



# Norway

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## Best Places to Eat

- » Feinschmecker (p323)
- » Potetkjelleren (p347)
- » Fossheim Turisthotell (p339)
- » Pingvinen (p347)

## Best Places to Stay

- » Det Hanseatiske Hotel (p343)
- » Stalheim Hotel (p367)
- » Utne Hotel (p352)
- » Engholm Husky Design Lodge (p402)

## 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.

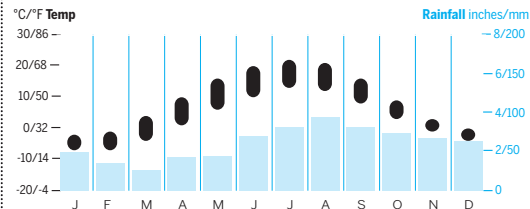
The drama of Norway's natural world is difficult to overstate. Impossibly steep-sided fjords cut deep gashes into the interior. But this is also a land of glaciers, grand and glorious, snaking down from Europe's largest ice fields, and of the primeval appeal of the Arctic.

The counterpoint to so much natural beauty is found in the country's vibrant cultural life. Norwegian cities are cosmopolitan and brimful of architecture that showcases the famous Scandinavian flair for design. At the same time, a busy calendar of festivals, many of international renown, are 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** Summer fjords, endless days and accommodation prices fall.

**Dec-Feb** The aurora borealis (Northern Lights), and wonderful winter activities.

**May-mid-Jun & mid-Aug-Sep** Generally fine weather and without the en masse crowds.

## AT A GLANCE

- » **Capital** Oslo
- » **Area** 385,186 sq km
- » **Population** 4.7 million
- » **Country code** 47
- » **Language** Norwegian
- » **Currency** krone

## Exchange Rates

Australia	A\$1	Nkr5.71
Canada	C\$1	Nkr5.50
Europe	€1	Nkr7.76
Japan	¥100	Nkr6.42
New Zealand	NZ\$1	Nkr4.19
UK	UK£1	Nkr8.72
USA	US\$1	Nkr5.24

## Set Your Budget

- » **Budget hotel room** up to Nkr750
- » **Two-course evening meal** Nkr150–200
- » **Museum entrance** free–Nkr80
- » **Beer** Nkr50–80
- » **Oslo bus or tram ticket** Nkr70 (daily pass)

## Resources

- » **Fjord Norway** ([www.fjordnorway.com](http://www.fjordnorway.com)) Focused on Norway's star attraction
- » **Norway.com** ([www.norway.com](http://www.norway.com)) Links to tourist information with a practical focus
- » **Norway Guide** ([www.norwayguide.no](http://www.norwayguide.no)) Detailed rundown on Norway's top attractions
- » **Visit Norway** ([www.visitnorway.com](http://www.visitnorway.com)) Comprehensive Norwegian Tourist Board site

## Connections

Trains and buses link Norway with Russia, Sweden and Finland. Frequent ferries head to Germany and Denmark from several 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 Nærøyfjorden. Spend two nights in Bergen before taking an unhurried jaunt around Hardangerfjord. Return to Sognefjord, stay at the Stalheim Hotel and visit glaciers around Fjærland. Return to Oslo.

### Two Weeks

Instead of returning to Oslo, head back to Bergen and take the *Hurtigruten* along the coast, pausing for stays of a night or two in Ålesund and Trondheim, before continuing to the fishing villages of craggy Lofoten, where you should spend at least a couple of days exploring. Finally, take the *Hurtigruten* to Tromsø, the north's most vibrant city, before returning to Oslo.

### One Month

Tromsø is your gateway to Norway's High Arctic. After a night in this engaging town, make for the prehistoric paintings of Alta, the area around Nordkapp, the activities of Kirkenes and, depending on the season, dog-sledding or hiking around the Sámi capital of Karasjok. At journey's end, allow a week in Svalbard, taking in as many activities and excursions as you can.

## 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 appears usually 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 ([www.arktiskmeny.no](http://www.arktiskmeny.no)) in northern Norway that encourages restaurants to use natural local ingredients.
- » **Fish markets** Often the best (and cheapest) places to eat along the Norwegian coast, with the freshest seafood at fresh-off-the-boat prices.