



Norway

Includes »

Oslo.....	287
Southern Norway	301
Central Norway	306
Bergen & the Western Fjords.....	311
Bergen.....	313
Northern Norway	339
Trondheim.....	339
Tromsø.....	352
Finmark	355
Svalbard	363
Understand Norway	366
Directory A-Z	370
Getting There & Away ..	374
Getting Around.....	374

Best Places to Eat

- » Pingvinen (p318)
- » Potetkjelleren (p319)
- » Emma's Under (p362)
- » Sjøbua (p345)

Best Places to Stay

- » Det Hanseatiske Hotel (p315)
- » Stalheim Hotel (p338)
- » Hotel Brosundet (p345)
- » Svinøya Rorbuer (p355)
- » Engholm Husky Design Lodge (p369)

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.

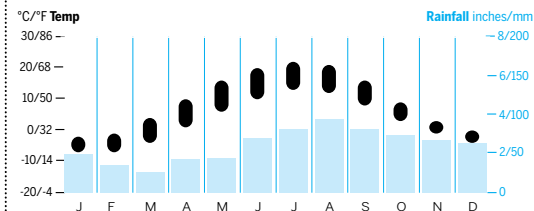
The drama of Norway's natural world is difficult to overstate. Impossibly steep-sided fjords cut deep gashes into the interior. But this is also a land of glaciers, grand and glorious, snaking down from Europe's largest ice fields, and a land with the primeval appeal of the Arctic.

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 Norway will pay you back with never-to-be-forgotten experiences many times over.

When to Go

Oslo



Mid-Jun-mid-Aug Summer fjords and endless days. 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 crowds.

AT A GLANCE

- » **Capital** Oslo
- » **Area** 385,186 sq km
- » **Population** 5.02 million
- » **Country code** 47
- » **Language**
Norwegian
- » **Currency** kroner (Nkr)

Exchange Rates

Australia	A\$1	Nkr5.86
Canada	C\$1	Nkr5.73
Euro Zone	€1	Nkr7.42
Japan	¥100	Nkr7.13
New Zealand	NZ\$1	Nkr4.64
UK	UK£1	Nkr9.12
USA	US\$1	Nkr5.70

Set Your Budget

- » **Budget hotel room** Up to Nkr750
- » **Two-course evening meal** Nkr300–400
- » **Museum entrance** Free–Nkr120
- » **Beer** Nkr50–Nkr80
- » **Oslo bus or tram ticket** Nkr75 (daily pass)

Resources

- » **Fjord Norway** (www.fjordnorway.com)
- » **Norway Guide** (www.norwayguide.no)
- » **Visit Norway** (www.visitnorway.com)

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 Nærøfjorden. 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. Continue to the fishing villages of the craggy Lofoten Islands, 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 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 (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.