



Norway

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Best Places to Eat

- » Vertshuset Røros (p936)
- » Torget Fish Market, Bergen (p941)
- » Pingvinen, Bergen (p941)
- » Vertshuset Tavern, Trondheim (p948)

» Best Places to Stay

- » Skuteviken Gjestehus, Bergen (p940)
- » Ellingsens Pensjonat, Oslo (p931)
- » Heimly Pensjonat, Flåm (p945)
- » Svolvær Sjøhuscamp (p950)

Why Go?

Norway is a once-in-a-lifetime destination and the essence of its appeal is remarkably simple: this is one of the most beautiful countries on earth.

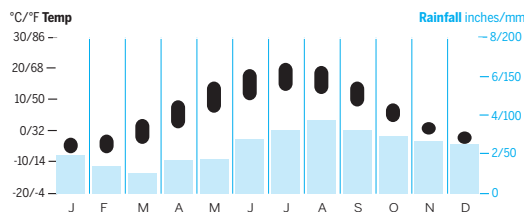
The drama of Norway's natural world is difficult to overstate. Impossibly steep-sided fjords cut gashes deep into the interior. But this is also a land of glaciers, grand and glorious, snaking down from Europe's largest ice fields, and of the primeval appeal of the Arctic.

The counterpoint to so much natural beauty is found in the country's vibrant cultural life. Norwegian cities are cosmopolitan and brimming with architecture that showcases the famous Scandinavian flair for design. At the same time, a busy calendar of festivals, many of international renown, is worth planning your trip around.

Yes, Norway is one of the most expensive countries on earth. But is it worth it? Absolutely. Norway will pay you back with never-to-be-forgotten experiences many times over.

When to Go

Oslo



Mid-Jun–mid-Aug Fjords (probably) bathed in sunshine and endless days.

Dec–Feb Nature's most spectacular show, the northern lights, and wonderful winter activities.

May–mid-Jun & mid-Aug–Sep Generally fine weather; crowds yet to arrive en masse.

Connections

Trains or buses link Norway with Russia, Sweden and Finland, although for Russia you'll need a visa in your passport before you arrive in Norway. Frequent ferries head to Germany and Denmark from several southern Norwegian ports. Airports in Oslo and Bergen connect Norway to the world, with a handful of international flights to Stavanger, Trondheim and distant Tromsø, way up in the Arctic Circle.

ITINERARIES

One Week

Spend a day in Oslo, then take the Norway in a Nutshell tour to Bergen via Myrdal, Flåm and Nærøfjord – you'll see the best of Norway's fjord scenery in remarkably little time. Spend two nights in Bergen before travelling, perhaps by Hurtigruten, to Ålesund and then on to Geirangerfjord. At the latter, factor in at least a one-night stay to appreciate the fjord's beauty without the crowds. Return to Oslo.

Two Weeks

Instead of returning to Oslo, head back to Ålesund and take the Hurtigruten along the coast, pausing for two nights in Trondheim. Detour for a night to Røros, before continuing by Hurtigruten to the fishing villages of craggy Lofoten where you should spend a couple of nights; we recommend staying as long as you can in Å. Finally, take the Hurtigruten to Tromsø, the north's most vibrant city, before returning to Oslo.

Essential Food & Drink

- » **Reindeer** Grilled or roasted, Scandinavia's iconic species is also its tastiest red meat; you'll find it on menus from Oslo to Svalbard.
- » **Elk** Call it what you like (many prefer 'moose'), but this tasty meat usually appears as steaks or burgers.
- » **Salmon** World-renowned Norwegian salmon is so popular that you'll eat it for dinner (grilled) or breakfast (smoked).
- » **Arctic char** The world's northernmost freshwater fish is a star of northern Norway's seafood-rich menus.
- » **Arctic menu** A popular scheme in northern Norway that encourages restaurants to use natural local ingredients; see www.arktiskmeny.no.
- » **Fish markets** Often the best (and cheapest) places to eat along the Norwegian coast, with the freshest seafood at fresh-off-the-boat prices.

AT A GLANCE

- » **Currency** Kroner (Nkr)
- » **Language** Norwegian
- » **Money** ATMs everywhere; banks open Mon-Fri
- » **Visas** Schengen visa rules apply (see p1319)

Fast Facts

- » **Area** 385,155 sq km
- » **Capital** Oslo
- » **Country code** 47
- » **Emergency** 112

Exchange Rates

Australia	A\$1	Nkr5.78
Canada	C\$1	Nkr5.73
Euro Zone	€1	Nkr7.90
Japan	¥100	Nkr6.87
New Zealand	NZ\$1	Nkr4.22
UK	UK£1	Nkr8.97
USA	US\$1	Nkr5.62

Set Your Budget

- » **Budget hotel room** up to Nkr750
- » **Two-course evening meal** Nkr150-200
- » **Beer (glass)** Nkr50-80
- » **Oslo bus or tram ticket** Nkr70 (daily pass)

Resources

- » **Visit Norway** (www.visitnorway.com) Comprehensive Tourist Board site
- » **Fjord Norway** (www.fjordnorway.com) Focused on Norway's star attraction
- » **Norway.com** (www.norway.com) Links to tourist information