setesdal vesthei and Setesdal austhei. Here you can wander for days in the mountain terrain, but remember, you will need to carry suitable equipment. The weather can change rapidly in the mountains, and a map and compass is mandatory.

There are plenty of options for those who want to enjoy the comfort of cosy accommodation in the valley. Walking, as an activity in Setesdal, is popular among both locals and visitors. Remember too that hiking can be combined with many other exciting activities.

Our central location means you have more time for adventure!

The season usually runs from the middle of June to October.

For more information about the different possibilities, visit setesdal.com/vandring

PRICE EXAMPLE

Prices per overnight stay from **NOK 350** pp

FACTS

TRANSPORT:

🚢 Ferry from Denmark to Kristiansand – the crossing takes just over 3 hours

✈️ Kjevik airport, Kristiansand is well connected both nationally and internationally

🚌 Daily express bus from Kristiansand, with connections to Oslo, Stavanger and Bergen

🚗 3 - 4.5 hours from Oslo. 1 - 3 hours from Kristiansand.

FOR MORE INFORMATION:

Destinasjon Hovden
Phone: + 47 37 93 93 70
post@hovden.com
setesdal.com



WALKING IN TELEMARK



GAUSTATOPPEN © HANS-DIETER FLEGER

Easy walks straight from the car, walks along Telemarks' idyllic summer coast, summit hike to Southern Norway's highest mountain or

spectacular hiking on Hardangervidda, Northern Europe's largest mountain plateau - the choice is yours. Be inspired by the possibilities

in Telemark, described as Norway in miniature, and create your own walking holiday tailored to your needs.



© MEDIATEAM

TOP 6 IN TELEMARK



The coastal path

Marked routes along the coast to Langesund. Family-friendly terrain.



Gaustatoppen, Rjukan

1,883 metres above sea level. Two hours one way. Hills, but family-friendly.



Lårdalsstigen, Dalen

800 metres above sea level. Demanding route from Dalen to Lårdal. 14 kilometres one way. View over the Telemark canal.



Hægefjell, Vrådal/Nissedal

1,022 metres above sea level. Intermediate to demanding hike.



Falkeriset, Rauland

Partly paved trail to the top. Family-friendly terrain in high mountain landscape.



Gygrestolen, Bø

Challenging hike. 350 metres vertical climb. Seven-and-a-half kilometres one way.



© VANDREREGIONEN / HAMISH MOORE

Good location convenient, varied, wild and beautiful



THE COASTAL PATH

© STEINAR SKILHAGEN

Refreshing walks along the Bamble coast



Wonderful hiking in real Norwegian coastal culture combined with exciting outdoor adventures. Just two hours from Oslo lie 62 kilometres of marked trails along the coast heading south to Kragerø. Here you walk in hilly landscapes, along cliffs and through leafy forests. The trail takes you through the charming coastal town of Langesund, with plenty of history and beautiful wooden houses. Gea Norvegia Geopark covers a large area of the landscape and there are information boards about the area's history and geology. Choose from six different routes; take a two hour walk to one of the stunning viewpoints or a longer hike. The trails are all well-marked.

Quality Hotel & Resort Skjærgården, Langesund

Starting point for walks along the coastal path.

Prices per person in a double room from **NOK 590** including breakfast and admission to the Aquapark visittelemark.com



WALKING TO FRUIT FARMS

© LIVE SKINNES

Come and taste the fruit district



Enjoy the fresh scent of thousands of fruit trees and allow yourself to be enchanted by the wonderful landscape in Sauherad. The farmers in this historic farming community welcome all the family to their fruit farms, with bountiful farm shops; fruit, honey, apple juice and treats from the bakery. Within a radius of just one-and-a-half kilometres, you can head out for a little stroll and visit an art gallery, brewery, antique shop, artisan bakery and winery – all surrounded by enormous fruit orchards.

Beverøya Camping, Bø

Great starting point for walks in the middle of Telemark.

Prices from **NOK 550** per day for a three-bed cabin visittelemark.com



LÅRDALSTIGEN

© JØRGEN KASIN

Lårdalstigen "Tougher than Besseggen"



This is a spectacular and challenging day trip with breathtaking views. Much of the walk runs along the mountain edge up to 800 metres above the Telemark canal. The walk starts at Dalen/Eidsborg, a gateway to Hiking in the Telemark region. The walk is 14 kilometres one way and takes six to eight hours. Return to Dalen pier by boat on the Telemark Canal. Welcome to a roundtrip in the hiking region, where nature and culture touch you!

Quality Straand Hotel & Resort, Vrådal

Trips to Veneli hiking area and Hægefjell. Prices per person in a double room from **NOK 645** including breakfast.

visittelemark.com



GAUSTATOPPEN

© NANCY BUNDT

The pride of Southern Norway



Gaustatoppen towers majestically over Rjukan at an altitude of 1,883 metres. The hike to Gaustatoppen is suitable for families with children who are used to walking. The best starting point is Stavros along fv. 651. Here you follow DNT's red Ts for five kilometres to the top, around two to three hours. You can also walk to the top from Svineroi, as well as Selstali in Gausdalen. The latter is a steep alternative and most suited to those with some experience of summit hikes. On a clear day you can see one sixth of Norway from the top. Turn westwards, and you will see Hardangervidda.

Gaustablikk Høyfjellshotell

Excellent base for a hike to Gaustatoppen. Prices per person in a double room from **NOK 750** including breakfast

visittelemark.com



FALKERISSET

© GURO LIEN

Stone path on the roof of Telemark

Vinje, Rauland and Haukeli lie right by Hardangervidda National Park, Norway's largest national park and Northern Europe's largest mountain plateau, offering unique opportunities in unspoiled terrain. Here you can walk from cabin to cabin in the Trekking Association's network of marked trails. M/B Fjellvåken II runs a mountain cruise on Møsavatn, Telemark's largest lake. Try the new stone paved path to Falkeriset in Rauland – named after the falcon hunting here in the 1700s. Much of the path is paved and from Falkenuten you can enjoy the view to Gaustatoppen. The walk is three

FACTS

HOW TO GET HERE:

- From Oslo: 2–4 hours
- Express buses from Oslo, Bergen, Kristiansand, 2–4 hours
- Vestfoldbanen from Oslo to Porsgrunn/Skien, Sørlandsbanen from Oslo, Kristiansand or Stavanger
- Oslo Torp, Oslo Rygge, Oslo Gardermoen
- Oslo, Larvik, Langesund and Kristiansand

FOR MORE INFORMATION:

VisitTelemark

visittelemark.no/
visittelemark.com/hiking

Grenland (Bamble)

VisitGrenland
visitgrenland.com
geanor.com

The middle of Telemark

Reisemål Bø
midt-telemark.com

West Telemark

Vandreregionen
walktelemark.no

Rauland and Haukeli

Rauland Turist
visitrauland.com
visithaukeli.no

Rjukan (Gaustatoppen)

VisitRjukan AS
visitrjukan.com



TELEMARK

kilometres long return and takes about one hour. The path runs through easy terrain, so it is a great walk for young and old. The tourist office has detailed maps and tour suggestions, which guide you to stunning viewpoints and historic sites, and provide you with new knowledge about wildlife, plants, geology and local history.

Vierli Tourist Center, Rauland

Hikes to Falkeriset, Killingnuten, Silkedalen. Prices per day for a four-bed apartment from **NOK 800**

visittelemark.com



FJORD NORWAY

© TERJE RAKKE / NORDIC LIFE

The Pulpit Rock - Preikestolen 604 metres above sea level



- One of the most visited attractions in Norway, and one of the most photographed sites. In 2011 Preikestolen was listed as one of the world's most spectacular views and natural attractions by Lonely Planet and CNN GO travel magazine. To walk this popular rock formation, that towers 604 metres over the Lysefjord, visit the region of Stavanger.



THAT FJORD FEELING

Come closer. Feel the pull of the abyss. The force of the rapids. The crunch of the glacier under your feet. Feel the freedom and freshness of the landscape. That fjord feeling. Magnificent glaciers. Mountain peaks dipping their toes in the fjord. An extensive coastline of island communities, surfing beaches and bird cliffs, and everywhere you go:

people living off, for and in harmony with dramatic nature.

Few other places in the world can offer the unique mountain and fjord combination as Norway can. Perfect hiking destinations rise straight out of the sea, with spectacular panoramic views down along the wild coast – an ideal hiking trip, also for those who

want to combine all kinds of outdoor activities with hiking at its very best.

Is it too wild, too demanding, just for the experts? No! Systematic efforts by the tourist industry over the course of many years have resulted in products that are adapted to suit most categories of visitors. Free fall with a parachute on your

back? A relaxing mini expedition in a kayak? Cycling along idyllic fjord roads? Making your own way or letting a guide show you the unique experiences? In Fjord Norway, you can achieve your dream with exactly the right kind of challenges. And best of all: you get a valuable souvenir into the bargain – the memory of a real adventure, in which you are the star.

HIKING SUGGESTIONS

TROLLTUNGA

Few places can offer such variety and contrasts as found in Hardangerfjord and Voss. Trolltunga is one of the most spectacular scenic cliffs in Norway. Trolltunga is situated about 1,100 meters above sea level, hovering 700 metres above lake Ringedalsvatnet in Skjeggedal. The view is breathtaking. The hike goes through high mountains, and the ascent is about 900 meters. The hike is usually possible from mid June, depending on when the snow melts in the mountains. Normally one can hike to Trolltunga until mid September.

Duration: eight to ten hours in total (to Trolltunga and return)

visitvoss.no/hardangerfjord



ROMSDALSEGGEN – 1,222 METRES ABOVE SEA LEVEL

One of the most beautiful and easily accessible hikes in Norway!

The trip across the Romsdalseggen ridge can be found in the middle of the most stunning mountain area of Norway. Up on the ridge you have fantastic views over the Romsdal Mountains, where the Trollveggen wall, Romsdalshorn and Vengetindene are the most distinctive peaks.

Duration: seven to eight hours

visitmolde.com · visitandalsnes.com



AURLANDSDALEN

The Aurlandsdalen Valley – wild and beautiful!

Especially the hike from Østerbø Fjellstove to Vassbygdi is quite famous. The untouched, wild and beautiful nature of Western Norway, along with the age-old history and culture of all the small settlements, builds respect and fascination for what is and what once was there. For those who love wildlife, Aurlandsdalen is a paradise.

Distance: different route options.

Season: From Østerbø to Vassbygdi - End of May to Sept.

From Fins - End of June to Sept.

sognefjord.no



SKÅLA – 1,848 METRES ABOVE SEA LEVEL

The Kloumanns tower, on top of Mount Skåla in Stryn, is without doubt the most spectacular tourist cabin in Norway – if not the world!

Here you will find views of fjords, mountains and glaciers. Walking here on the old stone-paved paths and stone steps, with fantastic fjord landscapes as far as the eye can see, is a true cultural experience. The Skåla Opp uphill race is organised every year in mid-August. Skåla Opp is Norway and Northern Europe's toughest uphill race.

Distance: 16 kilometres round trip. Five hours up and two to three hours back. **Season:** June to September. nordfjord.no/skala



SLOGEN – 1,564 METRES ABOVE SEA LEVEL

Slogen is arguably the finest summit in the Sunnmøre Alps and the view is impressive! From the fjord, a triangular pyramid-like feature rises straight up.

Patchellhytta cabin lies at the foot of Slogen and is a popular day tour objective in itself, but it is also a good starting point for ascents of Slogen, as well as Brekketind (5,833 feet) and Smørskredstind (5,351 feet). There are several alternative routes to Patchellhytta, and onwards to Slogen, either from Øye, Engeset or Urke.

visitalesund-geiranger.com



GUIDED HIKES AND ADVENTURE IN FJORD NORWAY

Fjord Norway has many mountains you might dream about, and luckily there are also many people whose job it is to help make such dreams become a reality. The occupation of guided mountaineering has a rich tradition in the region. Ever since the mid-1800s, strapping local enthusiasts have shown others

the way through the demanding terrain. Today, as then, the mountain guides are primarily based in mountain regions such as Romsdalen, Sognefjord, Nordmøre and Sunnmøre, but you will find providers of guide and adventure in all of our destinations.

CLIMBING



breogfjell.no
norgesguidene.no

BLUE ICE



uteguiden.com
briksdal-adventure.com

HIKE & SAIL



actin.no
solli-adventure.no

TREKKING



contrastadventure.no
didadventure.no

Exploring the most beautiful peaks, glaciers and mountain routes in FjordNorway requires experience and equipment. Norwegian mountain guides give you far more than just a helping hand. They have a keen knowledge of history, nature and geology and can offer views and insights you would never have discovered on your own. What flower is that? How were

fjords created? How did the glacier get here? Knowledge makes the experience of nature even richer. There are several guiding companies in FjordNorway consisting of real enthusiasts who live off and for the nature. Be inspired by what they have to offer!

HIKE AND ADVENTURE



EVERBODY CAN DO IT!

It might sound like an expedition of sorts: Real Adventure Sport and then exploring the exciting trails on foot. But anyone can do it. And that means you too.

In the varied landscape of the fjords, an adventure awaits for the hikers who want to combine walking with endless other outdoor adventures!



HIKE AND STAY

The picturesque towns and villages in Fjord Norway are framed by nature. Where the last house ends, the wilderness starts. With prepared walking trails starting within walking distance of the town centres, you can experience the rapid transformation from nature's tranquility to the fever of the

street, the murmur of the wind to the sound of an electric guitar, or the pristine waters from a mountain stream to the local ale from one of the region's breweries.

The Fjord Norway region is ideal for a hiking holiday, with one or a few bases from where you can explore the

surrounding areas. You can enjoy a splendid walk along the fjord or a hike to a viewpoint that will take your breath away. In the region the offer of accommodation is very good, with a wide range of different alternatives, ranging from cabins in the mountains or by the fjord to

the charming historic hotels in the region.

Enjoy the local cuisine and do test some of the local specialities like Cider from Hardanger or Sognefjord, or test the local Breweries like Ægir in the village of Flåm.

MYRKDALEN

Myrkdalen offers both family-friendly hikes and day-hikes to summits with magnificent views of the Sognefjord and Nærøfjord. Brand new Myrkdalen Hotel offers a range of rooms to suit every taste. With so many marked trails right on your doorstep, the possibilities are plenty. From gentle walks in the surrounding area to longer hikes up mountainsides and along the fjords. You can either venture out by yourself or ask us to organise a guide. This area at the gateway to the stunning World Heritage fjord landscape is at its best during the summer and autumn months. Prices from NOK 648 per person sharing a double room including breakfast.

myrkdalenhotel.no



© Kyrre Vangen



© Lidaasanden Oppstrynsvatnet

NORDFJORD

High standard cabins with a fjord view, close to Jostedalsbreen National Park. Possibilities for hikes on marked trails.

Nordfjord is jam packed full of stories and experiences. From the spectacular coastal views in the west to the glaciers and lush mountain farms towards the inner arms of the fjord, this beautiful countryside should be savoured from many different perspectives. The 20 Fjord Trails shows you the highlights.

nordfjord.no/hike

EXPERIENCE BERGEN'S GREATEST ATTRACTION

The Fløibanen funicular in Bergen is one of Norway's best-known attractions. Fløibanen can be found in the heart of Bergen, 150 m from Fisketorget – the fish market – and Bryggen wharf, and it takes just 10 minutes to walk to the lower station from where the cruise ships dock along Bryggen. The journey up to Fløyen (320 m above sea level) takes 5–8 minutes. The journey is an experience in itself, and at the top you can enjoy fantastic views over Bergen.

Family 2 adults + 2 children **NOK 200**
floibanen.com



© Pål Hoff / VisitBergen



© Vossafjell.no

STALHEIM HOTEL

The first hotel at Stalheim opened in 1885 and by 1895 could already accommodate 150 guests. The hotel's high standard and the fantastic views from Stalheim soon made it famous beyond Norway. One of the best-known visitors to the fjords of Western Norway, Kaiser Wilhelm II, stayed at Stalheim many times. The present-day hotel, which is the fourth on the same site, sleeps 220 guests. The hotel's light and airy lounges, furnished with a harmonious mixture of exquisite European antiques and modern Scandinavian design, have a unique atmosphere, characterised by tradition and comfort.

stalheim.com

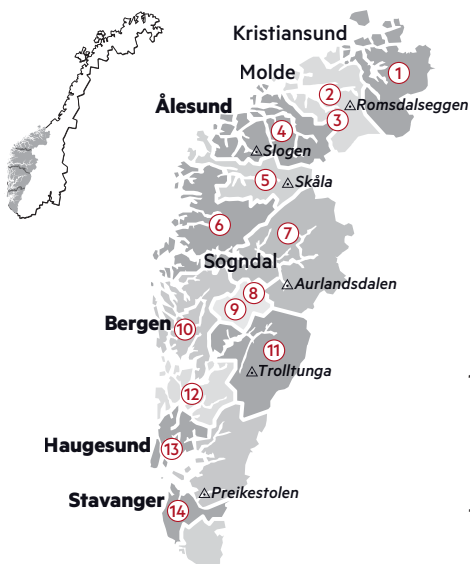


© HÅVARD MYKLEBUST

Slogen – 1,564 metres



FOR ADDITIONAL INSPIRATION, FILMS AND INFO VISIT:
MAGAZINES.FJORDNORWAY.COM



HIKE INFO DIRECTLY FROM DESTINATIONS:

- 1 www.visitkristiansund.com
- 2 www.visitmolde.com
- 3 www.visitandsnes.com
- 4 www.visitalesund-geiranger.com
- 5 www.nordfjord.no
- 6 www.fjordkysten.no
- 7 www.visitsognefjord.no
- 8 www.stalheimhotel.com
- 9 www.visitvoss.no
- 10 www.floibanen.no
- 11 www.visithardanger.no
- 12 www.visitsunnhordaland.no
- 13 www.visithaugesund.no
- 14 www.regionstavanger.com



ONLINE MAGAZINE:

Be inspired by the different walks on offer in FjordNorway in our new online magazine.

WWW.MAGAZINES.FJORDNORWAY.COM/HIKE

Our award winning holidays are world class... come and see for yourself.

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- Services of experienced HF Holidays' leaders
- High quality Half Board en-suite accommodation
- 'With flight' holidays include flights from the UK and hotel transfers

For further information please visit

www.hfholidays.co.uk

Or call our Reservations team on



hf holidays



Photo Credit: Innovation Norway



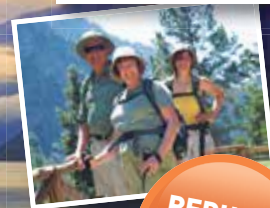
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THE FJORDS OF NORWAY



V. Bejov/Shutterstock.com

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ATLANTIC CONTRASTS



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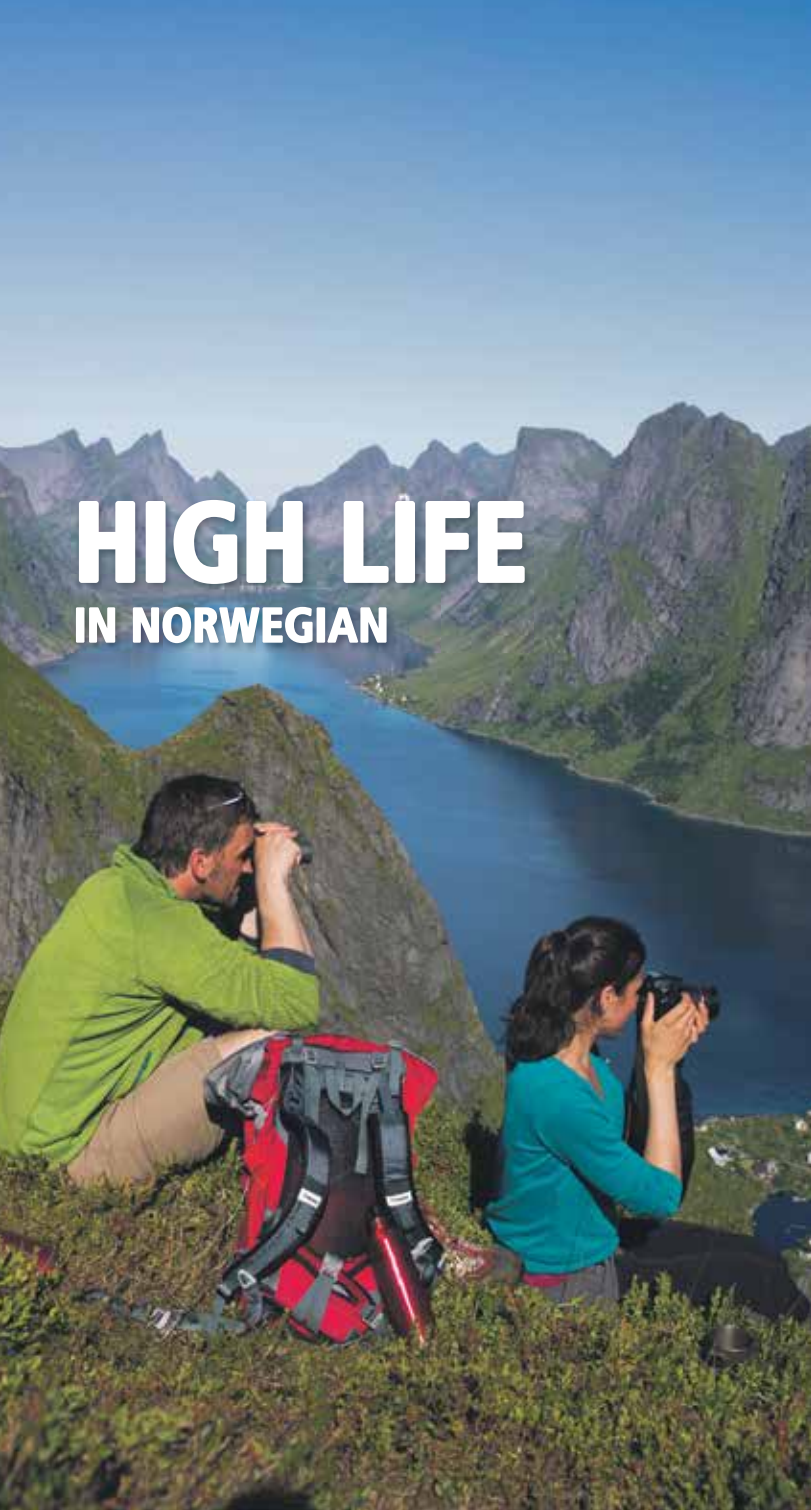
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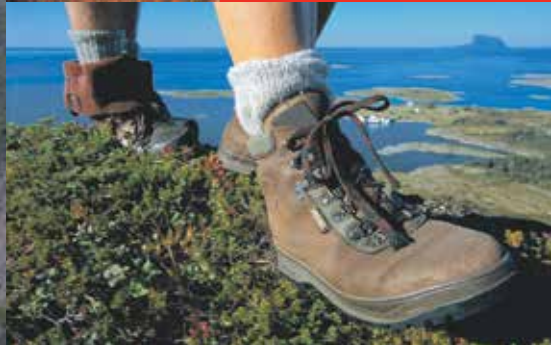
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*terms and conditions apply

HIGH LIFE IN NORWEGIAN



NORWAY
POWERED BY NATURE



There's nowhere quite like Norway for hiking. You can hike across landscapes of dramatic fjords and soaring mountains, rise to the challenge of a guided glacier walk or simply ramble through gentle uplands and deep, primeval forests. It's really no wonder that Norway has been described as the most unspoilt destination on Earth. To hike in style, we have a superb Bergans of Norway jacket that you could win. Simply go to visitnorway.co.uk/hiking and answer a simple question. **Good luck!***

*Competition ends 31/10/2014

Bergans
OF NORWAY



VISITNORWAY.COM

HIKING IN NORWAY

READER SURVEY

© CH

We would love to get to know our readers more and would greatly appreciate a few minutes of your time to answer the questions below. You can fill out this survey online at www.visitnorway.com/uk/survey or fill it out and send it back to us by Freepost at the address below. Two names will be drawn and rewarded with some great prizes. Your answers will not affect your chances of winning. **Thank you.**

1. From where did you get the brochure?

2. What is your overall impression of the brochure?

(1 is very poor, 5 is very good)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. What do you particularly like about the brochure?

4. What do you think can be improved?

5. Where do you usually find out about travel destinations and offers? (Please tick all those that apply:)

- | | |
|---|--|
| <input type="checkbox"/> Internet. Examples | <input type="checkbox"/> Tour operators |
| <input type="checkbox"/> Press. Examples | <input type="checkbox"/> Tourist boards |
| <input type="checkbox"/> Friends/acquaintances | <input type="checkbox"/> Other. Please specify |
| <input type="checkbox"/> Travel agents | |
| <input type="checkbox"/> Exhibitions | |

6. Which overseas hiking destinations would you consider visiting?

7. What is important to you when you are planning and later, booking, your hiking holiday?

Please tick all those that apply:

- | | |
|---|--|
| <input type="checkbox"/> Attractive walks | <input type="checkbox"/> Weather and climate |
| <input type="checkbox"/> Walking guides available | <input type="checkbox"/> Varied landscape |
| <input type="checkbox"/> Easy to travel to/from | <input type="checkbox"/> Well signposted walks |
| <input type="checkbox"/> Choice of accommodation | <input type="checkbox"/> Cuisine |
| <input type="checkbox"/> Hikes with varied levels of difficulty | |
| <input type="checkbox"/> Other. Please specify | |

8. How long ideally would you like your daily hike to last?

- | | |
|---|------------------------------------|
| <input type="checkbox"/> Less than one hour | <input type="checkbox"/> 1-3 hours |
| <input type="checkbox"/> 3-5 hours | <input type="checkbox"/> 7 hours |
| <input type="checkbox"/> More than 7 hours | |

THE FOLLOWING THREE QUESTIONS ONLY APPLY IF YOU HAVE ALREADY VISITED NORWAY

9. Where in Norway did you go hiking?

10. What made you choose this region(s)?

- | | |
|---|---|
| <input type="checkbox"/> By chance | <input type="checkbox"/> Have been there before |
| <input type="checkbox"/> Have read about it | <input type="checkbox"/> Recommended by others |
| <input type="checkbox"/> Accessibility | <input type="checkbox"/> Price |
| <input type="checkbox"/> Suitable terrain | |
| <input type="checkbox"/> Opportunities for other activities | |
| <input type="checkbox"/> Other. Please specify | |

11. What did you particularly enjoy?

TO BE ENTERED IN THE PRIZE DRAW, WE NEED:

Your name:

Your email address:

- ☐ Yes, I would like to be kept up to date with what is happening in Norway and would like to subscribe to Visit Norway's newsletter. You can unsubscribe at any time.

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Thank you for your help in improving our service

1st PRIZE

Compact 2-person hiking tent, worth £300.

This spacious but lightweight hiking tent is made of silicon coated ripstop nylon and packs down more compactly than comparable models.



2nd PRIZE

Skarstind backpack, 22 litre, worth £75.

Light (700g) and comfortable hiking backpack with extra ventilation at the back. Plenty of pockets and attachment points.



Find out more at bergans.com

FJELL NORWAY

Stunning hikes in Norway's national parks.



© CH/VISITNORWAY.COM

Northern Europe's tallest mountain, the 2,469 meter high Galdhøpiggen, is here in Norway's national parks region. There is a wide range of activities on offer here, such as hiking, cycling and rafting, all in magnificent scenery.

The mountain areas in Norway are full of contrasts and spectacular experiences. Alpine mountain peaks are a backdrop to fertile valleys and untouched countryside, all providing a perfect backdrop to the local cultural heritage. The hiking trails are well-marked and several hundred paths are marked following the national standard, which makes it easy to find your way in the terrain.

The area stretches from the enormous plateau of Hardangervidda to Skarveheimen and Hallingdal. In the middle, northern Europe's largest mountain range Jotunheimen with 300

peaks above 2,000 metres, and towards the Swedish border Trysil, Dovrefjell and Rondane. You will find the old mining town of Røros in the northeast of the region.

A number of valleys lead you to charming mountain villages, which make good bases if you want to follow the network of red T-marked trails through the largest national parks of Norway. It is also possible to walk from cabin to cabin.

The region of FjellNorway has much to offer other than hikes and walks. Explore the region with a bike or canoe/kayak, or fish for trout in one of the

numerous lakes or rivers. If you want to try rock climbing or guided summit hikes, downhill biking or rafting, the possibilities are endless.

Hardangervidda, Jotunheimen, Rondane and Dovrefjell are the largest national parks, and they offer a range of marked trails and lakes full of fish.


You will always find suitable accommodation in hotels in the valleys, in traditional mountain hotels and lodges, or in a cosy chalet, as well as the network of huts along the T-marked trails of DNT (Norwegian Trekking Association).


FACTS

LOCATION

Fjell Norway stretches from Telemark in the south to Trøndelag in the north, and from the fjord terrain in the west to the Swedish border in the east.

TRANSPORT

 With your own car you can reach Fjell Norway via E 6, E16, E134, E136 and Rv7

 Oslo-Bergen, Oslo-Trondheim

FOR MORE INFORMATION
fjellandfjord.com
fjellnorway.com
golsfjellet.com
trysil.no



HIKING SUGGESTIONS



© NORSKE BYGDEOPPLEVELSER



The hike over **Bessekken** is one of Norway's most popular walks, with breathtaking views over Jotunheimen and Valdres. The start at Gjendesheim is easily accessible from the main road and can also be reached by public transport. Here you can stay overnight, before you set out on the stunning walk to Memurubu (20 minutes boat trip back to Gjendesheim).

Distance: 16 kilometres
Duration: Eight to 10 hours
Difficulty: Expert
Season: June to September

nasjonalparkriket.no



© TJEERD LANGSTRAAT/FJELLANDEFJORD.COM

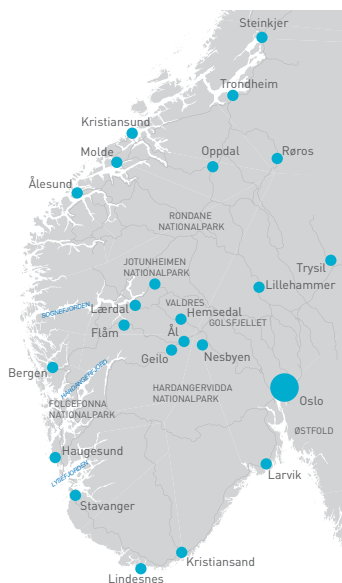


HALLINGDAL, LUNGSDALEN ÅL

Memorable mountain hiking in Skarvheimen, Ål, surrounded by magnificent nature. Clear paths from Toviken via Klevahytta to lungsdalshytta and back to Toviken. Meals and overnight accommodation can both be found at lungsdalshytta. A return trip by boat to Toviken is an experience in itself.

Distance: 12 km
Duration: Three hours
Difficulty: Average

visithallingdal.com



© ANDERS GJENGEDAL



SPRANGET, RONDVASSBU

This is one of the most beautiful, but at the same time easiest, mountain walks in the country. From the Spranget parking at the border of the national park, families and summit climbers alike can access

the mountains in a simple and spectacular way. The walk starts as high as 1,080 metres above sea level, and has only a gentle incline whilst being surrounded by many of Rondane's most majestic peaks such as Sniubelgin, Veslemeden,

Rondeslottet and Storrenden.

Distance: 13 km in total
Total incline: 175 metres
Difficulty: Easy

nasjonalparkriket.no



VALDRES

© VALDRESBILDER.NO

Valdres can offer some of the most rewarding hiking in FjellNorway and is the perfect base for hiking adventures in Jotunheimen and the famous Besseggen. Whether you are looking for family friendly walks, multi-day hikes or want to climb to the top of a 2000-meter summit – Valdres is your natural choice. Enjoy the fresh and clean air and breathtaking views, making the effort worthwhile. There are also a number of other activities to choose from, such as cycling, fishing, dog-sledding on wheels, moose safaris, horseback riding, and visiting traditional summer mountain farms. Read more about the hiking offers on our website valdres.com/hiking.

FACTS

TRANSPORT

✈ Fagernes Airport
Leirin: Daily departures to Oslo Airport Gardermoen. See fagernesairport.com
🚌 Six daily departures to/from Oslo with Valdresekspressen. See jvb.no. Daily departures to/from Lillehammer, Bergen and Sogndal
🚗 Oslo – Fagernes 180 km Lillehammer – Fagernes 110 km, Gjøvik – Fagernes 100 km, Gol – Fagernes 50 km

FOR MORE INFORMATION

Valdres Destinasjon as
Jernbanevegen 7
N-2900 Fagernes
Phone: +47 61 35 94 10
info@valdres.no
valdres.com/hiking



FJELL NORWAY.com



FILEFJELLSTUENE AND TYIN AKTIV

Climb Uranostinden (2157 m.a.s.l.) with a local mountain guide? Have a fun trip on the Koldedalsbreen glacier? Hiking the historic king's route towards Lærdal? Visit the Vettisfossen waterfall and the majestic Sognefjord? Filefjellstuene are your ideal base for great experiences! Prices per apartment 2 people from **NOK 795** night. Uranostinden climb **NOK 900** p.p. filefjellstuene.no

© FILEFJELLSTUENE
TYINAKTIV



© AURDAL FJELLPARK

AURDAL FJELLPARK

Stay in comfortable and fully equipped cabins or apartments at 1030 m.a.s.l., surrounded by nature. Easy and marked hiking trails start from right outside your cabin door. Listen to the silence and recharge your body and soul! Combine your hiking holiday with fishing, cycling or a round of golf at the Valdres Golf Club. Prices per cabin (4 people) from **NOK 3500/** week. aurdal-fjellpark.no



© STOREFJELL RESORT

STOREFJELL RESORT HOTEL

Experience the Norwegian mountains in a safe and comfortable way. At Golsfjellet, there are marked hiking trails, cycling paths, fishing- and swimming areas. Try our hiking program for the whole family. More demanding hikes, the fjords and other memorable experiences are within close range. Prices from **NOK 690** p.p./night with half board. storefjell.no



© VALDRESBILDER.NO

BESSEGGEN – GRØNOLEN FJELLGARD

The Grønolen brothers offer a tour program that covers the whole spectrum from climbing 2000 meter summits via canyoning to a lunch excursion to the old, family run summer mountain farm. Get ready for outstanding nature and food experiences in Jotunheimen! Highlight of the week: Besseggen via Jo-stigen! Weeks 29-32. 5-night tour package **NOK 5.690** p.p. in a DBL with full board. gronolen.no

LOM TO JOTUNHEIMEN



GALDHØPPIGGEN © AKTIV | LOM

Who would have thought that the ascent of Northern Europe's highest mountains is one of Jotunheimen's more accessible summit hikes?



FOUR TIPS FOR YOUR ACTIVE HOLIDAY IN JOTUNHEIMEN

On this holiday, there is something for all the family, be it fantastic summit hikes, exciting glacier walks, food from local producers, short

walks on marked trails or learning about climate change. Read the four tips for getting the most out of your next summer holiday in

Jotunheimen, or give us a ring for a holiday chat!

We will see you in Jotunheimen.



© CH / INNOVATION NORWAY

In Jotunheimen you will find peaks for all ages!



© JOHAN WILDHAGEN

Become a climate researcher for a day and explore the ice from the inside.



© KJELL NYBYGAARD

Experience the glacier's enchanting colour display and unique formations.



© EGIL NYRNES

Easy walks on well-marked routes promise experiences for life.

TIPS 1 - WALKING IN JOTUNHEIMEN NATIONAL PARK.

Jotunheimen is spectacular nature, easily accessible. Marked hiking trails lead you to unspoilt wilderness, the like of which you will only ever have seen on TV. Galdhøpiggen is northern Europe's highest mountain, and is a relatively easily accessible summit hike. Besseggen – one of Norway's best known mountain hikes, is more challenging.

TIPS 2 - TRAVEL 70 METRES INTO THE ICE AND 6,000 YEARS BACK IN TIME.

Learn about global climate change combined with a short guided walk to the glacier tunnel. Mimisbrunnr Klimapark demonstrates how global warming has led to the melting of Juvfonna at Galdhøpiggen. Archeologists have found ancient arrow heads, clothing and shoes here. No text book can ever convey it as well – a unique experience!

TIPS 3 - GLACIER WALKING WITH AN EXPERIENCED GUIDE.

Walking on the ice is more exciting than any adventure park! Experienced glacier guides will lead you safely across the ice in a landscape of alpine mountains. See the glaciers enchanting colour display and unique formations. This engages both young and old!

TIPS 4 - SHORT ROUNDTrips IN LOM NATIONAL PARK VILLAGE.

Experience idyllic Lom with the 12th century stave church at its centre. Both long and short walks start from the national park village. Here you can also visit the unique exhibitions at the National Park Centre, Norwegian Mountain Museum and Fossheim Stone Centre.

FACTS

DISTANCE TO LOM:

From Oslo 352 kilometres,
Bergen 348 kilometres,
Trondheim 280
kilometres.

ACCOMMODATION:

Fossheim Hotell

Room with breakfast **NOK 745** per person per night.
Submit the code **INVK2014** when you book your accommodation.
2686 Lom
Phone: +47 61 21 95 00
resepsjon@fossheimhotel.no

Raubergstulen

Half board **NOK 695** per person per night.
2686 Lom
Phone: +47 61 21 18 00
post@raubergstulen.no

Juvasshytta

Room with breakfast **NOK 430** per person per night.
2687 Bøverdalen
Phone: +47 61 21 15 50
post@juvasshytta.no

Find more information and offers at
visitjotunheimen.com/hikingcampaign2014



HALLINGDAL

- A TRUE NORWEGIAN MOUNTAIN HOLIDAY

HARDANGERVIDDA NATIONAL PARK © THOMAS LINKEL

Explore Norway's most accessible national parks and mountains just a few hours from Oslo and Bergen. High mountain terrain in wild and beautiful scenery, ideal for all sorts of hiking adventures.

GEILO – THE NATIONAL PARK VILLAGE

Geilo is the gateway to Northern Europe's highest mountain plateau, Hardangervidda and Hallingskarvet National Park. The highest peak in the national park stands 1,933 metres above sea level, and the surrounding area is easily accessible with many possible starting points and lots of different walks.

THE PRESTHOLT TRAIL – STONE PAVED STEPS

This impressive trail, built in traditional Nepalese stone

work, means it is now possible for most to experience the elation of reaching the top of Hallingskarvet. The stone paved trail is three kilometres long and takes about two hours. A hiking map is available at the tourist information office.

geilo.no

ÅL – A SERIES OF NOTABLE HIKES

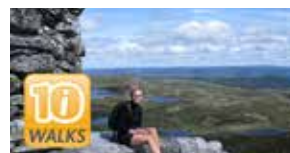
You will find many adapted and marked walks in Ål on the hiking portal aal52.no. Here you can head out on a challenging summit hike with

panoramic views or a short family-friendly walk. On many of the walks, there is a cultural heritage site along the trail or nearby. Join the hiking programme "10 favourites in Ål" and sign the guestbook. Combine walking in impressive scenery with cycling, fishing, riding, farm visits and canoeing, especially in the high mountain area of Bergsjø. For inspiration, take a look at the films on our website.

aal.no / aal52.no

NESBYEN – HERITAGE TRAILS AND GENTLE MOUNTAINS

The gentle mountains at Nesbyen invite you to walking in easy forest and high mountain terrain. Combine the walk with a spot of fishing or cool down in one of the many tempting mountain lakes. The trails near



Hallingnatten in Nesbyen
"10 Iconic Walks" are the hikes you must not miss!
visithallingdal.com

Hallingdal Museum and in the town centre give you an insight into how people lived 100-200 years ago. Tour descriptions: 20 walks, 20 summit hikes, 4 history and heritage trails.

Hallingnatten is a relatively easily accessible summit 1,314 metres above sea level, and on a clear day the views stretch all the way to Hallingskarvet, the Hemsedal mountains and Gaustadtoppen.

On this 10 kilometre walk you also have a good chance of seeing wild reindeer in their natural habitat.

Duration: Three hours
Difficulty: Medium
nesbyen.no

FACTS

Hallingdal is Norway's largest tourist region and lies midway between Oslo and Bergen.

- 🚗 Oslo 190 - 260 km and Bergen 240 - 310 km
- 🚆 NSB Bergen Line. 3 - 3.5 hours from both Oslo and Bergen
- ✈️ Oslo Airport and Torp Sandefjord Airport
- 🚌 Nettbuss Express

Booking:
geilo.no
aal.no
nesbyen.no
visithallingdal.com

Visit Hallingdal
Phone: +47 32 02 99 26
post@visithallingdal.com
visithallingdal.com

PRICE EXAMPLE
Walking holidays in gentle mountains - Nesbyen
Ranten Hotel, from **NOK 399** per person in a double room, including breakfast.

HEMSEDAL AND GOLSFJELLET



Hemsedal and Golsfjellet is one of Norway's greatest areas for walking, located in the Hallingdal region, midway between Oslo and Bergen.

HEMSEDAL - SCANDINAVIA'S ALPS

Hemsedal is a paradise for all hiking enthusiasts, both novice and experienced. 210 kilometres across 41 marked trails, point the way to mountain peaks and stunning mountain areas. All the hikes deliver amazing views and attractions, such as lakes and waterfalls.

Why not combine your walk with, for example, climbing, cycling and fishing. You can also take the chair lift up to 1,100 metres above sea level. A fun experience for everyone!

GOLSFJELLET - THE FAMILY-FRIENDLY MOUNTAIN

Golsfjellet mountain, with its rolling, open mountain terrain and activities for young and old, is known as the family-friendly mountain.

Follow well-marked and adapted paths to the tops, with magnificent views to Jotunheimen, the Hemsedal mountains and Hallingskarvet, among others.

On Golsfjellet mountain you can combine great hikes with fishing, riding, cycling, paddling, bathing – or simply reading a good book on the top of a mountain.

HEMSEDAL TOP 20

Marked walking trails to 20 beautiful peaks around Hemsedal, classified according to their level of difficulty.

Each peak has its own pin, and it is particularly popular among the youngest to collect them. This is Hemsedal's

most popular activity, with over 20,000 visitors each year.

TOP 11 – GOLSFJELLET MOUNTAIN

A summit hike programme suitable for the whole family. When you have reached at least six summits, you are entered into our competition to win great prizes.

You can get a free map with a registration card at the hotels, in sports shops and in the post box at the top of each mountain. Enjoy your summit hike!

PRICE EXAMPLE

Walking holiday in Hemsedal from **NOK 729** per person including

- Free guided walk
- Hemsedal hiking map
- Three nights in a four-person apartment at Fanitullen Hotell, including cleaning and bedding
- 20 % discount on a large pizza at Peppes Pizza

PRICE EXAMPLE

Five days family walking holiday on Golsfjellet mountain.

- Accommodation with full board (packed lunch),
 - Guided hike,
 - Bike for one day.
- Choose between
Hotel (pp) **NOK 3,700**
lodge/cabin **NOK 2,850**
Children 8-15 years, 50%
in a family room
post@fjellferie.no

FACTS

LOCATION:

South Norway - Midway between Oslo and Bergen.

HOW TO GET HERE:

- 🚗 From Oslo 222 km
- From Bergen 276 km
- ✈️ Oslo Airport, Bergen Airport, Fagernes Airport
- 🚌 Several departures from Oslo and Bergen
- 🕒 3 hours from Oslo and 4 hours from Bergen
- 🚢 Color Line, Stena Line, Fjord Line, DFDS

ACCOMMODATION:

hemsedal.com
golsfjellet.com

CONTACT INFORMATION:

Hemsedal Turistkontor
Phone: +47 32 05 50 30
info@hemsedal.com
hemsedal.com

Gol Reisemål

Phone: +47 3202 9700
post@fjellferie.no
golsfjellet.com



DOVREFJELL, JOTUNHEIMEN AND RONDANE

© CH/VISITNORWAY.COM

The National Park Region lies midway between Oslo and Trondheim. Here you will find what you want the most – genuine, positive adventures, which you will never forget! Six national parks await to tempt you with walks, musk ox safaris, rafting and much

more. Conquer Besseggen and Norway's national mountain, Snøhetta, or take an easier walk along well-marked paths in Rondane. If you fancy 2,000 metre peaks, then you can enjoy over 200 of them here with us! Bring the whole family along on a walk

and enjoy the peace, tranquility and unique wildlife. Welcome to big adventures in the heart of Fjell Norway.



FACTS

The National Park Region lies in the middle of Norway, and encompasses the national parks of Dovrefjell, Jotunheimen and Rondane, as well as Breheimen, Dovre, Sunndalsfjella and Reinheimen.

HOW TO GET HERE:

🚗 It is just four hours by car from Oslo and Trondheim. Good bus and train connections with several daily departures makes it easy to get to the National Park Region and to get around once you are here.

More information:

Nasjonalparkriket Reiseliv

Phone: +47 61 24 14 44

nasjonalparkriket.no



VISIT BESSHEIM MOUNTAIN LODGE BY BESSEGGEN



At Bessheim we offer accommodation in rooms, apartments and at our campsite. In the lodge there are ready-made beds and most of our units have their own shower and toilet. At Bessheim we serve good home-cooked food every day

for passers by, and a delicious three-course dinner in the evenings. We use a lot of mountain fish and reindeer in our dishes.

Bessheim Mountain Lodge

Sjodalen, 2680 Vågå

Phone: +47 61 23 89 13

PRICE EXAMPLE

Three nights, half board, in a double room from
NOK 2,310 pp.

bessheim.no

HEAD TO GJENDE THIS SUMMER



Throughout the summer, boat trips run on Gjende. The boats "Gjende" and "Gjendine" will carry you in to the wilderness of Jotunheimen, surrounded by enchanting scenery. From the pier at Gjendesheim we have up to six daily departures to

Memurubu and Gjendebu. There are two departures returning from Gjendebu. If you are going to Besseggen or other hikes, you are welcome to step on board.

Gjende boats

2680 Vågå

PRICE EXAMPLE

Trip over Gjende from
NOK 120 pp.

Phone: +47 913 06 744
gjende.no

WITH BESSEGGEN AS YOUR NEAREST NEIGHBOUR



At the foot of Besseggen, and just a few metres from the Gjende boats, you will find Gjendesheim Tourist Lodge. We are the natural choice, whether you want to walk Besseggen or enjoy the other DNT marked routes in the area. Local dishes are served in the food hall, along with a

fantastic view! We have 180 beds, but guarantee space for everyone!

Gjendesheim Tourist Lodge

2684 Vågå

Phone: +47 61 23 89 10

gjendesheim@turistforeningen.no

gjendesheim.no

PRICE EXAMPLE

From **NOK 535** for accommodation, dinner and breakfast.

WALK BESSEGGEN THIS SUMMER



With its idyllic location by Gjende, Memurubu is a natural starting point for walks over Besseggen. The lodge can accommodate 150 people, and provides good food and a welcoming atmosphere. Take the Gjende boat to Memurubu this summer and experience

Besseggen for yourself. Packages, including boat transport, accommodation and dining, are available between 16 June and 10 July, and 17 August and 12 September.

Memurubu Tourist Lodge
2686 Lom

PRICE EXAMPLE
From **NOK 995**
including transport,
accommodation and
food.

Phone: +47 61 23 89 99
memurubu.no

RANDSVERK – THE HUB IN JOTUNHEIMEN



Randsverk offers accommodation in all categories from camping to luxury cabins, a cafeteria and shop with tourist information. New sanitary buildings and paved area at the campsite. Bike and walking routes straight from the car park, moose safari, fishing, canoe-

ing and more. Randsverk is the gateway to Jotunheimen and Glittertind, with 30 kilometres of gravel road into the mountain and 20 minutes by car to Besseggen.

Randsverk
Camping · Shop · Café · Cabins
Phone: +47 61 23 87 45

PRICE EXAMPLE
Cabin, three
bedrooms, six people,
NOK 175 pp. per night

randsverk.no

OUTDOOR PARADISE AT RONDANE NATIONAL PARK



The Rondetunet is a great base for hiking, outdoor activities and adventures in magnificent surroundings. The staff here are happy to help with tour suggestions. At the mountain centre you will find courses, hikes, canoe trips, cycling, fishing, photographic opportunities and plenty of

recreational space. Choose between cabins or camping. Free parking. In the evenings, there is coffee and storytelling in the campfire hut.

Rondane Friluftssenter
Rondetunet
Rondeveien 593, 2477 Sollia
Phone: +47 904 15 149

SPECIAL OFFER
Book for seven days,
pay for six.

The Rondetunet is run
by outdoors
enthusiasts.

rondetunet.no

PILGRIMS WAY OSLO TO TRONDHEIM OVER DOVREFJELL MOUNTAIN



Modern pilgrims still walk the ancient St. Olav Way today. A walk through Norway, through the low lying communities in the east, up through Gudbrandsdalen, over Dovrefjell and down to Trondheim. A walk to the world's northernmost

cathedral; Nidarosdomen. The physical challenge sees you walk through Norway's stunning nature, mentally it full fills a goal only you know.

Pilgrims Centre Dovrefjell
2661 Hjerkind
Phone: +47 924 83 147



dovrefjell.pilegrimsleden.no

FROM CABIN TO CABIN IN RONDANE



Experience three mountain lodges on Høvringen, in the heart of Rondane, with daily stages from six to twelve kilometres. Plenty of opportunities for adventures and outdoor activities. Start wherever you prefer, and book the whole walk at one of the

lodges. Three-course dinner, breakfast, packed lunch and luggage transportation is included in the price.

Welcome to the mountains!
Øigardseter,
oigardseter.no
Putten Seter,
puttenseter.no

PRICE EXAMPLE
Just **NOK 5,250** for two
adults and two
children under 12.

Smuksjøseter,
smuksjoseter.no

FESTIVALS



Find a festival overview at
visitnorway.co.uk/hikingfestivals

© KENNETH SOLFJELD

All over Norway various festivals and historic events pepper the country's main interest: hiking. Here, along with other nature and culture loving tourists, you will enjoy some unforgettable experiences. Set in scenic natural surroundings the tour companies make full use of the mountains for guided mountain hikes and show off local traditions and history through food and cultural events, thus putting their own stamp on the festivals.



© KENNETH SOLFJELD

The Træna Festival:

The small island community of Træna on the coast of Helgeland has for years arranged the Træna Festival. The festival makes full use of the island's many opportunities for holding concerts. With local seafood and the midnight sun, which means 24 hours of daylight - an experience you cannot ever forget.

træna.net, held in July 2014.



© TARJEI HUSØY

Norwegian Mountain Festival:

The biggest single event in Norway specifically for people who appreciate mountains and outdoor life. For one week in the middle of July an exciting array of hiking trips, summit hikes and cultural events are on offer. There are wide variety of outdoor offers suitable for all ages and levels of fitness.

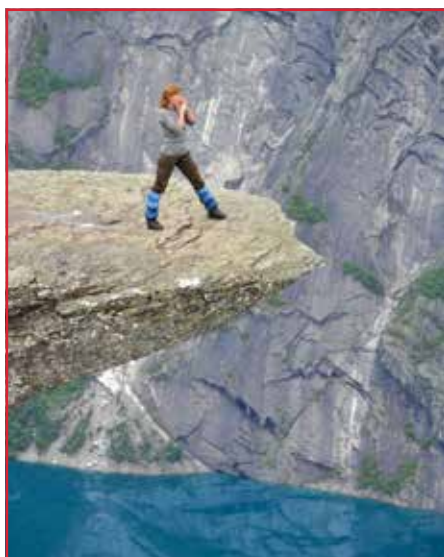
norsk-fjellfestival.no (only in Norwegian), held 7-14 July 2013



© GUNDERSEN06MEG.NO

Two of Norway's most famous literary works are Peer Gynt by Henrik Ibsen and Kristin Lavransdatter by Sigrid Undset. In Gudbrandsdalen you can enjoy open air performances of both these works combined with other literature, history and nature.

peergynt.no, held 1-3 and 7-10 August 2013 **kristinlavransdatter.no**, (only in Norwegian) held 6-10 August 2013



Hiking in Norway



YOU CAN'T BEAT LOCAL KNOWLEDGE AND NORWEGIAN NATURE

Why? Because of the fantastic light, the costal scenery, cultural landscape and the magnificent mountain scenery!

What do we offer?

- First hand knowledge about hiking in Norway.
- More than 200 well-marked and easy access hiking routes - several in Lavangen.
- Nature & geographic trails with different difficulty levels.
- Explore all routes on our digital map before arriving.
- Help with planning your hikes and walks - both self-guided and guided hiking.
- High standard self-catering accommodation situated in ideal hiking locations.

Read more about our professional hiking program on **www.dintur.no** or contact us by mail: **office@dintur.no** or phone +47 74 07 30 00



www.dintur.no

TRYSIL

nature's theme park



© JONAS HASSELGREN

Trysil is perfect for those who want to hike in spectacular mountains. Walk along marked trails or choose a family-friendly summit hike from Top 10 Trysil.

MARKED ROUTES IN FRIENDLY MOUNTAINS.

Trysil has many wonderful areas for walking, and you can enjoy the thrills of hiking in welcoming wilderness every day. Take the trip up Trysil Mountain, one of our 10 summit hikes. From here, you can see the beautiful Trysil river winding its way through the landscape. Trysil has over 20 well-marked routes and trails, suitable for both children and adults. There is a good selection of cycle paths and bicycle hire is available too. White water rafting,

canoeing and rafting tours give you the opportunity to experience the Trysil river rapids up close. Trysil is also a popular fishing spot, and you can join a wonderful horse ride or unique wildlife safari in the forest.

CABINS BY THE RIVER OR RESORT HOTEL ON THE MOUNTAIN

In Trysil, you can choose to stay in stunning resort hotels with water parks, in cabins, or larger lodges or apartments. Radisson Blu Resort Trysil is a modern, full service hotel with

an adventure pool. If you prefer to stay in one of the cosy cabins at Trysil Hyttegrend, we can also promise you a pleasant stay. The cabins are located on the Trysil river, with good views of both the river and the mountain. The service from the hosts at Trysil Hyttegrend is excellent, and this is a natural starting point for walks and other activities. For an overview of all the accommodation options go to trysil.no

PRICE EXAMPLE

Trysil Hyttegrend from **NOK 500** per cabin per night. Radisson Blu Resort Trysil from **NOK 595** per person per night, breakfast, packed lunch and pool admission.

FACTS

LOCATION:

220 km northeast of Oslo, on the border with Sweden.
181 km south of Røros.

HOW TO GET THERE:

🚗 Two hours 30 minutes from Oslo by car.
🚌 Several daily bus departures.
✈️ Two hours 45 minutes by bus and two hours by car from Oslo Lufthavn Gardermoen.

CONTACT INFORMATION:

Destinasjon Trysil SA
Phone: +47 62 45 10 00
info@trysil.com
trysil.no



© JOHAN WILDHAGEN



© JONAS HASSELGREN



NORTHERN NORWAY

© TERJE RAKKE/NORDIC LIFE/HELGELAND REISELIV

Top hikes among islands, fjords and mountains, walks at Europe's northernmost point and untouched wilderness by the border, all this beneath the midnight sun!

24-HOUR HIKING

In Northern Norway, it doesn't get dark in mid summer, the sun stays above the horizon, it bathes the stunning landscape in golden light and fills hikers with energy. You can walk day and night on the beautiful trails across the plateaus, up to the mountain peaks and along the coast.

WALKING ON EUROPE'S NORTHERN COAST

North of the tree line, on the coast of Finnmark, the trails wind through rolling, hilly landscapes of heather and dwarf birch, towards steep rocky shores, sand and pebble beaches and into hollows of

lush vegetation. It is relatively easy to walk here, and the targets are abandoned fishing villages, monumental stone cairns, lighthouses and Europe's northernmost points. You stay overnight and dine in colourful fishing villages and coastal towns. Hammerfest and Nordkyn are two regions with an abundance of marked hiking routes.

SUMMIT HIKES AND COASTAL MOUNTAINS

Further south, the mountains soar thousands of meters up from the sea, sheltered by an archipelago of islets and reefs. This landscape invites

summit hikes; steep climbs from the settlements on the coast up through the birch forest and onto the bare mountain. Luckily, the mountains here come in all shapes and sizes. The reward is the breathtaking vistas over jagged peaks, green valleys, glaciers, a far-reaching archipelago and the open ocean. Dinner and accommodation is often in picturesque boathouses and wharfs. Vesterålen, the Realm of Hamsun and South Helgeland are three of the most picturesque stretches of coast, with a myriad of good trails.

GRENSEFJELL AND WILDERNESS

The Border Mountains range towards Sweden, Kjølén, is a landscape of mighty mountains, glaciers, lakes, valleys, peaceful pine forest and few people. The hiking trails, both easy and demanding, run through untouched wilderness. The 1,916 metre high Oksskolten, Rago National Park and the peaks around Narvik, are among the most beautiful areas of this wild landscape. In the Realm of Hamsun and the Narvik area, traces of the railway construction and dramatic war history, are part of the experience.



HIKING SUGGESTIONS

HELGELAND

The Okstind glacier lies on the way up to the roof of Northern Norway, the 1,916 metre high Oksskolten. stekvasselv.com

THE REALM OF HAMSUN

The walk to Austervatn is partly on foot and partly by canoe on still forest lakes in unspoiled wilderness. hamsuns-rike.no

NARVIK

Rallarveien is a hiking route in dramatic scenery from mountain to fjord in the footsteps of the navvies who built the Malmabanen railway. nordnorge.com

VESTERÅLEN

Dronningruta (The Queen's Route) runs through dramatic coastal scenery between the fishing village of Stø and the revived village of Nyksund. visitvesteralen.no

HAMMERFEST

Take the boat to Sørøya and walk in easy terrain to the monumental Kjøttvik cairn, 296 metres above sea level, and look out to the North Atlantic. hammerfest-turist.no

NORDKYN

The walk to the beautiful sea cliff Finnkirka, runs through easy terrain with fantastic sea views. visitnordkyn.no



FACTS

Hiking season:
June to September

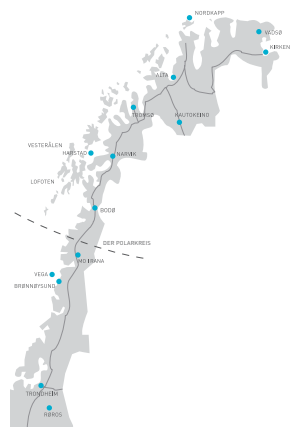
Climate: Northern Norway is warmed by the Gulf Stream, and temperatures can vary between 6 and 30 degrees Celsius in the summer, but it usually hovers around 10 to 20 degrees. Prepare for everything from rain and low temperatures, weather so warm you can swim in the sea.

Midnight sun:
Here is a list of when you can experience the midnight sun in the Northern Norwegian hiking destinations:

- Hammerfest: 13 May – 29 July
- Narvik: 24 May – 19 July
- Sortland: 23 May – 23 July
- Helgeland: The sun is just below the horizon, but it is light all through the night in June and July.

Travel: Northern Norway is far north, but is easy to reach and travel around in.

- Airports in Bodø, Harstad/Narvik, Tromsø, Alta and Kirkenes, plus 20 short runway airports. Travel time Oslo to Tromsø one hour 45 minutes.
- Train to Bodø and Narvik (via Sweden)
- Hurtigruten Bergen to Kirkenes.
- Buses and boats throughout Northern Norway.





HELGELAND

© HEIDI PRESTENGSHAUG/VISITHELGELAND.COM

FAIRYTALE MOUNTAINS AND WILDERNESS

The view over thousands of islands, lush fields, majestic mountains and ocean, is your reward when you walk one of the 25 marked routes on South Helgeland; from the eider ducks on outer Vega

World Heritage site, via Torgatten, the mountain with a hole in it, to 885 metre high Horntinden on the mainland. The scenery inland by the Swedish border is completely different, here you can follow the Nordland route for five or six days over plateaus,

through forests and along tranquil lakes. The highlights of this unspoilt wilderness are the peaks and glaciers of the Okstinden massif, standing tallest is Oksskolten at 1,916 metres above sea level.

visithelgeland.com

FACTS

Travel:

By air Brønnøysund, Sandnessjøen, Mo i Rana, Mosjøen. Combine train and bus.

Useful websites:

visitvega.no
stekvasselv.com

Contact:

Helgeland Reiseliv
visithelgeland.com

PRICE EXAMPLE

Hiking package, four nights, three days, three mountains from Brønnøysund, **NOK 3,980**

FACTS

Travel:

Train, bus from Fauske, airport Bodø, Evenes, fast boat from Bodø

Accommodation and food:

Good and varied accommodation offers, lots of good food!

More information:
hamsuns-rike.no



THE REALM OF HAMSUN

© JIRI KACOR/HAMSUNS-RIKE.NO

THE LANDSCAPE THAT INSPIRED HAMSUN

Be inspired by the very landscape that inspired Northern Norway's great poet Knut Hamsun; tranquil fjords surrounded by green, sculptural mountains, with endless views

from the ocean to the Swedish border. Further inland lies untouched wilderness, with canoe friendly lakes, quiet forests, vast plains and mountains. Rago National Park is part of an enormous area on both sides of the border, but the

coastal mountains offer views towards Lofoten. Kayaking on the fjord, canoeing inland and a network of marked trails suitable for walkers of all levels; a walking holiday in the Realm of Hamsun is a diverse experience off the beaten track.

PRICE EXAMPLE

Kayak trip in stunning fjord landscape for beginners, **NOK 1,250**
rettikjol.com



NARVIK

© KNUT HANSVOLD/NORDNORGE.COM

DRAMATIC NATURE, DRAMATIC HISTORY

The landscape around Narvik is among some of the most dramatic in Northern Norway, with peaks up to 1,800 metres. Hikes here range from steep

inclines to jagged peaks, via walks in mountain terrain at the border with Sweden, to gentler forest walks, with fantastic fjord views. The most popular is Rallarveien; take the train into the mountains

and then walk down to the fjord following the footsteps of the navvies, who built the railway. Then take a RIB boat back to Narvik.

FACTS

Travel:

Oftobanen train all the way from Europe, by air, bus

Accommodation:

Wide selection of accommodation offers in the centre of Narvik. Comfortable alternatives in the surrounding districts.

Destination Narvik
destinasjonnarvik.com

PRICE EXAMPLE

Train ticket Narvik to Katterat, walking on Rallarveien and RIB boat back to Narvik, **NOK 430**



VESTERÅLEN

© ALF OXEM/VISITVESTERALEN.COM

WALK IN THE LAND OF THE WHALE

Furthest out, towards the Atlantic Ocean lies Vesterålen, the world's most beautiful islands. The sea beyond is the world's richest. This area is teeming with sea birds, seals and most importantly, sperm

whales who dive for octopus. Here you can walk along the seafront, on steep tracks up and down grassy green slopes, past abandoned hamlets and up to the tops, with sea views that are among the most beautiful along the Queen's Route. Guides are

available. Visits to the bustling fishing village of Stø and the revived, historic village of Nyksund, as well as whale safaris and bird trips by RIB boat, combine well with a walk here.

FACTS

Travel:
By air, Hurtigruten, bus.
Activities:
arcticwhaletours.com
stosafari.no
Accommodation:
husjord-apt.com
livskraftverk.no
nyksund.com
nyksundgjestehus.no

PRICE EXAMPLE

Whale safari with Arctic Whale Tours to see the sperm whale, **NOK 910**



HAMMERFEST

© HAMMERFEST-TURIST.NO

WALKING IN ARCTIC NATURE

The arctic scenery around Hammerfest is sparse, tough and unimaginably beautiful, with wide vistas over plateaus and open ocean. It is surprisingly easy to walk here,

the terrain is gently hilly and you walk on a soft blanket of heather. The wonderful thing about Hammerfest is that you can stay in a charming town with plenty of attractions, while the hiking terrain is just there, ready to be explored.

Sørøya, just half an hour away by boat, has lovely walks to the outer ocean, while the island of Seiland offers steep mountains and glaciers.

FACTS

Travel:
By air, Hurtigruten, bus.
Accommodation:
Wide selection of accommodation offers in Hammerfest. Comfortable alternatives in the surrounding districts.
Hammerfest Turist.no,
Phone: 78 41 21 85
hammerfest-turist.no

PRICE EXAMPLE

Fast boat/return Hammerfest to Sørøya for a beautiful hike.
NOK 200 per person.



NORDKYN

© CHRISTOPHER BUTLER/ARCTICCOAST.NO

WALKING ON EUROPE'S MOST NORTHERLY MAINLAND

The Nordkyn peninsula is the northern tip of the European, and offers some fantastic hiking opportunities. The scenery is sparse and raw, with vast plains, steep cliffs

and sweeping views. The terrain however is gently undulating and relatively easy for walking, with well-marked paths. Walk to the Finnkirka rock formation, to the world's northernmost forest, to the abandoned fishing village of Skjøtningberg, around the

world's most northerly mainland lighthouse at Slettnes and even the long walk to the European mainland's northernmost point, Kinnarodden. Dining and accommodation are in close-knit, colourful and welcoming fishing villages.

FACTS

Travel:
By air, Hurtigruten.
Accommodation:
Hotels, fishermen's cabins, guesthouses, cottages and lighthouses.
Activities:
King crab fishing, sea fishing, freshwater fishing, guided walks, lighthouse visits.
visitnordkyn.no

PRICE EXAMPLE

King crab fishing by boat, **NOK 700** (minimum five people).



Europe's most spectacular Train Journeys

Discover Norway by train for an unforgettable holiday experience.

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

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

The www.nsb.no/travel_inspiration site contains infomercials presenting the routes and the unique travel experiences that await you.

Welcome on board!

For more information and booking

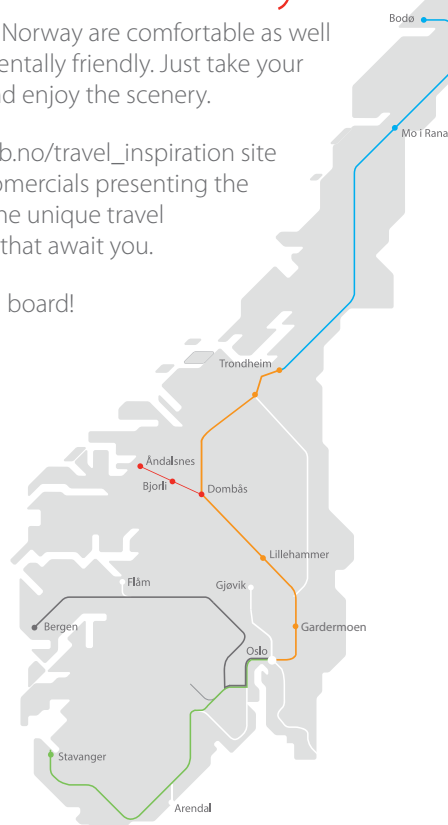
nsb.no

scandinavianrail.com

interrail.eu

fjordtours.com

Low price tickets online from NOK 249 for point-to-point tickets and railpasses
InterRail Global Pass and InterRail Norway Pass for excursions by public transportation



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

Europe's most
spectacular train
journeys





EXPLORE THE GASTRONOMY!

© CH.VISITNORWAY.COM

From the most luxurious hotels to the simpler mountain lodges, all types of accommodation are increasingly focusing on locally sourced and produced food: fish, meat, cheese, berries and vegetables are all sourced from the wild.

LOCAL CUISINE

Local recipes and specialist foods tempt the palate and several farms and mountain lodges offer courses in traditional Norwegian cookery.

In Norway, there are many characterful, grand and respected hotels. Hotels with centuries of history within their walls and who pride themselves on creating a memorable stay for every guest. The food is usually an important part of the experience. Hotels are of a high standard and gourmet dishes are often made from local ingredients. You will find exquisite seafood with monkfish, cod and salmon caught from the sea just outside, or fresh trout from a mountain lake nearby. Why not try some rakfisk, a traditional Norwegian dish that can be traced back to the

Middle Ages. In addition, you'll enjoy meat from the wild animals in the area, for example elk, deer and reindeer or from livestock that have been grazing down in the valley. If you are lucky, you may even find locally brewed beer to enjoy with your meal.

You will usually find freshly baked bread for breakfast at both mountain lodges and hotels. Guests can often choose from a selection of cheeses and cooked meats made by local farmers and homemade jam. Most mountain lodges serve waffles with sour cream and jam around lunchtime. It smells amazing and tastes even better. Rømmegrøt (a type of porridge) and cured meats is also a traditional Norwegian dish that you must try. The porridge is velvety smooth and strong and is delicious with

cured meats and flat bread. All in all Norway is a gourmet's paradise.

THE NORWEGIAN PACKED LUNCH

All over Norway, guests will have the opportunity to make their own packed lunch. The packed lunch is typically Norwegian! For generations Norwegians have made their

packed lunch with bread and delicious toppings, particularly when they are going out on a long walk. The Norwegian outdoor tradition is to live the simple life outdoors amongst nature. Here you will find peace in your soul and a view of the expansive plains, the dense forests, the highest peaks and the breathtaking landscape all around.



© CH.VISITNORWAY.COM



Read more about local cuisine at visitnorway.co.uk/eat

THE NORWEGIAN MOUNTAIN CODE

The Norwegian mountains are amazing. Fresh water, clean air and beautiful nature as far as the eye can see. A visit to our mountains gives you experiences for life. In Norway everybody's right to roam is protected by law (friluftsløven).

Nature can be unpredictable and to ensure you get the optimal experience, we have developed a set of guidelines called the Norwegian Mountain Code. The Norwegian Mountain Code has been developed by DNT and the Norwegian Red Cross based on their extensive experience. The purpose of the Mountain

Code is to contribute to a safe trip. Whether you have little experience with outdoor life, or are an experienced mountaineer, it is sensible to bear the mountain code in mind both before and during the trip.

1 Be prepared and do not go out on a long trip without practice

Your physical and mental fitness, experience and equipment determine a sensible distance for the tour.

2 Tell someone where you are going

If you change your mind, try to notify someone, but remember that your mobile phone won't always work.

3 Be weather-wise

Be aware of the local weather forecasts, and follow developments in the weather yourself.

4 Be equipped for bad weather and frost, even on short trips

Always take a rucksack and proper mountain gear.

5 Learn from the locals

Tourist offices across the country can give you advice before the walk or direct you to where you can find more information.

6 Use a map and compass

DNT's paths are marked with stone beacons or painted, red "T's". This marking of the route is useful to find your way, but you also need to be able to use a map and a compass to navigate on your own.

7 Do not go solo

Should you be unlucky, someone in your group can help you or notify the rescue service. Divide the safety equipment, food and clothes between the members of the group so no-one will miss essential equipment should the group be separated.

8 Turn back in time – sensible retreat is no disgrace

If conditions deteriorate so much that you doubt you can attain your goal, turn around and return.

For more information on safety in the mountains and tips on what to bring see visitnorway.co.uk/safety

Be sensible and careful when you are in the mountains. Respect flora and fauna. Tidy up after your tent or your picnic, and avoid leaving any marks. Take any rubbish with you, nothing should be left behind. Use maps and find information about the area where you are walking. Respect the rules in protected or nature reserve areas.



SPECIALLY DEVELOPED FOR MOUNTAINEERING



Glittertind Jacket



Main features: The Bergans Glittertind is a technical shell jacket developed for high levels of activity in all weather conditions, featuring a soft and comfortable 2-way stretch. The award-winning Dermizax™ NX membrane provides weather resistance and breathability at the highest level.

BERGANS IS A RESULT OF NORWAY'S BEAUTIFUL YET CHALLENGING NATURE AND CLIMATE. THE SOMETIMES EXTREME CONDITIONS PLACE TOUGH DEMANDS ON OUTDOOR EQUIPMENT AND THE PEOPLE USING IT.

FOREVER PIONEERS

bergans.com



THE CLASSIC MOUNTAINS



© SINDRE THORESEN LØNNES DNT

A record number of people went hiking in Norway last year, and still more want to experience the beautiful Norwegian nature. The possibilities are plenty, and particularly the young are keen to try kayaking, glacier walking or climbing. Still, there are some trips which have become classics, and with good reason.

Walking up the ridge of Besseggen, looking out over the whole of Jotunheimen and the amazing colour of Gjendevannet lake, creates unforgettable memories. Besseggen and the other walks you will read about below are my

top tips for what you ought to see while on holiday in Norway. If you have never been on a mountain hike, we are happy to help with suggestions and advice.

See if you can find your dream hike among these iconic walks, and there are more at visitnorway.com/hiking

Nils Øveraas,
General Secretary at The Norwegian Trekking Association (DNT).



ROMSDALSEGGEN © KNUT ARNE AARSET

Hike over the **Romsdalseggen** Ridge and the view will take everyone's breath away. Mountains, fjords, peaks and waterfalls in every direction. Choose between the regular route, the family version or the extreme option. Climb 800 metres in total, allow six to nine hours.
visitnorway.co.uk/romsdalseggen



© HANNE KNUDSEN



© HILDE LØKEN MAGNUSSEN

Gaustatoppen towers majestically over the town of Rjukan at 1,883 metres above sea level. On a clear day you can see all the way to the Swedish border in the east. Food is served in the Norwegian Trekking Association's 100-year-old stone cabin at the summit. visittilemark.com



© BJØRN EIDE

Vesterålen is Lofoten's less famous neighbour in the northeast. One of the most beautiful walks in this archipelago is **Dronningruta** (The Queen's Route), with an amazing coast and shorelines, small characterful villages, all surrounded by dramatic and spectacular mountains with amazing views.
visitvesteralen.com



© KRISTIN OFTEDAL VINJE

Galdhøpiggen, Norway's highest mountain towers 2,469 metres above sea level and offers a fantastic view out over the Jotunheimen mountains. It is relatively easy to take the hike up from Spiterstulen or Juvasshytta for people who are generally fit. The hike up to Galdhøpiggen from Juvasshytta is family-friendly and suitable for children who are used to walking. visitjotunheimen.com

In the **Aurlandsdalen Valley**, The east and the west come together in a beautiful mountain area. The walk through The Aurlandsdalen Valley starts at Geiterygghytta. For a shorter route, take the old pack road, along wild rapids and steep mountains from Østerbø down to Vassbygdi.
visitnorway.co.uk/sognefjord



© CHRIS ARNESEN
/VISITNORWAY.COM



PREIKESTOLEN ©
TERJE RAKKE/NORDIC LIFE/ REGION STAVANGER

The **Besseggen Ridge** is one of Norway's most popular walks with fantastic views out over the wilderness of **Jotunheimen**. The hike is not particularly difficult, although it has some steep paths, so it is best to allow eight hours.
visitjotunheimen.com

Preikestolen (Pulpit Rock) and the **Lysefjord** near Stavanger are two of the biggest tourist attractions in Norway. Over 100,000 people hike up to the 604 metre high plateau. The hike takes three to four hours on well maintained paths. The view will take your breath away! visitnorway.co.uk/pulpitrock

WALKING FROM CABIN TO CABIN



© DEN NORSKE TURISTFORENING

Explore the fjords and mountains with The Norwegian Trekking Association.

The Norwegian Trekking Association (DNT) runs over 490 cabins throughout Norway. As a member you can stay at many places including old lighthouses along the coast, un-serviced cabins in the forest and self-catered or serviced cabins deep in the mountains.



We recommend that you acquaint yourself with Norway through an organised cabin-to-cabin trip with one of our experienced guides. The trips we provide vary from short, relatively easy trips to the

longer, more challenging ones. We can arrange trips throughout Norway, especially in the most spectacular and well-known mountain areas such as Jotunheimen and Hardangervidda.

FACTS

LOCATION

Cabins and routes are found throughout Norway.

To purchase walking maps of Norway, please go to:

turistforeningen.no/kartbutikken

MEMBERSHIP

As a member of the Norwegian Trekking Association you will have unique access to more than 490 cabins throughout Norway:

- 43 staffed lodges
- 179 self-service cabins
- 268 un-serviced cabins
- standard universal key for approximately 400 cabins
- guided group tours

The DNT symbol is a red "T" painted along all mountain routes. A total of approximately 20,000 kilometres of walks have been marked. Remember that the standard key gives you access to over 400 cabins.

FOR MORE INFORMATION

DNT Oslo og Omegn
Pb 7
N-0101 Oslo

Phone: +47 22 82 28 22
turinfo@dntoslo.no

turistforeningen.no/english

Norwegian Trekking Association



THE DNT CABINS

The DNT serviced cabins provide breakfast and dinner, and you can pack your own lunch at the breakfast table. You will stay in rooms sleeping two to four or more. It is possible to book a bed, but whatever happens, you will always have somewhere to sleep. No matter how full the cabin is.

The self-service cabins have cooking facilities and food stores, which you can use and pay for with reference to a price list found at the cabin. The system is unique and is based on the honesty-box principle. Most of the cabins are locked with the standard DNT key. The un-serviced cabins are more basic cabins without food, but with cooking facilities. The cabins are either locked with the standard DNT key or left open. All cabins have basic bed linen, but you must provide your own sheet or sleeping bag. At staffed lodges you can hire bed linen.

SEASON

Many of the DNT cabins are open throughout the year, but that does not mean that they are easily accessed throughout the year. Normally there is no snow in the mountains at the end of June when our serviced cabins open. The serviced cabins close in mid-September, some in October, whilst the Haukelisetter and the Pulpit Rock Cabins are open throughout the year. The winter season is from mid-February to early May, but many of the serviced cabins are only open during Easter.

FACTS ABOUT DNT PATHS AND ROUTES

In the mountains our paths are marked with a red "T". In forested areas and in coastal areas, the signposting consists of blue lines on trees and posts. During winter the routes are marked with branches.

Please visit turistforeningen.no/english to read more about DNT and our guided group tours.

JOIN A GUIDED HIKE!



Hiking is the best way to experience the unspoiled nature of Norway! The Norwegian Trekking Association (DNT) organizes package tours for groups. These include transport from Oslo directly to the mountains, accommodation at staffed mountain lodges or self-service cabins and all meals. An Experienced DNT tour leader will guide the group for the duration of the tour. Here we present some of our guided tours.

HARDANGERVIDDA – MOUNTAINS AND FJORDS – 8 DAYS

This hike we consider as one of the “gems” in our program. There will be great variety in natural scenery; starting at the high mountain plateau, continuing through the rugged western part and passing several waterfalls on the way down to the Hardangerfjord. The authentic Utne Hotel by the fjord gives the hike a historic ending. Ready for a spectacular, but long hike? Accommodation in staffed lodges and two self-service cabins.

ACROSS JOTUNHEIMEN – 8 DAYS

This is one of our most traditional hikes and you will visit the heart of Jotunheimen National Park and experience one of Norway's highest summits Glittertind. The scenic walk across the Besseggen ridge, is also a part of the program. This will be a fantastic experience if you are in good physical shape! Accommodation in staffed Lodges.

BREHEIMEN - MOUNTAIN, GLACIER, VALLEY AND FJORD – 7 DAYS

All in one - this hike shows you some of Norway's most typical scenery. It is the great variations in Breheimen which fascinate many hikers. Explore winter on its peaks and glaciers, spring on the slopes and summer in the valleys. This week offers plenty of adventures, like a bike ride along Lustrafjord, glacier guiding and hikes in spectacular terrain. Accommodation in staffed lodges and one self-service cabin.

ACROSS RONDANE – 8 DAYS

This is a classical route, which takes you from the north to the south of Rondane National Park. This is one of Norway's most popular hiking areas, because of its unique landscape with spectacular rounded peaks and the ground covered by a blanket of reindeer moss.

BOOKING

For more information, details, dates, prices and booking please visit:
turistforeningen.no/english



Norwegian Trekking Association



Discover Norway

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Visit Norway's famous fjords and mountains this year. Whether travelling on a self-drive adventure, fjord cruise or scenic train journey, however you want to experience Norway we will create the perfect itinerary for you.

With spectacular and dramatic scenery just begging to be explored – either on foot, on bike or even by kayak - we offer a range of holidays to suit all interests.

5-night walking breaks from £719pp

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GET ACTIVE IN NORWAY WITH FJELLFERIE

HIKING

We have been organising tours of Norway's mountains and fjords since 1982, offering a number of special programmes for individual hikers from around the world. Join our local guides and explore unmarked trails and old roads, hiking through varied landscapes and to the top of mountain peaks for some unforgettable views. Hotel accommodation offering more comfort and the option to use our luggage transportation service make these tours more accessible.

TREKKING MOUNTAIN TO FJORD

We offer guided tours from hotel to hotel with luggage transport. Hike our picturesque trails through magnificent mountainous terrain in Hallingdal, an area dotted with small lakes and grand views. From Geilo we continue by train to Finse for three more days of hiking around the Hallingskarvet National Park (1,690 metres above sea level), and through the popular Aurland Valley to the Sognefjord.

Medium to difficult tour separated into daily five to seven-hour legs. This starts in Golsfjellet on 27. June, 25. July and 15. August.

Included:

Hotel accommodation with full board. Local guide and luggage transport.

Prices: Per person in a double room
Golsfjellet to Aurland 10 nights

£1,526

Golsfjellet to Geilo 7 nights

£999

Geilo to Aurland 4 nights

£641

Extend the tour to Bergen and experience the Flåm Railway and a fjord cruise on the World Heritage-listed Nærøfjord, including two nights hotel B&B and one dinner, the Flåm Railway and a fjord cruise.

Price:

Per person in a double room: £292

THE SOUTHERN HIKE - JOTUNHEIMEN NATIONAL PARK

The two brothers in Grønolen Fjellgard offer an exciting tour itinerary that covers everything from climbing 2,000 metre summits by canyoning, to a lunch excursion to the old, family summer mountain farm. Hiking in this beautiful part of the Jotunheimen National Park will take you through some spectacular but gentle mountain terrain. The tour is available from 13. July to 10. August

Included: Five nights in a comfortable lodge. Full board and four guided hikes

Price:

Per person in a double room: £610

HOW TO GET THERE

You are welcome to ask for our help with transfers to our arrangements in Norway.

THEMED WALKS IN AND AROUND THE RONDANE NATIONAL PARK

The traditional family hotel Venabu in Ringeby Mountains offers a range of guided walks.

For 2014 the following themed walks are available:

THE NORDIC LIGHT

starting 23. June, including midnight walk.

Walking with Peer Gynt

Starting 27. July, including opening theatre performance.

In the homeland of wild Reindeer

starting 17. August, story of hunting.

The colourful Autumn

Starting 7. September, mushrooms & berries.

7 nights full board in dbl/twin
5 guided hikes, buffet wednesday with assorted local food.

Price per person

£989

PeerGynt Theatre

£112

HIKING THE FJORDS

We invite you stay at the renovated fruit farm Nes Lodge and explore the innermost part of the Sognefjord between three national parks. Mountain-eering has a long tradition here.

Choose your hikes from easy walks following good tracks in a Luscious green landscape, waterfalls and lonely homesteads, to challenging guided glacier hikes. Combine these with a cultural visit to places like the Urnes Stave Church – Norway's oldest stave church – which has a place on the prestigious UNESCO World Heritage List.

Season: 1. July to 20. August

Five nights which includes full board and detailed maps and descriptions of the hikes.

Prices:

Per person in a double room: £485

Local guide per day from:

£155 to 200

We offer favourable prices in low season.

GET CLOSE TO NATURE BY CYCLING

A developed network of meadow and mountain paths inland offers cyclists a great biking adventure. There are well-marked cycle paths along the



© FJELLFERIE AS

fjords and along mountain roads that present a true challenge for enthusiasts. Travel on your own with or without luggage transport. Bikes can be hired.

From mountain to coast

You begin cycling in Geilo and follow Rallarvegen (the Navvies' Road) towards Myrdal and down through the Flåm Valley. Travel back with the Flåm Railway and onwards to Voss. The tour continues through the remote Eksinge Valley with a stay at a charming farm. Follow the trout river and along the fjord to Dale before taking the train to Bergen for two days to explore the Hanseatic city.

Cykling distance: 205 kilometres

Starts: From 1. July to 26. August.

Seven nights with full board, except two dinners.

Price:

Per person in a double room: £1,045

Luggage transportation is not possible.

MOUNTAIN AND FJORD

This starts in Golsfjellet where you will cycle through the mountain meadows of Valdres. Cross the Fillefjell and enjoy a boat trip on the Sognefjord. Explore the Flåm Railway and Norway's most popular cycle attraction, the well-known Rallarvegen from Flåm/Myrdal to Haugastøl. The trip ends in Geilo.

Cykling distance: 220 kilometres.

Starts from 5. July to 30. August

Seven nights with full board and luggage transportation.

Price: per person in a double room

from: £1,180

SPORTY MOUNTAIN CYCLING WITH A TOUCH OF CULTURE

Enjoy a cycle trip combined with the open-air play about "Eivind the Outlaw" at Lungsdalshytta Cabin. This is a stunning cycle ride on relaxing country roads in impressive mountain terrain with many lakes. You start and end at Rødungstøl Hotel in the Bergsjø area of Ål in Hallingdal.

This tour takes place every Monday from Monday 30. June to 11. August.

Included:

Two nights in Rødungstøl Hotel
Two nights in Lungsdalshytta Cabin
Full board, open-air play and local culinary delights

Price:

Per person in a double room: £540

WINTER 2014 SKI SAFARI AND "HYTTEFERIE"

We specialise in cross-country skiing and offer three different ski safaris in the Hallingdal and Valdres areas. With a local ski guide, hotel accommodation and luggage transport, you can experience some of Europe's best cross-country areas.

Includes full board and guide:

Prices per person in a double room:

ValHall 9. Feb. to 6. April £993

Hallingdal North 7. March £1,128

Hallingdal South 16. March £1,160

The ValHall tour can also be made without a guide.

Transfer from Oslo Airport Gardermoen Fridays and Sundays from 18. December to 22. April.



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FACTS

Rotneim, N-3550 Gol

Phone.: + 47 32 07 60 33

Mobile: + 47 90 05 63 39

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Programmes and prices
maybe subject to change.



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