

World66's guide to Norway

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Norway

You need only have a quick glance at a map of Norway to guess where the main attractions are: that jagged coastline is home to Norway's world famous **Fjords**. Almost 22,000 kilometers of dramatic coastline, glacial melting waters plunging down cliffs into fjords more than 100 kilometers long, tens of thousands of islands and skerries, and none of it is off limits. If the outdoors is where you feel comfortable, and if you would rather not stand in line to look at nature, welcome to Norway!

Located on the Scandinavian Peninsula in Northwest Europe, Norway's geography is a constant reminder of the last Ice Age. In the central high plateaus of Southern Norway, the alpine terrain culminates at the peaks of *Glittertind* (2470m.) and *Galdhøpiggen* (2469m.). Several glaciers, most famous of which are *Jostedalbreen* and *Svartisen* ("The Black Ice") are present day remains of ice that carved the many deep fjords and left behind fertile valleys with meandering rivers. Although home to the northern tip of Europe – *Nordkapp*, or North Cape – the country enjoys a mild climate for its latitude, in part due to the warm currents from the Gulf of Mexico. Apart from its awe inspiring fjords (the biggest of which are *Sognefjord* and *Hardangerfjord*), popular sights are the *Lofoten islands*, the beautiful *Sørlandet* (the South Coast), and the many charming towns and cities, most of which are found along water's edge. Norway is home to 4.5 million people, and occupies an area of 323.759 square kilometers.

The principal cities are Oslo, the Capital of Norway; Bergen, the historic port city on the West Coast, and Trondheim, the Viking Age Capital and home to Northern Europe's only medieval Gothic Cathedral. Tromsø, the "Gateway to the Arctic" is a lively city, centrally located among Northern Norway's spectacular scenery and of course Stavanger, "The Oil Capitol" of Norway.

If you want even more adventure, head for the Arctic islands of Svalbard (a.k.a. Spitsbergen) where Polar Bears frequent the (usually snowcovered) streets of *Longyear City*.

Norway – Getting There

By Air: *Oslo Gardermoen Airport* (IATA designator "OSL") is the busiest international airport in Norway. It is a *Scandinavian Airlines* hub, and is also served by most major European carriers (including *Air France*, *British Airways*, *Finnair*, *Icelandair*, *KLM*, *Lufthansa*, and *LOT Polish Airlines*). From the United States, *Continental Airlines* flies once daily from Newark, NJ.

In addition, the cities of **Bergen**, **Trondheim**, **Stavanger** and **Kristiansand** have daily service to some European destinations, including to the international hub airports of *London Heathrow* (with *British Airways*), and *Amsterdam Schiphol* (with *KLM*). European low-fares airline *Ryanair* connects *Oslo Torp Airport* (located some 120 kilometers south of Oslo) with *London Stansted*.

International flights to and from the rest of the about 66 paved airports in Norway are limited; they are typically reached by connecting through *Oslo Gardermoen*.

By Rail: International Rail Connections are handled by **Linx** (www.linx.no), a joint venture of the Norwegian and Swedish state railroads. From *Oslo*, high speed train services are available to *Stockholm*, *Göteborg*, *Copenhagen*, as well as a few other stops along these lines. Eurail passes are an economical way of traveling

by train in Europe.

By Car: From most of Europe, traveling to Norway means taking a ferry from Germany or Denmark, or traveling through southern Sweden. Traffic regulations and signs are identical or very similar to those of mainland Europe.

Although you are not very likely to see many police vehicles on rural routes, traffic fines—especially for speeding—can be quite harsh, and driving under the influence is not tolerated (and carries *mandatory* jail time).

By Bus: NOR-WAY Bussekspress (www.nor-way.no) offers international bus service from *Göteborg*, *Lulea*, *Umea* in Sweden, *Århus* in Denmark, *Hamburg and Flensburg* in Germany, and *Warszaw and Krakow* in Poland.

By Boat: Large car and passenger ferries (with amenities often rivaling those of cruise ships) connect many cities in (mostly Southern) Norway to international destinations.

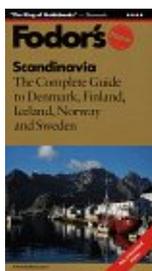
Color Line (www.colorline.no) sails from *Hirtshals and/or Fredrikshavn, Denmark* to *Oslo, Kristiansand*, and *Larvik*, and additionally, from *Kiel, Germany* to *Oslo*, and from *Stromstad, Sweden* to *Sandefjord*.

DFDS Seaways (www.dfds.no) sails to *Oslo* from *Copenhagen, Denmark*, and to *Kristiansand* from *Newcastle, England*.

Norway – Books

all

Fodor's Scandinavia: The Complete Guide to Denmark, Finland, Iceland, Norway and Sweden

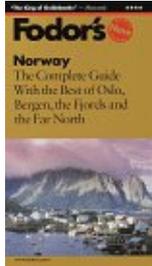


author: Fodor Travel Publications, Inc Staff Fodor's T..

isbn: 0679035311

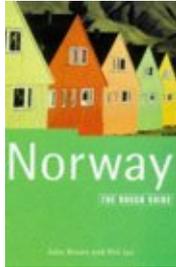
subject: travel

Fodor's Norway '99



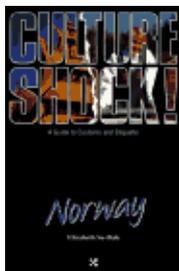
author: Fodor Travel Publications,Inc Staff Fodor's T..
isbn: 0679035133
subject: travel

The Rough Norway, Vol. 1



author: Jules Brown,Phil Lee
isbn: 1858282349
subject: travel

Culture Shock!:Norway

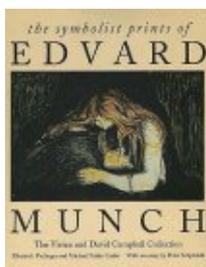


author: Elizabeth
Su-Dale
isbn: 1558681663
subject: culture

World Drama:Italy, Spain, France, Germany, Denmark, Russia, Norway, Vol. 2

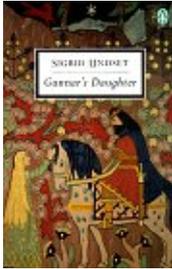
author: Barrett Harper Clark (Editor)
isbn: 0486200590
subject: culture

The Symbolist Prints of Edvard Munch:The Vivian and David Campbell Collection



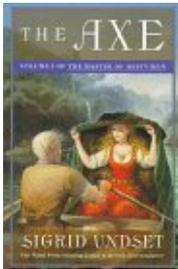
author: Elizabeth Prelinger,Peter Schjeldahl,Michael ..
isbn: 0300069529
subject: culture

Gunnar's Daughter



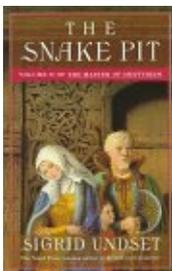
author: Sigrud Undset, Arthur G. Chater
isbn: 014118020X
subject: history

The Axe, Vol. 1



author: Sigrud Undset
isbn: 0679752730
subject: history

The Snake Pit: The Master Of, Vol. 2



author: Sigrud Undset, Sigrid Undset
isbn: 0679755543
subject: history

Norway – People

Population: 4 419 955 (July 1998 est.)

Age structure:

0–14 years: 20% (male 444 373; female 420 940)

15–64 years: 65% (male 1 454 733; female 1 407 395)

65 years and over: 15% (male 288 056; female 404 458) (July 1998 est.)

Population growth rate: 0.44% (1998 est.)

Birth rate: 12.9 births/1 000 population (1998 est.)

Death rate: 10.17 deaths/1 000 population (1998 est.)

Net migration rate: 1.64 migrant(s)/1 000 population (1998 est.)

Sex ratio:

at birth: 1.06 male(s)/female

under 15 years: 1.06 male(s)/female

15–64 years: 1.03 male(s)/female

65 years and over: 0.71 male(s)/female (1998 est.)

Infant mortality rate: 5.01 deaths/1 000 live births (1998 est.)

Life expectancy at birth:

total population: 78.23 years

male: 75.42 years

female: 81.21 years (1998 est.)

Total fertility rate: 1.8 children born/woman (1998 est.)

Nationality:

noun: Norwegian(s)

adjective: Norwegian

Ethnic groups: Germanic (Nordic Alpine Baltic) Lapps (Sami) 20 000

Religions: Evangelical Lutheran 87.8% (state church) other Protestant and Roman Catholic 3.8% none 3.2% unknown 5.2% (1980)

Languages: Norwegian (official)

note: small Lapp– and Finnish–speaking minorities

Literacy:

definition: age 15 and over can read and write

total population: 99% (1976 est.)

male: NA%

female: NA%

Norway – Economy

Economyoverview: Norway is a prosperous bastion of welfare capitalism. The economy is modeled on a free market capitalist model, subject to varying levels of government regulation and intervention. The government controls key areas such as the vital petroleum sector (through large-scale state enterprises) and subsidizes agriculture and fishing, as well as areas with sparse resources. Norway maintains an extensive welfare system that helps propel public sector expenditures to more than 50% of GDP, paid for through one of the highest average tax levels in the world.

A small country with a high dependence on international trade, Norway is basically an exporter of raw materials and semiprocessed goods, with an abundance of small- and medium-sized firms, and is ranked among the major shipping nations. The country is richly endowed with natural resourcesoil, hydropower, fish, forests and mineralsand is highly dependent on its petroleum sector. Only Saudi Arabia exports more oil than Norway.

Norway imports more than half its food. Oslo opted to stay out of the EU during a referendum in November 1994. Economic growth in 1998 should be about the same as in 1997. Inflation probably will move up toward 3% because of tightness in labor markets. Despite their high per capita incomeoutstripped among major nations only by the USand their generous welfare benefits Norwegians worry about that time in the 21st century when the oil and gas run out.

GDP: purchasing power parity\$120.5 billion (1997 est.)

GDPreal growth rate: 3.5% (1997 est.)

GDPper capita: purchasing power parity\$27 400 (1997 est.)

GDPcomposition by sector:

agriculture: 2.9%

industry: 34.7%

services: 62.4% (1991)

Inflation rateconsumer price index: 2% (1997 est.)

Labor force:

total: 2.13 million

by occupation: services 71% industry 23% agriculture forestry and fishing 6% (1993)

Unemployment rate: 2.6% (yearend 1997)

Budget:

revenues: \$48.6 billion

expenditures: \$53 billion including capital expenditures of \$NA (1994 est.)

Industries: petroleum and gas food processing shipbuilding pulp and paper products metals chemicals timber mining textiles fishing

Industrial production growth rate: 3% (1996 est.)

Electricitycapacity: 26.431 million kW (1995)

Electricityproduction: 121.375 billion kWh (1995)

Electricityconsumption per capita: 26 547 kWh (1995)

Agricultureproducts: oats other grains; beef milk; livestock output exceeds value of crops; among world's top 10 fishing nations; fish catch of 2.33 million metric tons in 1994

Exports:

total value: \$49.3 billion (f.o.b. 1996)

commodities: petroleum and petroleum products 43% metals and products 11% foodstuffs (mostly fish) 9% chemicals and raw materials 25% natural gas 6.0% ships 5.4%

partners: EU 77.2% (UK 19.8% Germany 12.7% Netherlands 9.1% France 7.8% Sweden 9.8%) US 6.0% (1995)

Imports:

total value: \$35.1 billion (c.i.f. 1996)

commodities: machinery and equipment and manufactured consumer goods 54% chemicals and other industrial inputs 39% foodstuffs 6%

partners: EU 71.0% (Sweden 15.4% Germany 13.8% UK 9.7% Denmark 7.5% Netherlands 4.4%) US 6.6% (1995)

Debtexternal: \$NA

Economic aid:

donor: ODA \$1.014 billion (1993)

Currency: 1 Norwegian krone (Nkr) = 100 oere

Exchange rates: Norwegian kroner (Nkr) per US\$17.4875 (January 1998) 7.0734 (1997) 6.4498 (1996) 6.3352 (1995) 7.0576 (1994) 7.0941 (1993)

Fiscal year: calendar year

Norway – Map

Norway – Tours and Excursions

Rafting – River kayaking – River board& pro rafting – Mountain biking – Canoeing – Rock climbing – Mountain trekking – Volleyball – Basketball – Football – Horse riding – Team building & motivation training – Fishing – Paintball – Archery – Fishing safaris

all

Norway Direct Tours

Discover the Secrets of If you had ruled out Norway as a holiday destination because it was expensive you can now think again! With the advent of low cost airlines such as Ryan Air, you can now experience all that Norway has to offer at a fraction of the cost of a few years ago. Norway is a fantastically child friendly country, a centre for nature lovers, a mecca for skiers – all together it must be one of the most underrated countries in Europe.

email: sales@norwaydirect.co.uk

url: www.norwaydirect.co.uk

Troll Mountain Rafting

Rafting

Troll Mountain specialise in white water rafting and offer one of the most exciting half day trips in Norway. Throughout the summer trips run several times daily. No previous experience is necessary. For your safety we use only top quality equipment and run a tough training programme for our guides. The river is graded from 3 – 4 (an ideal grade for beginners and experienced rafters). The grade varies with the time of year and water levels. From late June until September the water temperature can reach 20 degrees centigrade. This makes the river Otra the only warm water rafting in Norway and a pleasant experience for all participants. The trips start with a safety briefing and practice on flat water covering all the essential safety points. There is always a guide responsible for safety with each raft. An instructor responsible for the trip leadership accompanies the rafts in a kayak.

Pro Rafting & Riverboard

Pro rafting can be combined with white water rafting or run as an activity on its own. We can recommend pro rafting for those that prefer a more extreme sport. On a Pro rafting trip you will experience a safety talk with training on easy water in either a 2 or 3 person boat followed by a 2 hour river trip down class 3/4 rapids. The instructor accompanies the group in a kayak but you are the guide and engine of your own ship. You will learn to read the river and avoid hazards such as rocks and stoppers. We have always many satisfied and tired customers after a pro rafting session. The trip lasts between 2 – 3 hours.

Riverboard, often called boogie board. This sport is relatively new to Norway but growing in popularity rapidly. Participants are equipped with a high volume board that you lie on to swim and surf down the river. We guarantee to get you very wet and will experience high adrenaline levels with this activity. The trip will begin with a safety talk and practice on class II rapids before we let you loose down a class III and IV section. Our river is ideal for surfing, therefore we spend plenty of time on the big waves on the bottom section of the rapid. An experienced instructor will follow your every move and demonstrate each new manoeuvre.

Sailing & windsurfing

Sailing in Norway is a growing sport and we offer both rental and instructional options. Our fleet Toppers is based on Byglandsfjord at the Revsnes Best Western hotel. The boats are ideal for beginners and more advanced sailors. A support boat will provide safety cover during sailing instruction and we are happy to arrange regattas for groups to round off a perfect day of activity. Windsurfers can be rented or used together with the Toppers by groups as part of a total sailing package.

Water skiing, Wakeboard and Bronco Riding

We offer these activities throughout the summer. No previous experience is necessary. And we include instruction and all safety equipment. Trips are run on Byglandsfjord only 5 minutes north from the rafting centre. Here we have plenty of room to let you carve your turns on skis or to tip you all of the Bronco. Our boat is a Zodiac Pro II with a 90 HP motor t his gives us plenty of acceleration for all activities. The Bronco is well suited to parties and groups that will have some fun together. About Troll Mountain Rafting & Watersports Skiing Other Activities SPECIAL OFFER!

Setesdal Rafting Centre

Setesdal Rafting Centre was built in 1997 and is located beside the white water elderado, Syrtveit fossen an attractive series of waterfalls and rapids on the river Otra. At the rafting centre we have a campsite equipped with Lapland teepee style tents. The campground gives instant access to the river for all water sports. Within the service centre we have a youth hostel with accommodation in high standard bunk rooms. The centre has a large self catering kitchen and all facilities necessary for large groups to live comfortably, including in house activities such as climbing walls, sand volleyball, basketball, a children's play area and rental of mountain bikes, fishing rods and canoes. Besides the centre we have a fully equipped house with two adjacent cabins. The centre is open daily from April until November.

Accommodation at the raftingsenter.

Lavvos (teepee tents) which accommodate up to 12 persons sleeping in a cosy ring around a central fireplace. The floor is built up so that guests sleep on a wooden platform, with either reindeer skins or woolen blankets

to provide pleasant nights sleep. It is important to bring along sleeping bags and perhaps air mattresses for sleeping in a lavvo. For evening social gatherings and meals we also have 2 large party Lavvos. These can seat 100 and 50 persons respectively and provide a superb atmosphere with a central fireplace and barbecue area. Toilets, kitchens, kiosk and showers are in the service building 50 –100m away from the campground.

Setesdal Rafting Centre – Youth hostel.

Our youth hostel sleeps 48 persons in a variety of bunk room options. We have double rooms and family rooms sleeping from 3 7 persons. The youth hostel has a large self catering kitchen as well as a comfortable dining area. Upstairs we have a sitting/TV room that has all the facilities required for a conference group of up to 40 persons. Alongside the youth hostel we have 8 fully equipped cabins with beds for 40 persons. Common to both alternatives is a large grass area for ball sports, a 12m climbing wall, sand volleyball, trampoline, basketball, access to the river for fishing and swimming, barbecue area on the riverbank.

Full Board

As all our accommodation is equipped with modern kitchen facilities many groups opt to self cater. However if required we will provide breakfast, lunch and and evening meal or barbecue beside the river.

At the Watersports Centre (Byglandsfjord)

Apartments. At Byglandsfjord we can offer high standard accommodation with a selection of self contained apartments. Each apartment can sleep 8 persons and is equipped with 2 bedrooms, bathroom, kitchen and sitting room including TV. The apartments are well located close to the lake and our service centre for all flat-water sports. In addition the apartments have their own garden with, volleyball play area and barbecue. Behind the service centre there is a private beach area and jetty with a lakeside barbecue area. Transport to and from activities is included in the overall price.

email: sales@norwaydirect.co.uk

url: www.norwaydirect.co.uk

Climbing

Climbing

Rock climbing, abseiling and traversing can be arranged for groups or individuals from half a day introduction sessions up to 4 day Instructor courses. On a day package you will have the opportunity to learn the basic safety features such as belaying, climbing technique, fitting of equipment, the correct knots and basic abseil technique. A popular package is our weekend beginner's course. On this course you will learn not only climbing and abseil technique but also the skills necessary for you set up and operate you own climbs, giving you independence in the future. Accommodation is provided in lavvo tents or our youth hostel. We are aligned to national governing bodies and follow professional course guidelines. All our equipment is UIAA recognised and we aim to achieve maximum activity for all participants by ensuring that we maintain a low instructor to student ratio with a wide variety of activities running simultaneously. Rock climbing is an ideal group activity and can combined with other activities and of course a barbecue.

www.norwaydirect.co.uk

tel: 0871 871 4618

email: sales@norwaydirect.co.uk

url: www.norwaydirect.co.uk

Wild Life Safaris (Moose & Beaver)

Wildlife Safaris

Through the months of June until August we arrange safaris out onto the lakes and into the forests to watch Beaver and Elk. Tourists and groups can enjoy seeing some of the most fascinating animals in Scandinavia. During the high season we arrange combined Beaver and Elk safaris each evening. On these trips we guarantee that you will see an animal or we return your money. Our local knowledge and experience makes your safari exciting and enjoyable. These trips are suited to the entire family and start with a bus trip up into the mountains before hopping into canoes for a gentle paddle on a peaceful lake. Here we have the opportunity of spotting beavers in their natural environment. An important consideration on safaris is that we must not disturb the animals, therefore our trips are planned so that we leave only footprints and take only photographs but ensure that you get to see these unique Scandinavian animals. Trips can be arranged early in the morning or most common in the evening, contact us for booking or further information.

www.norwaydirect.co.uk

email: sales@norwaydirect.co.uk

url: www.norwaydirect.co.uk

Norway – Getting Around

Go to www.norwaydirect.co.uk for Car Hire prices and special deals from Oslo Torp and Oslo Gardemoen airports.

Norway's transport system is comprehensive and reliable. Experienced operators provide year-round transportation, although severe weather may occasionally cause delays or temporary closures, especially in high mountain passes.

By Bus

A combination of local, regional, and national operators forms a well-developed route network. Advance tickets are not generally required; the driver will handle the ticketing, and can usually provide schedule books. NOR-WAY Bussexpress (www.nor-way.no) guarantees seat-availability on all domestic routes to all passengers.

If you are arriving at Oslo Torp airport to travel to Southern Norway you can take the Telemark Express coach which stops right outside the terminal building (Route 182 – Telemarkekspressen) to Porsgrunn Telemarksporten. From there there are regular services south (Route 210). Alternatively, you can this bus directly from Sandefjord bus station.

By Train

The *Norwegian State Railway* (NSB; www.nsb.no) serves most cities in Norway as far north as Bodø, near the Lofoten Islands. Some of the lines are exceptionally scenic, including the world famous *Bergensbanen*, the line connecting Oslo with Bergen. The trains are modern and well equipped and the NSB web site allows online booking with ticket-less travel.

Travelling to Southern Norway from Oslo Torp Airport, you can catch a train from Sandefjord to Porsgrunn or Drammen from where there are services on to Arendal on the southern coast.

Ferries and boats

Especially in Western Norway, where all the world-famous fjords are, the road suddenly ends and the journey must continue by ferry. The majority of ferries and high-speed ships have such frequent departures that queuing is seldom a big problem. Besides regular ferry service, several ship companies offer fjord cruises too.

Norwegian Coastal Voyage [Hurtigruten]

This is probably the best known trip in Norway, starting daily from Bergen and taking almost a fortnight to travel to Kirkenes and back. Several longish stops and numerous trips. This is *not* a cruise [no entertainment, no Captain's table] and remains a cargo as well as passenger boat. It is the scenery and the towns that form the attraction. See separate entry for Hurtigrute and <http://www.coastalvoyage.com/main05/index.html>

Air travel

Domestic air travel is dominated by three airlines. Major domestic routes are flown by *SAS-Braathens* (www.sasbraathens.no) and *Norwegian Air Shuttle* (both operating newer generation Boeing 737 fleets). Thinner routes are flown by *Wideroe* (a Scandinavian Airlines/SAS Group subsidiary; primarily flying turboprops), and a few small regional operators.

Norway Car Hire and Rental

With cheap budget flights *Norway Direct* has brought together a variety of car hire and rental companies in Norway.

Norway's roads are ideal for anyone looking for a car hire holiday. They are well maintained, uncongested, and offer spectacular scenery.

Tourist roads in Norway are picturesque routes that have been carefully selected as recommended routes for road-users, perfect for "fly-and-drive". High mountain passes mean that there is never a shortage of outlook points. These may be adjacent to the road itself or a short distance off the beaten track.

If your trip is to Southern Norway then there is a good change you will be flying in by Ryan Air to Oslo Torp Airport near Sandefjord. If you are after a budget car then NorCar and Rent-A-Wreck can offer cars from the airport and have special arrangements with Norway Direct to offer some great prices..

National Car Rental has many hire stations throughout Norway including Oslo Torp. They, together with

Car Hire in Norway – With cheap budget flights *Norway Direct* have brought together a variety of car hire and rental companies in Norway.

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More information at www.norwaydirect.co.uk

all

norway direct

If you had ruled out Norway as a holiday destination because it was expensive you can now think again! With the advent of low cost airlines such as Ryan Air, you can now experience all that Norway has to offer at a fraction of the cost of a few years ago. Norway is a fantastically child friendly country, a centre for nature lovers, a mecca for skiers – all together it must be one of the most underrated countries in Europe.**HOLIDAYS IN NORWAY**

From Ski Resorts and Log Cabins to Summer Holiday Centres and Activity Breaks, explore the many holiday options on offer for the whole family. You can find accommodation to suit all tastes from camping and caravan sites to the plushiest hotels or self catering holiday.

SOUTHERN NORWAY

A land of contrast. Sunny Summers and Magical Winters make it the Norwegian's choice for their favourite holiday destination. Beaches and quiet coastal waters, tranquil forests, spectacular mountains. Southern Norway is *Norway's Riviera*, where the summer sun often reaches the 70's and yet you are still in driving distance of the ski slopes and reindeer, moose and beaver. Find out more...

DISCOVER NORWAY

While Norway is known for its nature and fjord-lined coastline, it has more to offer than breathtaking scenery. Norway is also about excitement, discovery and fun; walking in the footsteps of the Vikings; riding on a reindeer sleigh; hiking, biking and paragliding; or just sitting back and enjoying one of the world-class cultural events. Find out more...

address: Sundebru Norway
tel: 0871 871 4618
email: sales@norwaydirect.co.uk
url: www.norwaydirect.co.uk

Norway – Accommodation

The Norwegians call them *Hytte* (Pronounced something like "Heater" in British–English) or as we would call them – Self Catering Cabins.

Invariably wood built, cosy and warm in the winter, cool in the summer, and set amongst the glorious countryside, these cabins are traditionally summer homes for the Norwegians who can spend weeks on end just taking in the beautiful scenery. And why shouldn't they!

There are now plenty of these cabins available for rent throughout the year. Some are genuine Hytte converted for visitors and some purpose built in small holiday centres. They have one thing in common – they are all great value and provide the ideal base for your holiday come summer or winter.

Farther to the North, especially in the Lofoten islands you will see advertisements for *Rorbu* accommodations. These are similar to *Hytter* (plural), except they are converted fishermen's quarters.

Discover some wonderful cabin holidays now by browsing through the accommodation and holiday packages our partners have to offer.

www.norwaydirect.co.uk for more information on cabin holidays hostels and hotels

Norway – Sights

The Fjords will have to top any list of sights in Norway. The grandest and most spectacular ones are on the West Coast in the Southern half of the country.

Sognefjord is the world's deepest (1,308m) and longest (205km) fjord. It can be reached by car or boat, or onboard one of the world's most beautiful train rides. The train trip begins with the scenic *Bergen Railroad* which connects Oslo and Bergen. At *Myrdal* station, a remote mountain station often shrouded in mysterious fog, you connect to the *Flåmsbana* branch line as it plunges into tunnels and clings to the steep cliffs. Stops will be made at spectacular waterfalls and at the halfway point, the only part of the line that is double tracked, allowing meeting trains to pass. If you have the time, turn your spectacular fjord journey into a once-in-a-lifetime experience. From the *Myrdal* mountain station, rent a bike and travel back in time as you negotiate the hairpin curves and follow the wild waterfalls down the *Flåm Valley*. At the bottom of the fjord, the charming town of *Flåm* offers cozy accommodations and dining at the *Fretheim* hotel. The next day, continue your trip on a *FjordLine* Express Boat all the way to **{Bergen}**. Located amidst mountains and fjords, this historic Hanseatic trading center surely ranks as one of Norway's most beautiful cities. And not

only beautiful and in addition charming: Bergen was for many centuries Norway's most populous town with long historic urban traditions and this town is so to speak the only real urban place in Norway. Bergen is indeed the town of the towns – at least in Norway.

To the south, near the city of Stavanger, **Lysefjorden** offers an amazing surprise along the steep walls of the fjord. *Prekestolen*, or "Pulpit Rock," gets its name from its unusual shape: from the 600 m high chiseled plateau you can stare straight down the sheer wall as it plunges into the fjord below.

Fjord–Tours (www.fjord-tours.no) offer convenient travel packages, combining scenic railroad trips with fjord cruises and historic city destinations.

Trollfjorden is one of the most popular fjords in Norway. It belongs to the Lofoten island Austvågøy, but to the part of that island which belongs to the Vesterålen municipality Hadsel. Hurtigruten –The Coastal Express – takes a short visit to this fjord between the Vesterålen harbour Stokmarknes and the Lofoten one Svolvær. One of the newest Hurtigruten vessels has actually got the name Trollfjord. Have a look at (www.hurtigruten.com).

The more remote Lofoten fjord **Steinfjorden** is situated in the earlier municipality Borge, Vestvågøy. This fjord is not so well known as the other fjords mentioned here, but it has special beautiful surroundings with the almost 1000 m high mountains Himmeltindene on one side and Skolmen on the other, and in between the little island Bjørnarøya. Steinfjorden divides into Maervollpollen with the hamlets Sortland, Maervoll and Saupstad (with the lake Skrådalsvatnet and the waterfall Saupstadfossen) and Tangstadpollen with the hamlets Bjørnsand and Tangstad. Tangstad is perhaps most known for the European champion in heavy weight boxing Steffen Tangstad who has his name from this place.

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Notes:

Alta

Alta is the principal city [2004: pop 17,440] in Norway's northernmost county, *Finnmark*. Trades include fishing and farming, slate quarries, some industry, education and administrative functions. The Alta airport offers non-stop jet service to Oslo.

Alta is heavily influenced by Lappish, or *Sami* culture, the indigenous people of Northern Scandinavia. Prehistorical rock carvings have been found near the *Hjemmeluft* district, and have been put on the UNESCO list of protected cultural heritage.

Alta – Internet Cafes

all

HardDisk Caf?

price: .. . ? 35 NOK

tel: 78442880

email: harddiskcafe@harddiskcafe.net

hours: Mon – Fri 10:00–21:00 Sat 11:00–21:00 Sun 14:00–20:00

address: Parksenteret, 2etg
Alta 9518 Norway

url: www.harddiskcafe@harddiskcafe.net

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Notes:



Arendal

Arendal – Internet Cafes

all

hamster.no

price: This is a multimedia caf?. We have 14 computers. We have many games installed. We have newspapers, coffee, hot chocolate, soda and something to eat

tel: 047 37035400

email: 15 NOK 30 minutes 30 NOK 1 hour

hours: 30 NOK PR HOUR

address: post@hamster.no

url: www.hamster.no

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Notes:

Ballangen

Ballangen is situated south of Narvik.

Ballangen – Internet Cafes

all

M@tch internettkaf

email: every day:

hours: A small internetcafe in ballangen city...
Very Welcome

address: post@match.no

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Bardufoss

The small inland town of Bardufoss is best known by thousands of young Norwegian men who may have served in the military here.

Located centrally in the interior of the county of *Troms*, it is, however, at the heart of beautiful pine forests, the wild meandering *Malselv* river and close to the *Dividalen* National Park.

The area is reached by car or buss from Tromso, or directly by plane from Oslo.

Bardufoss – Internet Cafes

all

Rudolf's Internett kafe

sat 1200 – 2000
sun 1300 – 2200

price: 8
tel: 4,78E+09
email: kjell-einar@online.no
hours: mon – fri 0930 – 2200
address: Sundlia
Bardufoss 9200 Norway
url: www.welcome.to

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Notes:



Bergen

Bergen is a 900-year-old Hanseatic city situated between 7 mountains. The city has long been Norway's most important city for trade, shipping and industry. Ships came from the north with fish and from the south with grain, and it all traded in Bergen. During the Middle Ages, Bergen was virtually (though not officially) the capital of Norway. For a period it was also the largest city in the Nordic countries. Bergen's trade and shipping also made it one of the significant cities of Europe. The citizens of Bergen have never forgotten this. The home of composer Edvard Grieg still shows pride in its past. Bergen has been named European City of Culture for 2000.

If you arrive by sea, Bryggen, the city's famous Hanseatic wharf, will meet you. Fires have always plagued the city, but Bryggen has been rebuilt in the same likeness each time. That is why this old merchant quarter still looks the same as it did when the city was young. The Hanse had its huge offices on the Brygge for several hundred years; and it was a city within a city. Bryggen is not just Bergen's profile, it is a part of our common heritage and has been placed on UNESCO's list of cultural places worthy of preservation and is as such a World Heritage City.

It is easy to get to the top of Bergen's highest mountain Ulriken by cable car. Or you can settle for taking the popular funicular railway to the top of Fløyen from where you will enjoy a spectacular view of the city. Edvard Grieg's splendid home Troidhaugen is certainly worth a visit, and our first internationally famous violinist, Ole Bull, once built a strange and wonderful home – Lysøen – that is now a museum. Take a walk along Bryggen to the old fortress called Bergenshus, where Håkon Håkonsson made Bergen Norway's first capital. He had the beautiful Håkonshallen built in honour of his son Magnus Lagabøter's wedding and coronation.

Bergen is also the gateway to the fjords. These deep, sometimes narrow, sometimes wide fjords with snow-peaked mountains towering in the water's reflection and waterfalls cascading down their craggy sides, are attractions for foreign tourists and Norwegians alike. Boats that are both rapid and comfortable are available for trips to Hardangerfjorden, Sognefjorden and Geirangerfjorden and among the fascinating skerries along the coast. Many say that Bergen is the most beautiful city in the world... and I agree...

Indeed, Bergen is the town of the towns – at least in Norway.

Bergen – Getting There

all

Many choices

The **Airport**, Flesland, is about 20 kilometres south of Bergen and is linked with the centre by frequent buses. Taxis are available, if preferred.

E-mail infosenteret.bergen@avinor.no Phone 47 55 99 80 00 Website www.bergen-guide.com/274.htm

The **Railway** from Oslo is one of Europe's noted scenic lines. <http://www.nsb.no/internet/en/index.jhtml>

Coaches connect with all parts of the country and international services are also available.
<http://www.nbe.no/nberuter.htm>

Bergen is also a major *port* for international *boats*, cruises and *ferries* to other parts of Norway. In particular, it is the southern terminal of the Hurtigruten ferry to Kirkenes and back. <http://www.hurtigruten.com/uk/> For other ferries see http://europeforvisitors.com/europe/articles/bergen_links_2.htm

url: europeforvisitors.com

Bergen – Internet Cafes

all

Wasteland Fun Center

Saturdays 12:00 – 22:00

At Wasteland you can enjoy Internet cafe, Network games, Arcade hall, Paintball rental and Q2000 laser games.

On-board

Computer Service calls can be arranged. We offer Complete Spanish and English Y2K Office Services for all... The professional, Students with projects, Tutoring, even the Beginner...) Your Overseas Office awaits you.. International Calls, C On-board

Computer Service calls can be arranged. We offer Complete Spanish and English Y2K Office Services for all... The professional, Students with projects, Tutoring, even the Beginner...) Your Overseas Office awaits you.. International Calls, C

price: 45 Nkr/\$ 6 (members 25 Nkr/ \$ 3)

tel: (47) 55 31 31 90

hours: Sunday – friday 14:00–22:00

address: Vestre Stromkai 3b
Bergen 5811 Norway

url: www.wasteland.no

Bokkaf en

A christian bookstore at B enes in Bergen.

Here You will find books, music and surf the web while drinking Friele coffee.

address:  vre Kr kenes 49, 5152 B nes

hours: 10.00 to 20.00

email: butikk@levendeord.no

price: low cost

tel: +47 55 98 78 58

zipcode: www.bokkafeen.no

Bergen – Sights

Sights in Bergen sounds a bit like Buildings in New York – there must be nearly as many and as much variety. Some are of nature like the wonderful view down from the top of the funicular – an amazing thought that you are so close here to the heart of Norway's second city.

Others are of buildings, like those in the outdoor museum or the stave church.

Still others are of a delightful modern city.

all

Fantoft Stave Church

This is only a short bus ride from the centre of Bergen. Make sure you get off at the FIRST stop for the church or you will have a steep walk up through the woods from the next.

This could be called a 'new' old church as the original was burnt down in 1992. The replacement was constructed to the original pattern and completed in 1997. In 1998 the fresh wood smell conflicted hugely with the architectural design! The original was actually brought here from a site in the Sogn area in the second part of the 19th century, having been first built in the 12th century.

The url below is for stave churches generally.

url: www.arild-hauge.com

Ole Bull statue

Ole Bull is mentioned on the main Bergen page and his home, Lysøen, is one of the Tourist Board's suggested sights. He was a violinist with an international reputation.

This statue is found only a short distance from the waterfront market and is an example of the way Bergen is highlighted by green spaces and objects of interest.

Bryggen

Facing the water from the market, you will see the impressive old buildings of Bryggen to your right across the water. These are reminiscent of the days when Bergen was an important port of the Hanseatic League.

Now the buildings form museums, restaurants and expensive shops.

Usually these buildings are photographed from the front [as in the website below] but the rear is also worth seeing.

url: www.globosapiens.net

Bergen – Museums

Gamle Bergen Museum

This museum is mainly outdoors, a collection of old buildings from Bergen which were rescued from destruction by being gathered here. It's a short busride from the centre.

Whereas you are allowed to wander around outdoors at will, it would be a great pity to miss a guided tour in English, when you are taken into a number of the old houses and shops and told about life in them.

The museum is not nearly as extensive as Oslo's Folk Museum but don't compare them and enjoy this for its own sake.

Bergen – Shopping

Waterside market

The rain can sometimes be so bad that little is to be found here but on anything like a reasonable day this is a great place to be. It is sometimes thought of as a fish market but there are also stalls with knitted goods, flowers, fruit, vegetables and other things.

However if you are mainly there to look, it is the fish stalls which will probably take your attention: vacuum packed salmon to take home and jars of smaller delicacies, all sorts for self-catering and a fine selection of stuff for you to put in sandwiches – or ready-made sandwiches if you prefer. Unless you are wildly keen to buy them ready made, you should also look in the adjacent baker's shop!

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Notes:

Bodo

BODØ

Bodø is the second biggest town in North Norway with more than 40 000 inhabitants. The railway ends here, and the town may be said to be the communication centre in North Norway. Bodø is the most important gateway to the Lofoten islands with daily ferry, coastal vessel (Hurtigruten) and airplane connection to this group of islands.

Bodo – Internet Cafes

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Notes:

Drammen

Drammen – Internet Cafes

all

Cyberhous

price: 40 kr
tel: 98083778
email: drammen@cyberhouse.no
hours: 10:00 – 22:00
address: nedre storgt 23
url: www.partneren.no

cyberNett Drammen

tel: Nedre Storgate 52
email: 0,5 hours :30nkr 1 hour : 40nkr
hours: Internet and pcgames!
address: 14.00 –23.00 Mon –Fri, 12.00 –23.00 Sat–Sun
url: www.harddrivecafe.no

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Florø

Florø is Norway's westernmost city, located near the world's longest and deepest fjord, *Sognefjord*. It became the first city in the province of *Sogn og Fjordane* when it was established in 1860 in response to the demand for a city in the fishing-region of *Kinn*. Florø retains a charming feel and it was selected the most pleasant city to live in by National Radio Channel 2, twice in a row. In 1998 the city received another price, as it was named the "Environmental City" by the Norwegian Minister of the Environment for its extensive efforts regarding the environment. The small-town atmosphere you will experience in Florø is very much alive and original with a charming main street and a good selection of shops.

Fishing boats and ships traveling along the coast had already made use of the harbour for many years before Florø received its city charter. In these years, the herring fisheries became a major industry in the region. Many consider herring -- «the silver of the seas» -- to be the main reason why the town was founded, which one finds again in the towns shield. Fish still plays an important role in the coast town, but now Salmon takes centre-stage.

Several large enterprises turning out processed fish or fish feed for sea farming in considerable quantities, are based in Florø. These are successful, modern export businesses. «The black gold» oil is also important. Fjord Base supplies the oil extraction industry in the North Sea on a large scale. Still another cornerstone in Florø is *Kværner*, internationally renowned ship builders specializing in tankers. Our economy is expanding, and we are proud of our low rate of unemployment. Florø is a major industrial centre, although it is hardly apparent at first sight. On certain days, when the wind is right, you notice the smell from the fish factories. And you may hear the locals say: «I can smell money!»

For mor information contact Vestkysten Reiseliv

Florø – Sights

SVANØY, THE PEARL OF SUNNFJORD

Svanøy is the most southern and most fertile island in Flora, with a long and rich which goes back many years. Svanøy Estate was an old bailiff and aristocratic seat dating back from the 17th Century, with 250 acres of crops and 122 acres of forest. At its largest, it comprised of 339 farms, 759 tenant farms and almost half of the tax revenues in Sunnfjord. The estate was later divided into 4 large farms: Erikstad, Solhaug, Kvalstad and Svanøe. According to the legends, the Viking king, Eirik Blood Axe, grew up at Erikstad farm hence its name. Todays owners have through many years collected old household, fishing and farming tool which are displayed in the former main building. The Norwegian Deer Centre is a centre of competence for the breeding and farming of red deer and doe deer. The centres main mission is to address problem areas with regards to deer in the wild and deer farming. The centre has a lot to offer visitors.

all

The Rock Carvings in Ausevik

Ausevika is situated approximately 40 minutes drive from Florø driving towards Stavang. Here you will find over 3000 year old figures. The site contains more than 300 carvings, human as well as animal figures in addition to fertility and agricultural symbols which are called «Veidemannskunst» Hunters rock carvings. Large parts of the site are still intact, and today we are making the site more accessible to visitors.

Florø – Things to do

BAD WEATHER TOURISM

What can be more fascinating than a stormy day on the coast? When the winds are howling and the rain is lashing you can experience the west coast of Norway at its most primal. How about seeking shelter in a cabin / fisherman's shack? One that has withstood storms and hurricanes for more than a hundred years? Safely inside, and yet in the middle of elemental fury. Several cottages amongst others on the islands out from Florø and on the little fishing village Kalvåg, can be hired. Daily boat service from Florø.

all

Fishing

Flora, Bremanger and Naustdal is a heaven for sports fishermen. Here are numerous good fishing lakes and rivers. Such as Norddalsfjorden, Løkkebøvatnet, the Osen watercourse etc. In the centre of Florø one can fish trout and eel in the lake, ideal for fly fishing. In Flora you can find salmon rivers in Osen and in Nordalsfjorden. In Naustdal lies the well-known salmon river Nausta. With the sea not too far away, it is possible to catch deep sea fish. Cod and Pollock are plentiful in the fjord, and it is seldom anybody comes home disappointed. In addition the tempting archipelago with good crab fishing. The Tourist Office organises fishing trips in the summer season. For those that prefer freshwater angling you can get more information about the possibilities from the Tourist Office. Here you can purchase a booklet «Fiskevatn i Flora» (Fresh Water Angling in Flora), with descriptions and maps of 30 lakes in the district, you can also purchase fishing permits.

Sea Rafting

The adrenaline rushing through your veins, the engine roaring and the sea spray splashing all around you! This is speed, excitement and fun. With 200hp and a top speed of 60 knots we go west towards the ocean. The target is Svanøy, Kinn or perhaps Ytterøyane? What about a quick stop at Kvanhovden Lighthouse for fish soup or a quick trip to Alden? In a flash you are in Kalvåg and enjoying a good lunch. A new adventure which you will certainly want to do again! You can borrow equipment, and safety is paramount. For more information please contact the tourist office.

Florø – Internet Cafes

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Notes:

Flåm

Flåm is a small village in South Western Norway, located spectacularly at the end of *Aurlandsfjord*, itself a side-arm of the world famous *Sognefjord*. Flåm is a popular overnight stop on many sightseeing trips through Norway's fjords, as travelers often transition there between railroad or dramatic mountain road driving, and fjord cruises.

Flåm's location can only be described as unique: Nested among dramatic mountains, it lies at bottom of the picturesque, bright green *Flåmsdalen* valley. Visitors can travel up the valley on the *Flåmsbana* railroad, the steepest railroad in the world not assisted by a third rail cogwheel. The train makes a few stops on the way, including at a majestic waterfall. At the mountain station, connections can be made to the *Bergen Railroad*, considered among the 20 most beautiful railroads in the world.

Fjord cruises originate in Flåm, offering a scenic voyage on the world's longest fjord, *Sognefjord*, which stretches over 100 kilometers. Modern expressboats cover the trip to *Bergen* in less than six hours. Enjoy the scenery on the way!

Flåm – Getting There

The deservedly famous railway from Oslo to Bergen runs through Myrdal, which is still snowy in July. From there the Flåmsbahn, a private railway and one of Norway's most scenic, drops steeply to sea level, each individual coach has five sets of brakes of which any one can stop the whole train. This ends at Flåm right by the quay.

From the quay a ferry goes along the Aurlandsfjord and Nærøyfjord to Gudvangen, another part of the Nutshell tour and very picturesque, rivalling the Geirangerfjord further north.

Flåm is also connected to Auerland and Gudvangen by bus. From Auerland there is a scenic bus over the Snow Road to Laersdal. Flåm is also connected to Bergen by fast boat. Some evenings a trip to Sogndal and back is possible.

Flåm – Accommodation

The Minotel Heimly at Flåm [follow the coast to your left from the station] does half board accommodation at a relatively cheap price. The views from the bedrooms are fine – as shown. Minotel Heimly

Flam, 5743 Norway

Phone: 5763–2300

Flåm – Internet Cafes

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Notes:

Forde

Forde – Internet Cafes

all

Hamster.no

Internet – Spel – Kafe

price: 30.– f?r 18.00 40.– etter 18.00

tel: 57 82 06 23

email: post@hamster.no

hours: Alle dager 11.00–23.00

address: Hafstadvegen 52, F?rde, 6800, Norway

url: hamster.no

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Notes:

Fredrikstad

Fredrikstad – Internet Cafes

all

Hansens Kafe og Delikatesse

price: We provide two machines for surfing. You are always welcome.

email: 10.00 – 22.00

hours: 50kr

address: info@nettkiosken.no

url: www.nettkioisken.no

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Notes:

Geilo

Geilo – Internet Cafes

all

Lille BI Cafe & Bar

price: The place to visit for a good time with friends or to relax in front of the screen for a little surfing.
tel: +47 32 09 28 88
email: Every day, 365 days a year, between 8pm and 2.30am
hours: NOK 20
address: post@lille-blaa.no
url: www.lille-blaa.no

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Notes:

Geirangerfjord

Of course it is common for fjords to make claim to be the best, the prettiest or what have you. It's almost impossible to compare some but if this doesn't rank among Norway's best sights, it would be fantastic to see places that do!

It's like everybody's dream of a fjord, stretching far inland and requiring a long passage through other fjords from Ålesund to arrive by boat from the sea. It can also be accessed delightfully by bus from Åndales over the Golden Route and the Eagles' Highway.

To see the sights from the water the car ferry is as good as the tourist boats [commentary included] and it's much cheaper.

<http://www.sitesatlas.com/Europe/Norway/GeirangerFjord.htm> The bottom photo on the site is of a waterfall called 'The Suitor'. It is near what are called the 'Seven Sisters' and the suitor is supposed to have gone away and taken to drink because none of them would marry him – and the proof is that you can see the bottle between his legs!

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Notes:

Golsfjellet

Golsfjellet – Internet Cafes

all

Storefjell

A internet–cafe in the hotel lobby area. The computer are coin operated.

price: 80 N.kr

tel: +47 32073930

email: arne@storefjell.no

hours: 00:00–23:59

address: Golsfjellet
Hallingdal 3550 Norway

url: www.storefjell.no

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Notes:

Grimstad

Grimstad – Internet Cafes

all

CyberWeb Game & Internet Caf?

tel: +47 37259849
email: Open 12.00–00.00 but longer if people want to.. We go 24h if people are
hours: 30 nok
address: grimstad@cyberweb.as
url: [+47 37259848](tel:+4737259848)

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Notes:

Hallingdal

Hallingdal – Internet Cafes

all

Storefjell

A internett–cafe in the hotel lobby area. The computer are coin operated.

webmaster@netcafe.spb.ru

tetris@dux.ru

The first Cyber Cafe in Russia opened on 28th December

price: 80 N.kr

tel: +47 32073930

email: arne@storefjell.no

hours: 00:00–23:59

address: Golsfjellet
Hallingdal 3550 Norway

url: www.storefjell.no

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Notes:

Hammerfest

Hammerfest, on the route of the Hurtigruten ferries, claims to be the world's northernmost town – a claim which, if true, depends upon Honningsvåg being defined as a village.

However this may be, it seems more suitable for spending an arctic winter than many other places. It is a town which has undergone more than its share of misfortunes but each time it has been rebuilt.

Unfortunately, if you have only the time available during a Hurtigruten boat's mooring, you may have to choose between the museum and the modern church.

http://www.eurotravelling.net/norway/hammerfest/hammerfest_history.htm

Hammerfest – Internet Cafes

all

Polar–Web Cafe AS

email: 40 NOK

address: mon–thurs 10–22, fri,sat 10–24, sun 14–22

url: www.fmnnett.no

Hammerfest – Museums

The Museum of Reconstruction for Finnmark and Nord–Troms

This museum enjoys high praise from guidebooks and Hurtigruten literature.

http://www.museumsnett.no/gjenreisningsmuseet/index_en.htm

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Notes:

Hardangervidda National Park

Hardangervidda is located on Northern Europe's largest high mountain plateau. Hardangervidda is a mountain region of very great value and includes Norway's largest national park. It is the home of the largest herd of wild reindeer in Europe and is also the southern limit of many arctic plants and animals, such as the Arctic Fox and Snowy Owl. The park is also famous for its numerous lakes and streams with excellent mountain trout.

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Notes:

Harstad

Before you visit Harstad up north in Troms county you should learn this song: "Gode gamle Harstad, du er suveren. Av alle byer er du nummer en."

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Notes:

Hemsedal

Hemsedal – Internet Cafes

all

Hemsedal Caf? and Skiers Lodge

tel: 4,73E+09
email: info@hemsedalcafe.no
hours: Free!
address: PB 96, 3561 Hemsedal,,
Norway
url: www.gohemsedal.com

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Notes:

Hurtigruten

This is the Coastal Voyage from Bergen to Kirkenes via North Cape and back. The full voyage lasts 12 days but you can get half voyages or port-to-port tickets. ***This is not an advertisement*** but a message for information from somebody who has done most of the voyage.

Cabins are comfortable and you want one with windows. Even if you are only going one way, the side doesn't matter too much because there are islands outside of the ship for so much of the way. The company website at <http://www.coastalvoyage.com/main05/index.html> gives out details but impressions of food, trips and scenery will appear in these pages.

Hurtigruten – Sights

The whole trip passes through splendid scenery, the amount visible depending much on the time of year. Even in good weather it is possible to select some days as having particularly outstanding scenery. These are selected below:–

all

Day 2 – Geiranger [summer only]

In all seasons the boat stops at [Ålesund] but in summer it cruises from there up to Geiranger and back. The scenery gets more and more impressive by the mile as you travel far from the open sea to one of Norway's most spectacular fjords, the Geirangerfjord. The boat doesn't dock at Geiranger but it's possible to get on or off with a smaller boat and to return to Ålesund by land if you really want to for a considerable extra cost.

This can, of course be done as a day trip from Ålesund.

Day 5 {Harstad} to Skervjoy via {Tromsø}

This is a truly remarkable part of the voyage for mountain scenery, that on each side of Trondheim being outstanding. The sight of the Lyngen Alps with the sun descending and looking like a huge red ball is not something to ever be forgotten.

You may think a trip to the funicular on an ordinary bus is better value than the official trip to the Ice Cathedral and elsewhere. [The Ice Cathedral is *not* made of ice.]

Day 9 – Island delight!

This day starts at Harstad and ends at Stamsund in the Lofoten islands after passing through major parts of both these islands and [first] the Vesterålen Islands. Everything is a thrill from the bird rocks to the narrow navigation channels to the bridges, to the small towns, to the fabulous though short Trollsfjord to the Lofotens.

Day 8 Midnight {Tromsø}

Today you have another chance of the Lyngen Alps with the sun setting [see day 4] – and cameras all around you being put into use as the great red ball rests on the water.

Day 6 – Cliff scenery

The mountains have shrunk today but the cliff scenery, including bird rocks, is at its best. If you are lucky, you may see a sea eagle pursuing a massive flock of kittiwakes!

Day 4 – Lofotens

This is based on reading and hindsight rather than experience; a thick mist ruins it. From Stamsund to Svolvaer should be pretty striking.

Hurtigruten – Tours and Excursions

Whatever else you do or don't, try to go on the '*Tourist Train*' that meets the boat in **Bodo**. It's not expensive and it includes a visit to the modern cathedral, which is otherwise shut. The driver/guide is full of humour.

Shore trips from the boat are a matter for personal decision. The official view can be read on <http://www.coastalvoyage.com/main05/presold.shtml>. The view presented here is more negative. Broadly speaking the trips fall into two categories.

1. *Alternative ways of travelling* between two points:– however good these may be, do you really want, having paid a large amount for the voyage, to pay more to miss part of it and do something else?
2. *Trips out* while the boat is moored at a port:– good as the Ringve Music Museum at Trondheim and the so-called Ice Cathedral at Tromsø may be, this is an expensive way of seeing them and you may be able to find something equally congenial and far cheaper to do. As for a trip from Kirkenes to see the Russian Border, what do you expect to see? In addition to the price it will cost you the chance of seeing the fine Border Museum with an ordinary service bus.
3. The North Cape trip may be most appealing [and there's precious little to appeal at Honnigsvag, if you don't go. However don't forget that the Sami and their reindeer are *not* there at all seasons. Some say it's a fabulous environment; others that it's a tourist trap. Perhaps it would be inappropriate for someone who has not been to express a view.

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Notes:

The Hurtigruten boats

This part is here as a separate entry mainly so that food can be covered, but laundry facilities will be found under 'Things to do.'

The Hurtigruten boats – Eating Out

There are two places on the boats to eat, the refectory and the cafeteria. If you are on a full or half voyage you meals in the refectory will be included. At breakfast you can sit where you like but seats for lunch and dinner are allocated at the start of a voyage. Get early in the queue to get the time of sittings you prefer. You will be sitting with people of the same language.

Breakfast and lunch are buffet meals and are excellent. If you don't have meals included, try to meet the cost of these and stock up. Then you can go to the cafeteria in the evening. Dinner is a set menu – though you can have something brought from the cafeteria if there is something on the menu you don't want.

Two particular tips. If the traditional Norwegian sour cream porridge is on the lunch menu, make sure you get some. If the traditional Norwegian dark brown cheese is on the menu, don't take much [even if you feel obliged to try it] – it's embarrassing to leave a lot! Most English people detest it.

The Hurtigruten boats – Things to do

Washing, drying and ironing can all be done on the boat. Some rooms [not private cabins] virtually provide launderette facilities.

The Hurtigruten boats – Museums

Museums particularly worth thinking about during the trip include two described under [Trondheim](#) and one each under [Stokmarknes](#), [Hammerfest](#) and [Kirkenes](#).

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Notes:

Inderoy

Inderoy – Internet Cafes

all

e@ Internettkafe

We have 4 Compaq PC in a network. We use them for Chat, Internet Surfing, Computer games and MS Office programs. e@ Caf? is a non-commercial enterprise. People from 9 to 90 can come and meet friends, drink coffee or soft drinks and have a light s

price: NOK 20 – \$ 2.50

tel: +47 74 15 58 80 /+47 90 75 73 43

email: leder@ea-internettkafe.no

hours: MON 1700–2100 TUE–FRI 1100–1400 and 1700–2100 SAT 1200–1600 SUN 1200–1600

address: Overgata 17, Inderoy, N-7670, Norway

url: www.ea-internettkafe.no

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Notes:

Jostedalsbreen National Park

Jostedalsbreen is the largest glacier on the European mainland. It is located within the *Jostedalsbreen National Park*, just north of *Sognefjorden* in the western province of *Sogn og Fjordande*.

In the early 18th century, the glacier expanded, wreaking havoc with precious agricultural areas nearby. A survey in 1945 put the glaciers in the park at 815 square kilometers, but global warming now has the glacier retreating slightly.

The park has an enormous variety of natural environments ranging from deciduous forests at lower altitudes, to glaciers and bare mountains higher up. The ice-sheet stretches 60 km, covering almost half the park. The scientific value of the glaciers, glacial rivers and moraines, plus the cultural landscape of the mountain summer pastures represent important criteria for preservation.

Jostedalsbreen National Park – Things to do

Marked trails and accommodation at camp sites, guest houses and hotels in the valleys outside the park, and at cabins within the park a few hours by foot from the main roads.

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Notes:

Kirkenes

KIRKENES

Kirkenes is situated not far from the Russian border, and is the endpoint of the Hurtigruten (the Coastal Express) sea voyage Bergen–Kirkenes.

Kirkenes – Internet Cafes

Kirkenes – Museums

all

Grensland Museum, Kirkenes

This is easily reached by ordinary service bus from the boat while it is moored at Kirkenes before starting its trip back to Bergen. The museum claims to be in a state of permanent development at the moment and certainly in April 1992 the museum of the works of Jon Savio, a tragic Sami artist, was incorporated into the main museum, which also served as a war [or anti-war] museum based on local experiences of WW2.

Both parts are worth some time. Savio's woodcuts are a revelation and in the other part there are some very touching writings by children during the war period – translated fortunately!

url: www.museumsnett.no

address: Førstevannslia

tel: 47 78 99 48 80

email: grensland.museet@online.no

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Notes:

Kragero

Kragero – Internet Cafes

all

Jostedal

From 1998 the computers will be included in our visitor`s center, and use of
price: Internet computers will be included in the entrance fee.
Price: free
email: encata@online.no
Breheimsenteret
address: 5827 Jostedal
SOGN

Restauranhuset Lanternen

price: We provide two machines for surfing. You are always
welcome.
email: 10.00 – 23.00
hours: 50kr
address: info@nettkiosken.no
url: www.lanternen.no

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Notes:

Kristiansand

Kristiansand S

In order to avoid misspelling and misunderstanding and to distinguish Kristiansand from Kristiansund further north, the letter S (S for South) is often added to Kristiansand and the letter N (N for North) to Kristiansund.

Kristiansand is the biggest city on the South Coast (*Sorlandet*), and the southernmost city in Norway. It is a charming city, retaining many of the 17th century buildings from its founding days by King Christian IV. The town is home to some of the best beaches in Norway.

The Renaissance style is readily apparent in the strict street plan of the area called Kvadraten ("The Square"). "Posebyen", the oldest section of town, boasts tiny, but charming houses in the traditional style of the area. The name comes from the French word *reposer* meaning to sleep, from when soldiers were billeted in private homes.

The Norwegian concept of the southern idyll conjures up islets and skerries and small white houses with lush gardens nestled between rocky coastline knolls. The same building style characterises the other southern towns as well. One of the region poets claimed that people's close contact with the sea has given them webbed feet and hospitable, good-natured temperaments.

Far out in the Kristiansand fjord lie Flekkerøy, Oksøy and other smaller islands as well as Grønningen lighthouse. During the summer months the whole area teems with life. Eleven miles east of the city is the Kristiansand zoo, which also includes Cardamom City and other attractions popular with Norwegian children.

From Kristiansand it is not far to other coastal idylls at Lillesand, Brekkestø, Bliksund, Gamle Hellesund, Ulvøysund, Skippergada, Tømmerstø and Ny-Hellesund. This coastal strip boasts the highest number of sunny days in the country. All summer long, crystal-clear water invites you to dive in, while the beaches and long, rounded coastal rocks invite you to relax in the warm sun.

Kristiansand – Getting There

Kristiansand – Internet Cafes

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Notes:

Kristiansund

KRISTIANSUND (Kristiansund N)

Kristiansund is often written as Kristiansund N (N for North) in order to distinguish this town from Kristiansand which is consequently written Kristiansand S (S for South).

Kristiansund – Internet Cafes

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Notes:

Lillehammer

Well known because of the Olympics, Lillehammer is ut a small town with a population of only 6,000 people. The city lies at the northern end of Norways biggest lake, Mjøsa at a distance of 160 km from Oslo. It is surrounded by farms, forests and small settlements. The intimate and cosy main walking street, Storgata, has well preserved wooden buildings and is located in the heart of Lillehammer.

Lillehammer was founded as a trading post in 1827 and granted full market town status in 1842. Lillehammer is an important year round tourist destination. During the winter, Lillehammer is a skiing Eldorado for ski enthusiasts. Here you will find one of northern Europes best cross-country ski resorts. In 1994, the city successfully hosted the Winter Olympics. During the summer is Lillehammers main attraction, Maihaugen, The Sandvig Collections. Maihaugen is one of Europes biggest open air museums. It boasts 140 examples of working farms, a 13th-century stave church and a variety of houses. Other attractions are the Olympic Park, Norwegian Olympic Museum, Lillehammer Art Museum, the paddle steamer, Skibladner, and Hunderfossen Family Park.

Lillehammer – Eating Out

all

Telemarkstunet

The Tunet (country courtyard) has eight different buildings and is laid out like in a Norwegian farmstead style. Twilight out by the Stabbur buildings, with lit candles both inside and outside, has an irresistible bewitching atmosphere. All roads lead to Kanthaugen, whether one chooses to arrive by chairlift from the bottom of Lysgårdsbakkene, by car, by bus, by sleigh or by foot. A meal here can easily be combined with activities both before and after a visit to the Telemarktunet – a traditional Telemark farmstead. They serve guests at long tables in the pleasant rooms in the Låven (an old barn), and can accommodate groups from 15 to 150 people.

address: Telemarkstunet, Kantveien 135, N-2618 Lillehammer

url: www.norway.com

tel: +47 61 26 41 41

Toppen Bar

At the top of Mølla Hotel, the converted mill from the 1860s. Panorama bar with an incredible view.

address: Elvegata 12, N-2609 Lillehammer

tel: +47 61 26 92 94

Vertshuset Solveig

At the top of Mølla Hotel, the converted mill from the 1860s. Panorama bar with an incredible view.

address: Storgata 68B, N-2609 Lillehammer

tel: +47 61 26 27 87

Lillehammer – Sights

Despite its size, Lillehammer has a lot to offer. Below are suggestions on what to see and do during your stay in Lillehammer.

all

Museum of Road History

Indoor and outdoor exhibits presenting information about Norwegian road and transport history.

address: Hunderfossen, Fåberg (13 km north of Lillehammer)

url: www.vegvesen.no

openings: May 18 – Aug 31 10:00 am – 6:00 pm, Sept 1 – May 16 10:00 am – 3:00 pm (closed Mondays)

tel: +47-61 27 44 50

Norwegian Olympic Museum

address: Located inside the Håkon Hall

url: www.norway.com

tel: +47 61 25 21 00

Lillehammer Art Museum

Rest of the year 11:00 am – 4:00 pm Tue–Sun. Mondays closed. The Lillehammer Art Museum foundation was established April, 1994. The foundation is a further development of the institution's Lillehammer City Collection of Paintings from 1927. The museum's permanent collection comprises Norwegian visual art from the 1800s up until today. It is considered one of the country's most important art museums with particularly important and representative works from the years 1820 – 1930.

address: Stortorget 2, N-2609 Lillehammer

url: tp:

openings: Jun 21 – Aug 22 11:00 am – 5:00 pm daily.

Maihaugen, The Sandvig Collections

One of Northern Europe's largest open-air museums, with 185 buildings from the Lillehammer and Gudbrandsdalen Valley, has a lot to offer. During the summer, you can experience daily life in a Norwegian village during the late 19th century. See the daily chores on a farm, watch animals and try your hand at traditional handicrafts. The museum also has an urban department and a collection of 20th century Norwegian homes.

address: Maihaugvegen 1

url: www.maihaugen.museum.no

Lillehammer – Things to do

Despite it's size, Lillehammer is an urban city offering a wide range of activities to visitors. Activities

all

Norwegian Wildlife & Rafting (NWR)

Getting there: Trains run daily from Lillehammer to Otta. NWR will help you with transportation from Otta to Randsverk. By car: Follow E-6 north to exit Sjoa. Make a left and follow R-257. Randsverk is 20 km (12 miles) up this road. There is also a bus service from Lillehammer to Randsverk. More information: <http://www.nwr.no/engelsk.htm>

address: Randsverk in Vågå

Lillehammer Olympic Bobsleigh and Luge Track

1994 Winter Olympic venue. During the summer, you can try a wheeled bobsled on the same track used by Olympic competitors (supervised by authorised pilots). Prepare for speeds around 100 km/hr (60 miles/hr).

Take bus to Tingberg/Hafjell or Tretten. The bus stops on the opposite side of the river. Walk about 15 minutes to the track. By car: Follow signs from the E6 highway.

address: Hunderfossen

Biking in Lillehammer

Lillehammer has city bicycles available to borrow free of charge. You will have to pay a NOK 100 deposit though. The bikes are parked at Servicetorget at the Sigrid Undsets plass square and at the Tourist Information Office in Elvegaten 19.

It is also possible to rent bikes. Contact the Tourist Information Office for more information, tel: +47-61 25 92 99, e-mail: post@lillehammerturist.no, the Nordseter Aktivitetssenter, tel: +47-61 26 40 37 or Sjusjøen Sport og Aktiviteter, tel: +47-62 36 34 12.

Downhill ski and bobsleigh simulator ride

Experience downhill skiing and bobsledding the way the athletes did during the 1994 Winter Olympics. Location: at the bottom of the hill of the Lysegårdsbakkene Ski Jumping Arena, close to the Håkon Hall
Getting there: About a 20 minutes walk from downtown Lillehammer. By bus: bus 005 to Ekromskogen stops by the Håkon Hall at the Stamplesletta bus stop or bus 011 to the Mesna Vdg. skole bus stop

url: www.olympiaparken.no

Lillehammer – Nightlife and Entertainment

all

Tut-Ankh-Amon

The city's newest "in" place decorated in Egyptian style. Discotheque and concert establishment with dining facilities for up to 250 people. Live orchestra and dancing maybe you will meet your Cleopatra.....

url: www.norway.com

tel: +47 61 26 22 03

Rocka Blå

Rocka Blå is a music bar with a variety of entertainment. Karaoke, sports on TV, stand up comedy, bar pianists, bands and happenings.

address: Lilletorget 1, N-2615 Lillehammer

url: www.norway.com

tel: +47 61 26 22 03

Zipper

Pub/ bar with alternative music and a dance floor with a techno scene.

opening: Pub 7:00 pm – 2:00 am daily, nightclub 11:00 pm – 3:00 am
Tue–Sat

address: Nymosvingen 2

tel: 47–61 26 02 30

Nikkers

Popular bar by the Mesna river.

address: Elvegaten 18

tel: 47–61 27 05 56

openings: 11:00 am – 1:00 pm or 2:00 pm. Sundays 1:00 pm – 11:00 pm

Felix Pub & Scene

Pub playing alternative music. Rather cheap beer for norwegian standards. Often live concerts downstairs. Closes at 2:00

address: Storgata 31

tel: +47–61 25 01 02

Brenneriet Nightclub

The largest nightclub in town. Sometime host for live concerts.

address: Elvegata 19

tel: +47–61 27 06 60

Lillehammer – Internet Cafes

all

Log-on Café

Internet café serving light meals and various kinds of coffee.

address: Storgata 61

e-mail: post@log-on.no

url: www.log-on.no

tel: +47-61 28 51 20

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Notes:

Lofoten islands

The *Lofoten Islands* extend dramatically out into the Atlantic Ocean, off the coast of Northern Norway. This string of islands was home to the richest seasonal Cod fishing in Norway, and picturesque old fishing villages are nested beneath the steep mountains, at the edge of the crystal clear waters.

Visitors with a taste for unspoiled nature, old world charm, and adventure will enjoy these magnificent islands near the Arctic Circle. A relaxed, "away-from-it-all" atmosphere prevails, and the traditional mainstay, stockfish, still hangs to dry over the wooden racks the way they have since the Viking Age. Stockfish, cod liver oil and other fish products were sailed mainly to Bergen and from there exported to many countries. For some time stockfish was Norway's prime export article and the best climatic conditions for stockfish production are to be found on the Lofoten islands.

The many sights include *Svolvær*, the "Capital" of Lofoten, a town made wealthy in its day from the lucrative stockfish trade; the village of *Reine*, nestled amongst tall, imposing mountains; *Lofotr in Borge*, where a Viking village, complete with buildings, livestock and Viking ship, has been rebuilt on the site of an old viking settlement, and the narrow *Nusfjord* with its charming *Rorbu* (traditional Fisherman's dwellings) accommodations set in a spectacular, narrow granite fjord; *Maervoll* in Steinfjorden, Borge with the proud sea alpine mountains Himmeltindene (see photo) and countless other fishing villages and homesteads.

Lofoten islands – Getting There

The scenic Lofoten Islands extend into the Atlantic Ocean from the west coast of Northern Norway, some 800 kilometers (500 miles) north of Oslo, the Capital of Norway. The mainland city of Bodø is a convenient gateway to the islands for visitors.

By air: From *Oslo*, the main international port of entry into Norway, a 1 1/2 hour flight to *Bodø*, then connecting to regional carrier *Widerøe* which serves several smaller airfields on the islands.

By boat: For spectacular scenery, the Coastal Steamer (www.hurtigruten.com), a unique coastal voyage that travels the Western Coast of Norway, can be boarded in nearby Bodø (or any city it serves from Bergen in the South to Kirkenes near the Russian border in the North). In the Lofoten Islands, it calls on the ports of *Stamsund* and *Svolvær*. Express boats and ferries provide additional links to the mainland.

By rail: *Bodø* is the northernmost terminus of the Norwegian State Railways network (www.nsb.no). The trip from Oslo takes an estimated 22 hrs. The city of *Narvik*, slightly north of Bodø, also offers rail-service, but due to its geographic location only connects to the Swedish rail network). From Bodø (or Narvik), rent a car or catch a bus to the Lofoten Islands.

By bus: A well developed network of buses connects Lofoten to the mainland, as well as linking the many towns and fishing villages to each other.

By car: Private car offers the best flexibility to see the Lofoten Islands. Although roads are generally in good condition, beware of stretches of narrow and winding roads. During the summer months, expect to spend some time behind a multitude of slower moving campers and Recreational Vehicles, as thousands of tourists

mainly from Central Europe have discovered this gem.

We will be glad to provide further details, including bus, boat and air services within Lofoten.

Lofoten islands – Accommodation

You won't be able to go far in Lofoten without seeing signs for a **Rorbu**. These are the traditional cabins occupied by thousands of Fishermen during the seasonal Cod fishing in the winter. Many of the original dwellings have been converted to charming bed and breakfasts or hotels. Particularly handy for the Coastal Voyage, in Svolvær but on a separate island are the Svinøya Rorbuer. [www.svinoya.no] The reception office is like a living museum and has photos of the rorbuer in use for their original purpose.

There is also a splendid restaurant on the site, the Børsen Spiserie [[same website.](#)]

Later the fishermen had their seasonal dwelling in bigger houses where also fish production took place. These fishermen houses you will now find under the label **seahouses**. The fishermen lived upstairs while the fish production was made downstairs. The fish was salted, hanged up ty dry in the fresh air to be stockfish or skipped away fresh. An example of such a seahouse is *Joh. L. Unstad Sjøhus* on the Lofoten island Vestvagoy, located at Maervoll, Steinfjorden in Borge about 67 km from Svolvær. The seahouse is located in a fjord and mountain area with view to the almost 1000 meters high mountains *Himmeltindene* which an author described as one of the cathedrals of the Lofoten islands. The fish production at Maervoll ended in the early 1970ies, and therefore this accommodation is one of the most original seahouses on the Lofoten islands. This seahouse rents out rorbu rooms and is spacious with special good opportunities for youth groups and other low budget groups. On this site world66 (Lofoten, accommodation) there is a photo of *Maervoll in Lofoten* where also the seahouse can be seen. To learn more here click the English version on the web site [www.fewoinsel.de/user/lofoten]

all

Svinøya Rorbuer with fish restaurant

Traditional fisherman`s cabin i Svolvær.

All cabins have bathroom, bedrooms, livingroom and kitchen.

Bedlinen, towels and final cleaning always included. Our cabins have high standard.

Our fish restaurant are restored in the oldes building in Svolvær. Her you will aslo fin our reception Krambua, Svolværs first store and still intact.

We are located on Svinøya Islnds in the harbor of Svolvær with bridge conection to the city centre.

We have 30 cabins, total 106 beds.

We are specializing in outdoor activities for individual and groups.

Every autumn from October to end of January we are arranging Orca Safari/ Killer Whale safari, a memory for a lifetime! For more information please see: www.orca-lofoten.com

For further information of our rorbucabins and our restaurant please see: www.svinoya.no

We are looking forward to welcome you to the Lofoten Islands and Svinoya rorbuer in Svolvær.

Best regards

Svinøya rorbuer

Ola Skjeseth

Manager

E-mail: svinoya.rorbuer@svinoya.no

tlf: +47 76 06 99 30

email: svinoya.rorbuer@svinoya.no
address: Svinøya Rorbuer, Gunnar Bergsvei 2
CostOfDoubleForANight: from Nok 950,-
tel: +47 760 69930
costofdoubleforanight: from Nok 950,-
url: www.svinoya.no
zipcode: N-8301 Svolvær

Lofoten islands – Getting Around

For travel information about Lofoten Islands please see lofotens best link portal:

www.lofoten-startside.no

all

Lofoten Travel Startpage

Your best starting point for planning your holiday in the Lofoten Islands.

Contents:

Accommodation, Lofoten Islands Activities / outings in Lofoten, Chartered Boats and Coaches
Communications in Lofoten, Courses, conferences, meetings, incentives in Lofoten, Cruise Agents / Cruise
Ports in the Lofoten Islands, Emergency Services, Festivals and other events, Galleries in Lofoten, Holiday
homes for sale in Lofoten, Lofoten InfoGuide (PDF, 5 Mb), Local authorities in Lofoten, Map of Lofoten,
Map of Norway, Miscellaneous, Museums in Lofoten, Newspapers/ Media/ Multimedia, On your way to
Lofoten, Photographers, Properties or homes for sale in Lofoten Islands, Restaurants in Lofoten, Search
Lofoten–Startside, SearchEngines Tour Operators: Scandinavia, North Norway and Lofoten Trade and
Industry, Travel links, Travel Management companies / Tourist Boards / Destinations

We wish you welcome to the Lofoten Islands

email: tips@lofoten-startside.no
url: www.lofoten-startside.no
address: Svinøya A/S C/O Lofoten Startside
tel: 0047 76069930
zipcode: P.O Box 74 N-8301 Svolvær

Lofoten islands – History

Historic Events

1906

The world's second wireless telegraph station was opened in Sørvågen. A permanent exhibition of the history of local telecommunications has been established in Sørvågen.

1928

North Europe's first radio telephony project is started in Sørvågen. With the aim of linking broadcasting and telephone technology, church services in Moskenes Church were transferred to the radio station on 12 February 1929.

1941

The Reine Raid is carried out by Norwegian and British commandos.

1963

King Olav opens the Lofoten Road. The King goes ashore on Å and lays down a commemorative plaque at Hamnøy.

1992

"King Olav's Road", Highway E10 from Å to the national border.

1995

The official opening of the Viking Museum Lofotr in Borge by King Harald.

Lofoten islands – Festivals

Day of the Cod

Takes place on the first Saturday in March, every year. Cod is the very basis of Lofoten's existence, and on this day a number of programmes are carried out all over Lofoten. The purpose of this day is to celebrate the Lofoten Fisheries history and the interesting coastal culture that has evolved around it.

The Great Liquor Day

The 25 March is known as "the Great Liquor Day in Lofoten". How this came to be is somewhat obscure, but the tradition apparently goes back to the end of the last century, when measures were taken to counteract excessive consumption of liquor during the fishing season. By and by, the day came to represent the opposite of what it was meant to: On this day, it was acceptable, as it were, to be seen meandering unsteadily through the village.

Lofoten islands – Things to do

The Midnight Sun

In the areas to the west and the north of the Lofoten islands the midnight sun is visible from 27 May till 17 July. At Værøy and Røst this period is a little shorter.

Birds

Lofoten has an abundant selection of birds. We meet birds from the forest, moors, highlands, sea and ocean, and many species which migrate past Lofoten every spring and autumn. The white-tailed eagle flourishes in Lofoten, and the area has one of the world's largest stocks. Most sea bird species are found in this region: razorbill, guillemot, cormorant, kittiwake and the characteristic puffin, just to mention a few. Especially the farthest islands of Værøy and Røst are renowned for their bird colonies and bird rocks. Hundreds of thousands of puffins and other sea birds can be heard and seen here, joined in a colourful orchestra.

all

ORCA SAFARI, FROM OCTOBER

Welcome to killer whale and sea eagle safaris

based in the Lofoten Islands

Now you can stay at selected accommodations in the Lofoten Islands and enjoy one of the world's most beautiful archipelagos, while at the same time experiencing the autumn's most amazing natural phenomenon, the influx of killer whales!

Our associates, ORCA TYSFJORD, are among the best Orca Safari whale watching operators in the world, with over 15 years of experience in the field.

email: post@orca-lofoten.com

address: ORCA-LOFOTEN.COM, C/O SVINØYA A/S

url: www.orca-lofoten.com

zipcode: N_8300 SVOLVAER, LOFOTEN

Winter Events in Lofoten Islands

WINTER IN LOFOTEN

A cluster of islands reaches out for more than 100 miles along the North Norwegian coastline. The southernmost islands lie approximately 60 miles north of the Arctic Circle and almost 70 miles from the mainland. The group of islands is called LOFOTEN. Why not seek out the utmost of experiences – Lofoten in winter?

So what is it like in Lofoten during the winter? Darkness and stormy weather? Yes, that too, something which in itself can be an exhilarating experience also for those who are not used to such conditions. From October, the Northern lights may be frequently seen dancing above the snow-capped mountain peaks. [Read more about the Northern Lights: [Click here](#)]

The dark season is limited to a few weeks before and after Christmas. The sun disappears for about 4 weeks, but as early as the first week in January, it makes a welcome return and the twilight of the afternoon sheds impressive, almost magical light over the snow-capped Lofoten mountains which stretch like a long wall out into the sea.

The peculiar light conditions in Lofoten have attracted artists for decades, and they have found their inspiration in the abundant countryside, powerfully characterised by mountains that climb dramatically out of the sea. As a result of flourishing artistic community, the region boasts many art galleries that are well worth a visit.

The winter weather in Lofoten often varies dramatically. In the western and southern parts, there is hardly ever snow and seldom any frost. The mountains of "Vågakaillen" and the "Svolvær Goat" in the east and north often don a winter coat, but even in these parts of Lofoten, the weather fluctuates between rain and snow throughout the winter.

Januarlys i Lofoten. Foto: Trym Ivar Bergsmo

Lofoten is not, however, dominated by a quirky and changeable climate. The winters are often characterised by long periods of easterly winds carrying stable weather and calm seas. That is when the sea is harvested. What has made Lofoten famous throughout the ages, is the abundant winter cod fishing that has always formed the basis of existence for the local inhabitants.

Finally, a little reminder: It is a good idea not to have too much on your winter itinerary when in Lofoten, because the days here are constantly infused with cultural tidbits that you simply have to include on your agenda, once you have become aware of the opportunities available to you.

Foto: Trym Ivar Bergsmo

Winter Programmes in Lofoten is a joint venture between:

Nyvågar Rorbu Hotel, Svinøya Rorbuer, Rica Hotel Svolvær, Lofotr – the Viking Museum of Borg, Festvåg Outdoor Activity Center, the traditional fishing boat M/V Symra, Lofoten Deep Sea Rafting, Lofoten Opplevelser, the Killer Whale Safari boat M/V "Aurlandsfjord", Lofoten House Gallery with the Northern Lights/ Lofoten slide show, Magic Ice Bar, the Lofoten Aquarium – Ocean Environmental Centre and Lofoten Charter Bus.

Associated partners: SAS Braathens and

email: post@lofoten-winter.com

url: www.lofoten-winter.com

Lofoten islands – Eating Out

The fishrestaurant Børsen Spiseri in Svolvær at Svinøya offers visitors a unique dining experience...

Our old quayside warehouse from 1828 has been turned into an exquisite restaurant: "***Børsen Spiseri***". The old trading atmosphere that once prevailed in these premises has been maintained by careful redecoration and refurbishment. The genuine, tar-coated timber work in the walls and floors provides you with a flavour of the busy days of old. The small windows allow sufficient light to create a warm and cosy environment.

Enjoying a delightful home made meal, prepared by our first class chefs in a genuine old-fashioned Lofoten atmosphere, will give you value for your money – together with a most memorable experience.

all

"Børsen Spiseri"

Svinøya Rorbuer in Svolvær offers visitors a unique dining experience...

Our old quayside warehouse from 1828 has been turned into an exquisite restaurant: "***Børsen Spiseri***". The old trading atmosphere that once prevailed in these premises has been maintained by careful redecoration and refurbishment. The genuine, tar-coated timber work in the walls and floors provides you with a flavour of the busy days of old. The small windows allow sufficient light to create a warm and cosy environment.

Enjoying a delightful home made meal, prepared by our first class chefs in a genuine old-fashioned Lofoten atmosphere, will give you value for your money – together with a most memorable experience.

Open all year round!

Welcome!!

address: Gunnar Bergsvei 2, Svinøya
email: borsen@svinoya.no
PriceOfMenu: from Nok 195
tel: +47 760 69932
priceofmenu: from Nok 195
url: www.svinoya.no
zipcode: N-8300 Svolvær

Lofoten islands – Day Trips

From June 15 to August 24 the MV Tina runs scheduled trips from the town square in Svolvær to the Trollfjorden, leaving at 10 a.m. and 1.15 p.m.. The trip costs NOK 300 per person including coffee, tea and a snack. Children, NOK 100. The trip to the Trollfjord takes approximately 3 hours there and back, and is a fantastic scenic experience with the fjord, the mountains and the bird life. On the way up to the magnificent Trollfjord, we often observe sea eagles, a marvellous sight!

all

Tours to the Trollfjord from Svolvær

We wish you welcome to the Lofoten Islands and a trip out to sea. Whether you prefer sightseeig or fishing, the Lofoten Islands and its fantastic natural surroundings and abundant fish stocks will provide you with an unforgettable experience.

The MV Tina is licensed to carry 38 passengers. For larger parties we collaborate with another similar vessel.

The M/V "Tina" has a spacious lounge with large windows, allowing you to enjoy the majestic scenery even when it is cold or raining !

The crew of the MV Tina will do their utmost to ensure you have a pleasant trip. You can borrow fishing tackle on board, and we can cook your catch and serve it with wafer crispbread and butter.

Thermal suits are also available for hire on request!

From June 15 to August 24 the MV Tina runs scheduled trips from the town square in Svolvær to the Trollfjorden, leaving at 10 a.m. and 1.15 p.m.. The trip costs NOK 300 per person including coffee, tea and a snack. Children, NOK 100. The trip to the Trollfjord takes approximately 3 hours there and back, and is a fantastic scenic experience with the fjord, the mountains and the bird life. On the way up to the magnificent Trollfjord, we often observe sea eagles, a marvellous sight!

Discount for groups available on request.

Othwise, the vessel is available for chartered tours all year round. Fishing tackle available on board.

email: kabelvag-turbat@norway.online.no

url: www.lofoten-charterboat.no

address: Kabelvåg Turbåt

tel: +47 76074620/ +47 900 97255

zipcode: Vikabakken 14, N-8310 Kabelvåg

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Notes:

Flakstad

Flakstad Municipality consists of Flakstad Island and the northern tip of Moskenes Island. The origin of the name Flakstad is debatable. It might derive from the word "flag", meaning "cliff". An older name for the island was "Vargfot", meaning "wolf's paw". The E10, officially named "King Olav V's Road", passes through Flakstad on its way to ». Most of the Flakstad habitation is to be found along the outer edge of Lofoten, facing the ocean, in fishing hamlets such as Ramberg and Fredvang. On the Vestfjord side, we find Sund, Skjelfjord, Nesland and Nusfjord.

Most of the farmland stretches along the shores of Fredvang, on the northern tip of Moskenes Island, Vareid and the area around Flakstad Church. The local tourist information centre is situated between the parish of Flakstad and the village of Ramberg (about 2 km north of the centre). The municipality is divided in two by the strait of Sund, which at its narrowest, at Strømsnes between the islands Moskenes and Flakstad, is just wide enough for two fishing vessels to pass each other.

Ramberg

The administrative centre is located next to a lovely white beach facing the Arctic Ocean. Just outside the village we find the beautiful Flakstad Church, built out of wood in 1780, with its characteristic onion cupola. The altarpiece is older than the church, and the pulpit was painted by the master painter from Bergen, Godtfred Ezechiel.

Nusfjord

Flakstad's most famous fishing village. During the European Architecture Conservation Year in 1975, Nusfjord was chosen as one of three pilot projects for the preservation of original construction customs in Norway. Here you will find an agglomeration of fishermen's huts, some of which are inhabited by fishermen during the winter season, and used by tourists in the summer. Michele Sarno runs a silversmith's in Nusfjord.

Vikten

The glassblower's cabin is a popular attraction for travellers and here you will find products of high quality and innovative design. Åses Pottery is also situated here. Sales of own production. A pebble beach looking out to the open sea.

Napp

A modern fishing village. The beginning of the Flakstad trail, a sign-posted footpath leading from Napp, past Storbåhallaren – a Stone Age settlement of some renown – to the abandoned farming and fishing village of Østre Nesland.

Sund

An old fishing hamlet. A fishing museum with a separate division for boat engines which can be started. Home of the smith from Sund, best known for his handmade representations of cormorants.

Østre Nesland

An abandoned fishing and farming village with wellpreserved production buildings: a farm mill, a cookhouse, boat house, salmon smokehouse, etc. On the way to Nesland you pass Skjelfjord, which was a port of refuge for British warships during the Battle of Narvik in 1940.

Fredvang

This fishing village, situated on the northern part of Moskenesøy, is point of departure for hiking trails leading to Yttersida, "the Outside". In the area around Fredvang are picnic grounds, cabins for daytime hikers, and the neighbourhood cabin with sleeping facilities for overnigheters. The "Draug Festival" takes places in July. Flakstad's one and only bakery is here.

Mølnarodden

Access to hiking trails along the lake Solbjørnvatnet.

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Notes:

Moskenes

MOSKENES

Moskenes municipality covers the southern part of Moskenes Island, where the landscape has been sculpted by glaciers and other elemental forces that have turned it into one of the wildest and most fascinating spots in Norway. Hermannsdalstind, altitude of 1029 m, the highest mountain in Western Lofoten. There are a large number of mountain lakes to fish in.

The landscape is characterised by sheer mountains and a narrow shoreline. There was settlement on the western side of the island, overlooking the mighty ocean, up until the 1950's. Today, settlement is concentrated on the eastern side, where there are good harbour conditions for the fishing fleet, cargo vessels and pleasure boats.

In Moskenes, the fishing villages lie one after the other like pearls on a string. In places like Hamnøy, Sakrisøy, Reine, Sørvågen and Å, to name only a few of them, much can be learnt about everyday life in a fishing village. You can also follow the example of many travellers, and rent a fisherman's hut, spending your vacation in an authentic and lively environment.

Moskenes has plenty to offer for those who wish to meet the elements. A boat trip by way of the Maelstrøm, characterized as one of the fiercest – and possibly the most dangerous ocean currents in the world, brings us to the "Outside" of Lofoten. Here we find traces of settlement dating hundreds, indeed thousands of years back in time. The gigantic *Kollhellaren Cave* in **Refsvika** is a coastal cavern with approximately 3,000 year old cave paintings. Organised boat trips and fishing trips in the *Maelstrøm*, together with visits to the cave in Refsvika, in the company of authorised guides.

Fishing boats also offer trips that provide insight into the professional life of fishermen: "Fisherman for a day". Back on the "Inside", you might want to take a trip to Reinefjorden. From **Reine** a boat goes to one of Norway's most beautiful fjords, where you can have a pleasant walk when you go ashore.

At the ferry in **Moskenes** there is a bust of Colonel Birger Eriksen who was commander of Oscarsborg Fort on April 9, 1940. Eriksen was born and raised in Moskenes. In the village of Moskenes you will find a sculpture in memory of Tennes–Kaspara, the last person to be beheaded in Moskenes.

Galleri Kryssset, a private art gallery, can also be found in **Sørvågen**. Numerous other routes are recommended in Moskenes; both in the mountains and in any of the small fishing villages, so rich in tradition. A 2 hour hike from Sørvågen, along a signposted and marked rambler's trail, will lead you to the Lofoten Tour Association's mountain rambler's cabin, "Munkebu" (DNT).

At the *Norwegian Fishing Village Museum* in Å, you can join in on the activities, and appreciate the environment of a genuine traditional village. The museum is comprised of 14 buildings, each of which has its own purpose in the ancient village: a boat house, a steam processing plant for cod–liver oil, a forge, bakery, fishermen's huts etc. What all these buildings have in common, is that they belong there, and have not been brought to Å "to become a museum". The bakery and the blacksmith's are in operation throughout the summer. The museum also produces and sells its own cod–liver oil.

Visit the *stockfish museum* in Å and learn about the thousand-year old history of stockfish as a trade commodity. Learn how stockfish is classed, where it is exported, and what is required of a first-class product.

On the island of *Sakrisøya*, *Dagmar's Museum of Dolls and Toys* can be found – a place for the whole family.

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Notes:

Rost

RØST

On the tip of Lofoten, jutting out into sea, about 100 km to the west of Bodø and 115 to the north of the Arctic Circle, we come to Røst and its 365 islands, holms and skerries. The largest of them, with its highest point just barely 12 m above sea level, is Røstlandet. Further south, the islands of Storfjellet, Vedøya, Trenyken and Hærnyken loom like gigantic monuments in the water.

Mount Storfjellet is the highest of these mountains, reaching a height of 259 metres above sea level. The entire population of this municipality is to be found on Røstlandet and a couple of lesser islands with which it is connected by roads. Here, too, we find the municipal administration offices, a primary school, a nursery, shops, restaurant, post office, bank, air strip, and fish landing facilities.

The great ocean itself, and what is left of the Gulf Stream, leaves its mark on Røst, with mild winters and cool summers. Coupled with relentless winds, the climate is ideal for the production of the island's most important export commodity, stockfish. From January to April large amounts of cod are brought ashore and hanged on racks, to be processed by the weather and turned into first class products.

Preparatory to the export of this excellent commodity, a number of people are employed in the process, both in spring and summer. Røst is more dependent on fish than most other municipalities in the country. In fact, not many municipalities in Norway produce export articles for larger sums per inhabitant than Røst.

There are daily flights between Bodø and Røst. Good corresponding flights. Also direct flights between Røst and Leknes. Ferry link between Bodø, Værøy and Moskenes. The direct crossing from Bodø to Røst takes about 4 hours on the ferry and 20 minutes by air.

The scenery on Røstlandet, covered as it is by flat pastures, marshes and innumerable fresh and brackish lakes and ponds, contrasts sharply with the towering, steep bird cliffs that rise out of the sea towards the southwest. Nowhere else in Norway will you find as many nesting sea birds as on these islands.

The Church Spire

In January 1835 Røst Church (built around 1825) was blown down by a hurricane. According to eye witnesses the roof was swept off, with the spire and the bells attached to it. The spire is still there, in the cemetery, and is a reliable navigation point for ships off the coast.

The Church Ruins

The church itself was consecrated 5 May 1839 by a bishop, the Right Rev. Kierschow, whereas the choir and sacristy were consecrated in 1883. In building their church out of stone, people felt they were safeguarding it from storms. It was constructed along lines laid down by the architect H.D.F. Lindstovs for the country's churches in general, but is presumed to have been the only church of its kind to be made of stone. It was used until 1900, as it was considered too small and demolished the year after by Royal decree.

Today's church was inaugurated in 1900.

The Triptych

The triptych in Røst Church is one of five triptychs given by the Dutch Princess Elizabeth to Norwegian Churches along the rugged coast. This was a gift of gratitude to the powers above for having shielded her during a storm, on her sea journey to Copenhagen to become the bride and queen of Christian II. In 1520, the triptych arrived in Røst, where it has probably adorned five different churches thus far.

Pietro Querini

This was a Venetian nobleman, shipwrecked in the North Sea during the early winter of 1431/32, on a journey from Crete to Flanders. A life boat with survivors from the wreck drifted ashore on the uninhabited island Sandøy, outside Røst. The survivors were found, in very poor condition, in January 1432. They stayed on till spring, and then left on ships carrying stockfish. The Italians' narratives of conditions on Røst at the time is one of the most important descriptions we have about the lives of ordinary people in North Norway during the Middle Ages. A monument to commemorate Querini and his companions was unveiled on Sandøy, 10 July 1932.

Bird Nesting Colonies

The steep and towering islands southwest of the populated island of Røstlandet, are "home" for the largest number of nesting birds in all of Norway, – with approximately one fourth of the country's seabird population. A "census" taken in 1992 shows a population of 2,5 million adults birds.

During the summer, there are daily boat trips to the nesting colonies. On the island of Vedøya, you can see the remnants of early settlement, showing that the island was probably an old fishing and hunting station. Bird lovers and researchers, both at home and abroad, regularly visit these ornithologically important islands. Moreover, a book about the birds on Røst has been published in Norwegian, English, German and French.

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Skomvær

The last stop before the ocean is the lush green island Skomvær outside Røst with its proud lighthouse, constructed in 1887. The artist Theodor Kittelsen lived at Skomvær for almost two years towards the end of the 1880s. He has rendered his experiences in both drawing and writing.

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Svolvær

Svolvær is today Lofoten's regional centre with about 4,120 inhabitants. The Svolvær Goat, is the town's most characteristic feature, and it represents a challenge to climbers. The peak was reached for the first time in 1910. The Svolvær Goat peak, a characteristic feature of Svolvær, challenges mountaineers to jump from one of its horns to the other. Would you dare to jump?

Svolvær is a natural starting point for exploring the Lofoten Islands. Here you will find several hotels, rorbuer (Fisherman's cabin) and seahous camping. Try for example Svinøya rorbuer. Svinøya was the main centre of Svolvær during the 1800 century. In Svolvær you will also find some of the best fish restaurants in Lofoten Islands.

Svolvær have airport, ferry, express boats and daily arrival of Hurtigruten, north and southbound.

From Svolvær there are daily departure to the Trollfjord during the summertime.

From octobere to january several hotels and rorbu cabins are arranging Killer Whale Safari/ Orca Safari. For more info see www.orca-lofoten.com

The painter Gunnar from Lofoten and his most famous painting, "The Battle of Trollfjord" can be seen in the his own Gallery at Svinøya. Among galleries we might mention the North Norwegian Artist Centre with its exhibitions, Galleri Gunnar Berg and Dagfinn Bakke's Gallery. The Konrad Gallery exhibits the works of amateur painters. Svolvær offers the atmosphere of a harbour, a small town and art simultaneously.

Main office for Destination Lofoten are also located in Svolvær City centre!

Welcome to Lofoten Islands and Svolvær!

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Vaeroy

VÆRØY

Værøy is the penultimate municipality in Lofoten. The Island is dominated by a long mountain ridge running from northeast to southwest. About 90% of the population lives in the village Sørland where the administration is located, together with a doctor and a registered nurse, as well as the library. Here you will also find shops, fish landing facilities, a garage, and most of the services available in the municipality. Værøy has one 9-year compulsory school, (primary and lower secondary levels), which is attended by about 90 students. There is a brass band, three choirs, and a football team.

More than 80 % of the workforce is employed in the fisheries. There is also salmon farming. In recent years, tourism has been increasingly significant for Værøy. Every day, a car ferry runs between Værøy, Røst and Bodø. A helicopter service also operates to/from Bodø. During summer season there is daily connection with Moskenes by ferry. In the winter time this connection is limited to once or twice per week. The route to Moskenes crosses the Moskenes Maelstrøm, one of the world's fiercest maelstrøm currents. It has inspired both E. A. Poe and Jules Verne.

Sørland, and most of Værøy's arable land, is located to the east and south of the mountainous area on the island. At Nordland there is a large pebble beach, Mollbakken, right by the road from Sørland. Several burial sites from the Viking and Stone Age have been found there. At Nordland, you can distinctly see three different sea-levels from times of yore, at 6, 12 and 40 metres above our current sea-level.

The uninhabited Mosken also belongs to Værøy, and was at one time used as grazing-land for sheep, summer and winter. Just beyond Mosken, we have Svarven, where fishermen had their shacks. This was their shelter during the saithe-fishing season, lasting from late summer to autumn.

At one time, when there was a bounty on eagles, the people of Værøy used to catch eagles with their bare hands, a rather singular pastime that the inhabitants of Værøy had to themselves. Lying in hiding in caves, hunters baited the eagles and caught them with their hands. Eagle hunting caves can be examined to this very day. The mighty bird cliffs on Værøy are to be found on the southwesterly side of the massive, facing the ocean. During the summer, trips to these cliffs are organized every day.

Mostad

At one time, about 150 people lived here, catching puffins as a subsidiary source of income. Catching puffins involved the use of the unusual puffin dog, also termed the Måstad dog. Puffin meat was cured in salt and lasted way into the autumn. There were no roads and very unsatisfactory harbours, so a few years after the war, the village was abandoned.

Today, there are about 700 puffin dogs in Norway. All of them can be traced back to Måstad. Going ashore on Måstad is generally combined with a fishing trip or an expedition by boat to the bird cliffs. Måstad can also be reached on foot. Simple overnight accommodation is available at the schoolhouse.

Værøy Old Church

This wooden church is to be found at Nordland. It was taken apart, moved from Kabelvåg and rebuilt at Værøy in 1799. This is the oldest church in Lofoten. Right beside it, there is a small local museum.

Theodor Kittelsen

During his Lofoten period, the painter also visited Værøy, where he lived in the "Borgstua" of the old vicarage, which has since been turned into an inn.

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Vagan

VÅGAN

Vågan Municipality includes almost all of the islands of Austvågøy, Gimsøy and a number of small islands, among them Henningsvær and Skrova. A small edge of the island Hinnøya also belongs to Vågan. Svolvær is the "capital" of Lofoten, and an important junction for the entire region. The town is also the largest gateway to Lofoten for the steadily increasing tourist traffic.

The service industry is well developed and involves both private and public services. Let us mention Lofoten and Vesterålen Police Force, the Land Registry for Lofoten, the Motor Vehicle and Driving Licence Inspectorate, Ship Inspection, the Norwegian National Coastal Administration in Kabelvåg, Nordland Dept., the Norwegian Association of Unprocessed Fish, Nordland Dept., a liquor shop, etc. The biggest newspaper, Lofotposten, is published in Svolvær. There are many schools with several branches at the upper secondary level, in addition to the 2 year Art School in Kabelvåg.

The colourful cultural life includes choirs and bands, cabaret groups and a number of other activities. A North Norwegian Artist Centre has been established in Lofoten, and 75% of all professional artists in Lofoten and Vesterålen live in Vågan. All kinds of sports; indoor sports hall, skiing slopes, floodlit tracks, wonderful touring terrain and lively small-boat activity, are parts of the leisure activities of people living here.

Daily flights to the other air fields in the area and to the main network in Bodø. Svolvær is called daily both by the north-bound and the south-bound Coastal Express. Express boat service to Stokmarknes, Bodø and Narvik. Ferry service to Skutvik / E6. Vesterålen is served by the ferry route between Fiskebøl and Melbu. Good bus connections with Svolvær. Car ferries to Skrova, Brettesnes and Digermulen.

Fishing is the most important source of income. Vågan has North Norway's second largest fisheries and is North Norway's largest aquacultural municipality. The engineering industry counts as one of the largest in North Norway and industrial activity related to the fisheries is considerable. Additional important sources of income are travel and tourism, trade, and public and private services.

Svolvær

Became transit harbour in 1918. Today Lofoten's regional centre with about 4,120 inhabitants. The Svolvær Goat, is the town's most characteristic feature, and it represents a challenge to climbers. The peak was reached for the first time in 1910. The Svolvær Goat peak, a characteristic feature of Svolvær, challenges mountaineers to jump from one of its horns to the other. Would you dare to jump? Svolvær is also a very good startingpoint for exploring the Lofoten Islands. Here you can find several hotels and Fisherman cabins. Svolvær is also well known for several good fish restaurants. One of the best fish restaurants in Lofoten you will find at Svinøya, the "Børsen Spiseri". Svolvær has airport, ferry connection to the main land and Hurtigruten arriving daily, south and northbound. Svolvær has also expressboat to Bodø and Narvik.

The painter Gunnar from Lofoten and his most famous painting, "The Battle of Trollfjord" can be seen in his own Gallery at Svinøya in Svolvær. Among galleries we might mention the North Norwegian Artist Centre with its exhibitions and Dagfinn Bakke's Gallery. The Konrad Gallery exhibits the works of amateur painters. Svolvær offers the atmosphere of a harbour, a small town and art simultaneously.

Storvågan

Historical area with roots all the way back to the year 900. In the Middle Ages the area was the most densely populated area in North Norway due to the Lofot Fisheries. From there, all fish was transported out of the regions for further export to the continent. There are archaeological excavations during the summer which are available to the public. In addition we have the Lofot Museum, the Lofot Aquarium and Gallery Espolin Johnson – all of them fine attractions.

Kabelvåg

This community was the most important fishing village in the last century, and opened its first guest house in the late 18th century. Kabelvåg forms a part of the municipality's cultural history reserve with an interesting architectural structure. Approximately 2000 inhabitants. Around the year 1103, King Øystein had Lofoten's first church built in Kabelvåg. Later, around 1120, he also had "rorbu" cabins built for the fishermen. A commemorative statue of him can be seen on the heights overlooking Kabelvåg town centre.

Lofoten Cathedral

Vågan Church, also known as "Lofoten Cathedral". It was built in 1898 and can accommodate up to 1200 people.

The Lofoten Aquarium

The aquarium displays all kinds of life in the ocean, creatures living among pebbles on the shore, or at abyssal depths. Also a pool for seals, which has become extremely popular. Nature pictures from Lofoten are shown in two marvellous slides show programmes.

Henningsvær

"The Venice of Lofoten" and one of Lofoten's largest fishing villages, counting approximately 540 inhabitants. Henningsvær was connected to the mainland by the bridge which was built in 1983. The community has a special and dense atmosphere dominated by the fisheries.

Lofoten House Gallery / Karl Erik Harr

Exhibition of well-known Karl Erik Harr paintings and a collection of paintings by artists who worked in the Lofoten Islands around the turn of the century. Don't miss Frank A. Jenssen's superb slides show and his unique photos of white tailed eagles. There are also a number of large format photos of Lofoten in the gallery, taken by photographer Wilse about 70–90 years ago.

Raftsundet

The trip through Raftsund Sound Is an unforgettable experience. There are fascinating small islands, white sandy beaches, fields of flowers framed by high mountains and glaciers reflected in the water, and the renowned Trollfjord with precipices descending straight into the sea. We do recommend a boat trip into the spectacular Trollfjorden. Daily departure from Svolvær during the summer months June, July and August.

Trollfjorden

Digermulen

The community of Digermulen with Keiservarden is situated by the entrance to the strait Raftsundet. There are organized trips / tours from Svolvær several times a day to these beautiful natural surroundings. You can also travel on your own, by car / bus express boat or ferry to Digermulen.

Gimsøy, Laukvik

Regions on the "outside" of Lofoten with a fantastic view to the open ocean and the Midnight Sun. At gimsøya you wil also find Lofoten Golf Links.

Hov

A peaceful, idyllic place on the outer coast of the island of Gimsøya with small inlets and white beaches, and an unobstructed view towards the north and the Midnight Sun. When seen from Highway E 10, it is situated behind the distinctive mountain peak of "Hoven", which is also very suitable for moderate mountain walks. Hov has one of the oldest settlements in the Lofoten Islands and is abundant in ancient monuments, including several burial mounds and landing places from the Stone Age and the Viking Age.

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Vestvagoy

VESTVÅGØY

The municipality covers all of Vestvågøy island, which was divided into four municipalities, those of Borge, Buksnes, Hol and Valberg, until 1963. The western and southern parts of Vestvågøy are dominated by tall steep mountains. The north and south are also mountainous, but here the mountains are not as steep nor as tall as in the west and south. Between the mountains, the land stretches out to form a wide valley, Lofoten's principal agricultural area. Vestvågøy is actually the second largest agricultural municipality in Nordland County.

The municipality's school system, from primary to upper secondary levels. There is a wealth of cultural activity in the borough and among the many performers you will find the Lofoten Theatre Group, the Nordland Puppet Theatre, the Children's School of Culture, the School Brass Band, the Choir, folk dance groups and several sports clubs. There are also swimming pools and sports halls, a central stadium, ski jump and downhill slope, in addition to lighted skiing trails and first class rambling terrain providing the opportunity of activity all year round.

Daily flights between Leknes, Svolvær, Røst and Bodø. The Coastal Express calls at Stamsund every day. Vestvågøy is connected with areas in the west by a tunnel under Nappstraumen. The road to the east crosses to the islands of Gimsøy and Austvågøy, to which two bridges were opened in 1981.

Supplemented by services and trade, fishing and agriculture are the main sources of income for the municipality. The Lofoten Trawler company is based in Stamsund. Vestvågøy dairy is a major producer of butter and cheese. Cheese from Lofoten is sold to all parts of the country, and a national test has confirmed that the best lamb in the country comes from Lofoten. The fishing fleet employs a significant number of repair shop personnel. The only private abattoir in North Norway.

Ballstad

Approximately 1.000 inhabitants, one of Lofoten's largest fishing villages. Here you will find a steam processing plant for cod-liver oil, a boat yard harbouring the world's largest mural, restaurants, and several parties who rent out fishermen's huts for accommodation. Ballstad was one of the first communities to provide this kind of accommodation.

Gravdal

Approximately 1,900 inhabitants, one of the largest villages on Vestvågøy. Lofoten Hospital and the Nordland School of Fisheries. Buksnes Church, built in dragon style in 1905, might be worth a visit.

Leknes

The municipality's centre of administration and trade, with about 1,600 inhabitants and well-developed services, including a hotel, cafes, restaurants, auto repair shops, specialty shops, a pharmacy, bakery, movie theatre, swimming pool, and other services. The newspaper "Lofot-Tidende" is published here.

Vik / Haukland

Marvellous white beaches; fine spots from which to watch the Midnight Sun, and a popular outing place for both local residents and tourists.

Maervoll and Unstad

To get to Mærvoll by car you have to pass through one tunnel, and to get to Unstad you will have to pass through one more. Instead of going through the last tunnel follow the old mountain road to Unstad and experience one of the best viewpoints on the Lofoten islands on and around the mountain Varden. Left you see the dramatic fjord and mountain realm of Maervoll with the almost 1000 m high mountains Himmeltindene in Steinfjorden. In this protected fjord area the fishermen of Unstad stayed during the fishery seasons, and the seahouse which earlier was their home during the summer and winter seasons now serves as holiday home for tourists (Joh L Unstad Sjøhus).

On the top of Varden you see the valley of Unstad meeting the open sea. The mighty waves in the bay of Unstad is now taken advantage of for sea surfing purposes. Before fishing from Maervoll the fishermen went by foot around the coast from Unstad to Eggum to do so. This earlier fisherman path is now a popular hiking experience and might so to speak be called a royal path as some members of the European royal families went from Eggum to Unstad in connection with the royal meeting at Eggum in 1997.

Eggum

A snug community, attractively situated at the foot of tall cliffs. Beautiful pebble beach; lookout for viewers of the Midnight Sun. "Borga" at Kvalhausen, built in stone during WW II, was one of the first German radar stations in northern Europe. Good starting point for hikes. Further direction Unstad you find the sculpture Head, made by Markus Raetz, Switzerland. This sculpture is the contribution of Vestvågøy to Artscape Nordland. The sculpture on Eggum changes its form – and thus also its content – 16 times as the viewer walks around the sculpture. From one viewing angle, it looks like a classical portrait, and from another the head is seen upside down.

Borg

The biggest Viking Age chieftain's homestead in Scandinavia has been excavated at Borg and a full-scale replica of the chieftain's house has been reconstructed. Here, you can see the archaeologists' impression of how the living quarters and banqueting hall will have looked during the Viking Age.

In what was the barn, you can now see a comprehensive exhibition of Viking Age finds from Borg and the rest of the island of Vestvågøy. You will also meet real-life people who will show you what life might have been like during the Viking Age. And if you have time, you can go down and take a look at "Lofotr", the Viking ship, and the authentic boathouse replica.

Borge Kirke

A few hundred meters from the Viking Museum in Borge you find the church of Borge. Consecrated in 1987, this church has room for 700 people and is often used for concerts. "Open road Church". The church is well known for its distinctive architecture and excellent acoustics.

Stamsund

Approximately 1,400 inhabitants, one of the largest fishing villages in West Lofoten; founded by J.M Johansen at the beginning of this century. In Stamsund, we have the Nordland Puppet Theatre and Children's School of Culture.

There are handicraft shops, Coastal Steamer docks and a tourist information office. Stamsund Sports Club runs the best alpine skiing resort in the Lofoten Islands and recently the snowboard aces Daniel Franck and Terje Håkonsen arranges "The Artic Challenge". War memorial museum. Artist's studio and "Galleri 2" are situated approx. 150m from the Coastal Steamer docks.

Fygle

Lofoten Riding Centre and Leisure Resort.

Holsøyene

One of the largest known North Norwegian burial sights from pagan times, believed to date back to the early Iron Age, i.e. somewhere between 200/300 and 600 BC.

Vestvågøy Museum

At Fygle, there is a fine collection of approx. 2,000 items. At Skaftnes (Sennesvik), the collection further consists of a farm house from 1860, a pier, a large boat house and a forge. There are also remains from the Stone Age in the settlements at Sversvika.

Hol, Fygle

Hol Church is the oldest church in Vestvågøy. This is a cruciform church built out of wood in 1806. The first church was built in 1400 and the altarpiece dates back to 1766.

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MOSJEN

Mosjen is a misspelling for Mosjoen (Norwegian: Mosjøen)

MOSJEN – Internet Cafes

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Molde

Even though there is no apparent reason why Molde should be called City of Roses, as it is, there is much to commend it. It is wonderfully situated on the north side of its own very wide fjord and an amazing number of mountain tops can be seen from its park, on both sides of the fjord. There are ferries across to the south side near Ålesund and Molde is on the Hurtigruten route.

The best time to be here is during the International Jazz festival. Otherwise the amount to be done actually in the place is limited but you might be very surprised as well as delighted by a trip out to the island fishing museum.

Molde – Sights

Fishing Museum

This is situated on a small island quite near to Molde with lovely pines and birches surrounding various buildings, many of which jointly form the museum. Unlike many fishing museums, it tells more about a fisherman's life than about fishing as such and the tour is as good on the living accommodation as on the sheds and boats.

Molde – Internet Cafes

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MOSJØEN

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Narvik

Narvik is a port city on the *Ofofjord* in the northern parts of *Nordland* county, opposite the *Lofoten Islands*. The city of 18,500 [2004] owes its existence to the rich iron mines of Northern Sweden. It was founded in 1887 as the Atlantic port for the *Kiruna* and *Gällivare* mines, and was named *Victoriahavn (Port Victoria)* until 1898. Narvik is located at a bottle neck of Northern Norway, where the mainland is a narrow strip, only a few kilometers wide between the ocean and the Swedish border.

Today, the port is still key to the local economy, but has been joined by education, military bases and tourism. Popular local attractions include Killer–Whale safaris (late fall to winter), varied outdoor activities such as hiking, fishing, camping and mountain climbing. The dramatic terrain with its precipitous drops from mountain ranges into deep valleys provide scenic beauty and excellent alpine skiing trails.

In World War II, Narvik fell to the Germans when they invaded Norway on April 9, 1940. To prevent the Germans from shipping Swedish iron ore, a British expeditionary force briefly occupied the port. from May 28June 9, 1940. For the adventurous (and Scuba–certified), the waters surrounding Narvik are among the best wreck diving sites in the world, with several sunken German warships within reach.

Narvik – Getting There

The city of Narvik is located in the county of *Nordland* in Northern Norway.

By plane: Evenes airport (IATA designator "EVE") is located halfway between Narvik and the nearby city of Harstad, with which it shares the airport. Non–stop jet service is available from the Capital, Oslo, on *Braathens* and *Norwegian Air Shuttle*. The flight is approximately 1 hr 35 minutes long. In addition, regional, turboprop flights are available to several destinations within Northern Norway.

By Rail: Narvik is the northernmost city in Norway with rail–service. The 42 kilometer *Ofofbanen* branch line links the city to Kiruna in Sweden, where connections can be made to the entire Swedish Rail System. Note that Narvik is *not* connected to the Norwegian State Railroad network. The *Nordpilen* train offers comfortable overnight service (featuring a restaurant and an on–board big–screen movie theater) to Stockholm.

By car: Located about 1 350 km north of Oslo, expect about 19 hrs driving time between the two cities, following European route E–6 the entire time. Easy connections to Sweden (via route E–10), the Lofoten islands (by road only, or by road and ferry), and the rest of Northern Norway (including Tromso and the North Cape).

Narvik – Internet Cafes

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Nord-Odal

Nord-Odal is a little place in east Norway with a beautiful nature. Big woods and a lot of wild life.

Nord-Odal – Internet Cafes

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North Cape

NORDKAPP

The North Cape is the northern most community in Finnmark with 924 square kilometers. About half of area is located on an island called Magerøya. The community has approximately 4000 inhabitants. The community administration office is located in the village of Honningsvåg.

Honningsvåg has approximately 3000 of the community's inhabitants. The main trade is fishing, shipping and tourism. Honningsvåg is also known for it's active culture.

The community's name, "North Cape" is also the name of the world famous cliff formation located at the northern point of Magerøya. Every summer the North Cape is visited by several hundred thousand tourist. If you are traveling to Honningsvåg by automobile, the new main land connection (opened June 15, 1999) is the choice for you. The Honningsvåg airport has daily flights operated by Widerøe. Another travel option that we recommend is the Coastal Steamer (Hurtigruten) which arrives in Honningsvåg twice daily. On its way to Kirkenes it stays long enough in Honningsvåg that it is time enough to go with the busses to North Cape, stay there for a while and return back again to the ship. By the way: one of the coastal steamer ships bear the name Nordkapp.

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Oslo

Oslo is the capital of Norway with approximately 500.000 inhabitants, or a little over 10% of the country's total population. About one third of the total population of the country lives around the Oslo Fjord area.

Oslo – The city of the Nobel Peace Prize, was founded in the year 1000 and has celebrated its 1000 years anniversary in the year 2000. Oslo City is located as far north as St. Petersburg, Anchorage in Alaska and Kap Farvel in Greenland. Even though the city is situated so far north, its climate is temperate in the autumn and warm in summer. The winters last from 3 to 5 months with a very good skiing conditions in the hills around the city.

You need at least three days to explore this city. Oslo has a number of parks, museums, churches and other beautiful places: It's a fun place to explore on your own. Hours can be spent strolling along Karl Johans Gate (the main street) to the Royal Palace and perusing the Edvard Munch Museum. The works of various other Norwegian painters can be viewed at the National Gallery. Other attractions in Oslo include the Vigeland Museum in Frogner Park

Oslo – Eating Out

Oslo is a fascinating city if you want to go out on town. As the array of restaurants in Oslo is so large, I can only list a limited selection. There is much more that you can find on your own.

all

Celsius

Hidden behind an unlikely looking 18th century gateway this laid-back cafe and bar offers delicious food (Mediterranean) for 120 NOK a dish.

address: Radhusgata 19

Vegeta Vertshus

Near the National Theatre, this vegetarian restaurant offers an open buffet with fine salads, mixed vegetables, pizzas, potatoes and rice.

address: Munkedamsveien 3b

Amsterdam

The interior is styled like one of the famous Dutch brown cafes: dark and cosy. They offer a mixture of international dishes at moderate prices. Kitchen closes at 8pm.

address: Universitetsgata 11

Bacchus

Cramped bar and cafe with period decor. Classical music during the day. Great cakes and pastries plus tasty sandwiches.

address: inside the Basarhallene

Ett Glass

Trendy candlelit cafe focusing on light (and vegetarian) meals and lunches. Inexpensive.

address: Karl Johans Gate 33

Frognerseteren

This restaurant offers you a high quality Norwegian food. It is located 435 meters above the city with a panoramic view of the city and Oslo Fjord.

address: Holmenkollveien 200, 0391 Oslo

tel: 22 92 40 40

Theatercafeen (Hotel Continental)

This is one of the exclusive restaurants in Oslo. You will find all kind of foods here. You will get good food and service. Its located in downtown next to the Nationaltheater.

address: Stortingsgaten 24/26

tel: 22 82 40 50

Engbret Cafe

address: Bankplassen 1, 0151 Oslo

tel: 22 82 25 25

Oslo – Accommodation

Oslo has the range of hotels you expect of a capital city, as well as private rooms and youth hostels. To appreciate the full flavour of the city, you are best off staying on or near the western reaches of Karl Johans gate, between the Stortinget and the Nationaltheatret.

If money is tight and you are here in July and August (high season), your choice of location may well be very limited as the scramble for budget beds becomes acute, so better call ahead.

all

Best Western Ambassadeur

The Best Western Hotel Ambassadeur is a first class hotel situated in a residential area behind the Royal Palace. The hotel offers theme rooms and individually decorated suites. Most of them come with a bathtub; all have showers, television, mini-bar, hairdryer and trousers press. Enjoy our excellent breakfast in a calm and comfortable surrounding. Find relaxation with our workout machines, sauna and solarium. At the Best

Western Hotel Ambassadeur you have access to the Internet directly from every room, without any extra charge, both ISDN and analogous card may be used. The center of the city, most museums and the Vigeland Park are all within walking distance.

address: Camilla Colletts vei 15, Oslo N-0258, Norway

url: www.bestwestern.com

tel: +47 22 44 18 35

Bristol Hotel A/S

Modern and comfortable hotel. All 252 rooms are equipped with a mini-bar, trouser-press, hair dryer, and cable television. They can also offer 10 exclusive suites. Roomservice all days of the week.

address: Kristian IV's gate 7, 0164 Oslo, Norway

url: www.bristol.no

tel: +47 22 82 60 00

Clarion Royal Christiania Hotel

For room reservation call +47 23 10 80 9, for snail mail use: P.O. Box 768, Sentrum, NO-0106 Oslo, NORWAY

email: christiania@clarion.royalchristiania.no

address: Biskop Gunnerus' gate 3, 0106 Oslo

tel: +47 23 10 80 00

Noble House Hotel

address: Kongensgate 5, 0153 Oslo

url: www.noblehouse.no

tel: +47 23 - 10 72 00

Norlandia Karl Johan Hotell

address: Karl Johansgt. 33, Oslo N-0162, Norway

url: www.norlandia.no

tel: +47 23 - 16 17 00

Norlandia Saga Hotel A/S

address: Eilert Sunds gt. 39, 0259 Oslo

url: www.norlandia.no

tel: +47 22 43 04 85

Quality Savoy Hotel

address: Universitetsgaten 11, N-0164 Oslo

tel: +47 23 - 35 42 00

Radisson SAS Plaza Hotel Oslo

email: sales@oslzh.rdsas.com

address: Sonja Henies Plass 3, Box 9206, N-0134 Oslo, Norway

tel: +47 22 – 17 10 00

Radisson SAS Airport Hotel Oslo

Fax: +47 63 – 93 30 30

address: Hotellvegen, P.O.Box 163, N-2061 Gardermoen, Norway

email: guest@oslzr.rdsas.com

tel: +47 63 – 93 30 00

Hotel Foenix

Hotel Foenix is a two star, private family run business which began with the Postcafe in 1924 and later to be joined with the hotel in 1938. The primary goal was (and still is) to offer reasonable accommodation and real Norwegian food. They also own the restaurant next to the hotel called "Lille Storyville" which is a New Orleans inspired Cajun style restaurant.

email: info@foenix.com

address: Dronningensgt. 19, Oslo

tel: +47 22 – 425957

Albertine Hostel

Perfect student hostel. The Albertine Hostel is only 10 minutes stroll from bustling Karl Johan and the heart of the city, allowing easy access to the Central station and Oslo's shops and restaurants. Situated just outside the hostel you will find bus and tram stops and a taxirank. The hostel also offers a limited number of free parking spaces. Room rates: single 370 NOK, double 185 NOK, 4 bed room 150 NOK, 6 bed room 125 NOK per person

email: albertine@anker.oslo.no

address: Storgata 55, N-0182 Oslo, Norway

url: www.anker.oslo.no

tel: +47 22 – 99 72 00

Cochs Pensjonat A/S

address: Parkveien 25, N-0350 Oslo

tel: +47 23 – 33 24 00

Anker Hotel

The Anker Hotel is centrally located being just a ten minutes walk from Oslo's main street Karl Johan. You will find bus and tram stops and a taxirank right outside the hotel. In addition they can offer a limited number of free parking space outside the hotel or in our garage. Room rates: double 360 420 NOK, single 500 680 NOK.

address:

Storgata 55, N-0182 Oslo,
Norway

url: www.anker.oslo.no

tel: +47 22 99 75 00

Continental Hotel

For direct room reservation call +47 22 82 40 40

address: Stortingsgaten 24-26, 0161 Oslo, Norway

tel: +47 22 82 40 00

Scandic Hotel KNA Oslo

address: Parkveien 68, NO-0254 Oslo

tel: +47 23 - 15 57 00

Tulip Inn Rainbow Hotel Norrona

email: hotell@online.no

address: Grensen 19, 0159 OSLO

tel: +47 22 - 42 64 00

Oslo – History

In the 8th century a settlement was built right at the top of the Oslo Fjord. This settlement grew rapidly during Viking times. Agriculture, trade and shipbuilding were important commercial activities, and Oslo sometimes are referred as the "Viking Capital". The city of Oslo was founded long after the town had been developed by the Vikings. Recent archeological findings states that the city was founded year 1000.

Approximatly the half of the Oslo`s population died during the time of Black Death in 1348. This epidemic caused that Norway became reduced to a province of Denmark. During this time Copenhagen was the actual capital of Norway. Oslo was completely destroyed by fire in 1624. The King Christian IV of Denmark and Norway , decided to move Oslo from what we today call the Old Town , and rebuild it near the Akershus Fortress. A completely new city was created and named Christiania.

Norway was united with Sweden in 1814. This caused a very strong economic and political growth of Christiania with substantial expansion right up until the dissolution of the union with Sweden in 1905. The original name of Oslo was re-instated in 1925.

Oslo – Practical Information

The weather:

The weather in Oslo (generally in Norway) is not predictable. It changes very quick. A sunny day may quickley turn into a rainy day so you have to be prepared. Bring with you summer cloth and cloth for a cold

and wet day. You never know what you are going to use.

The people:

Nearly everybody understands and talks English, so you do not need a dictionary. The people are really friendly so don't be afraid of asking people if there is something you need to ask. Most of the people like tourists and love to help them.

Important Telephones numbers:

Fires, accidents and serious pollution Tel: 110

Police–Immediate assistance Tel: 112

Ambulance and Medical assistance Tel: 113

First aid (Legevakten), 24 hours service Tel: 2 11 80 80

Pharmacy (apotek), 24 hours service Tel: 241 24 82

Dental Emergency Service (tannlegevakten) Tel: 22 67 30 00

To block lost credit cards:

American express Tel: 800 33 244

Diner's club Tel: 22 83 06 91

Eurocard/Mastercard Tel: 800 30 250

Visa Tel: 800 30 250

Oslo – Sights

all

Oslo City Museum

Here you will see a permanent exhibition about the people in Oslo and the city history.

tel: 22 43 06 45

Vikingshiphouse

Contains three vikingships found at Oseberg, Gokstad and Tune and more.

address: Huk Aveny 35

tel: +47 22 – 43 83 79

Vigeland Museum

The website given below also gives informatin of the Vigeland Park, sometimes still called the Frognerpark. This is free and has 212 sculptures by Gustaf Vigeland including the Obelisk and the Wheel of Life. Another popular sculpture is Sinnataggen – a baby boy stamping his foot in fury. This statue was stolen a few years back, and in the process they injured it's foot. It's been repaired since then.

Many love it; some hate it; what is certain is that it is unique to Oslo and you should see it.

address: Nobelsgate 32

url: www.vigeland.museum.no

tel: +47 22 – 54 25 30

Munch Museum

Edvard Munch's art is the most significant Norwegian contribution to the history of art, and he is the only Norwegian artist who has exercised a decisive influence on European art trends, above all as a pioneer of Expressionism in Germany and the Nordic countries. When Munch died in January 1944, it transpired that he had unconditionally bequeathed all his remaining works to the City of Oslo. The Munch Museum opened in 1963 and was purpose–built to house this unique collection of approximately 1000 paintings, 4500 drawings and 18 000 prints. Major works will always be on display in the museum. The selection is changed regularly.

address: Adress: Toyengate 53

url: www.munch.museum.no

openings: June – 15 Sept. daily 10am – 6pm. 15 Sept. – Apr. Tue/Wed/Fri/Sat 10am to 4pm.
Thu/Sun 10am to 6pm, Mon closed.

tel: +47 23 – 24 14 00

email: mm@munch.museum.no

Norsk Folkemuseum

This museum, like the Viking Ships, Kontiki, Fram and Maritime Museums is on the Bygdøy peninsula which can be reached by boat from near the Town Hall or by bus.

The Folfemuseum has some indoor areas dedicated to such things as Folk Art, Folk Dress and Sami Culture.

However its finest attraction is the outdoor museum, containing 155 authentic old buildings from all parts of Norway, including a fine stave church.

email: nf@norskfolkemuseum.no

address: Museumveien 10, Bygdøy

openings: 10–18 summer, 11–15 winter

tel: (+47) 22 12 37 00

zipcode: www.norskfolkemuseum.no

Kontiki Museum

This fine museum houses Thor Heyerdal's Kontiki and Ra2. A visit can well be combined with visits to a number of other museums on the Bygdøy Peninsula.

email: kon-tiki@online.no
 address: Bygdøynesveien 36
 openings: varies by season –see website
 tel: +47 23 08 67 67
 zipcode: <http://www.museumsnett.no/kon-tiki/Museum/>

Radhus

The sullen brickwork of the massive city hall, the Radhus, dominates the Fridtjof Nansens Plass. The city hall, opened in 1950 to celebrate the city's 900th anniversary, is the most distinctive part of Oslo's waterfront. In the first years many people complained about this "modern" thing, but popular irritation has today moved on to other targets, its twin towers are now one of the city's main symbols.

address: Fridtjof Nansens Plass
 openinghours: summer: Mon – Sat 9am – 5pm, Sun noon – 5pm. Winter Mon – Sat. 9am –4pm, Sun noon – 4pm–

Basarhallene

This circular buildings of two tiers, whose brick cloisters once housed the city's food market is a curious building and one of the main sights of Karl Johans gate, Oslo's main street.

address: Dronningensgate corner Karl Johans Gate

Domkirke (cathedral)

The Domkirke dates from the late 17th century, though its heavyweight tower was remodelled in 1850. Plain and dour from the outside, the cathedral's elegantly restored interior is in delightful contrast: the low-ceiling nave and transept awash with maroon, green and gold paintwork.

address: Stortovet (market square)
 openinghours: daily 10am – 4pm, fee

Stortinget (parliament)

The Oslo Parliament building is an imposing chunk of neo-Roman architecture that was completed in 1866. The obligatory guided tours inside show only little more than can be gleaned from the outside.

address: Karl Johans Gate corner Akersgata
 openinghours: tours: in summer daily beside sun: 10am, 11.30am, 12.30am, 1pm

Royal Palace

Built between 1825 and 1848 the Royal Palace is a monument to Norwegian openness: no railings and walls outside. The castle's garden is freely open to the public. The daily changing of the guard at 1.30pm is a snappy

affair, but worth a look.

address: Slottsparken
openinghours: no public access
Vigeland Park [Frogsnerpark]

This park with its wealth of Vigeland sculptures is covered with the Vigeland Museum. [Go back to 'Sights' and click on 'Museums.']

address: See under Museums

Oslo – Getting Around

Its really easy to get around in Oslo because of the very good public transportation systems. You can use buses, subway and trams. Every station has time tables. You can use all of them with the same ticket. You can buy one hour ticket, one day ticket, one week ticket or one month ticket if you are planning to stay in Oslo for a month.

One hour ticket costs 20 KR

One day ticket costs 40 KR (you can use the public transportation system as much as you want for 24 hours)

One week ticket cost 140 KR (you can use the public transportation system as much as you want for 1 week)

One month ticket cost 550 KR (you can use the public transportation system as much as you want for one month)

Oslo – Nightlife and Entertainment

Oslo has a very good nightlife. The people here love to go out for a drink, especially a beer. You meet all kind of people during the night. There is many nightclubs, discos and bars. The discos and nightclubs has covercharge (about 60KR). All of them asks for ID, and you have to be of age 18 or more. Some places you have to be 23 or more.

The most popular clubs are around the main street, Karl Johans gate. They are easy to find and there is no big differencies between them, so just go in. You will also find many theaters. The most popular one is in Majorstua area called Coloseum. It is THX with a very big screen and greate sound. The other ones are in National Theater and Vika area. There is also an opera and classical music place. Its on Storgata near the Central Station.

Warning: Its really hard to get a cab late at night so be aware that you maybe have to wait 30 minutes or more for a cab home

all

Barbeint

West of the National Theatre you will find this jam-packed, fashionable bar with loud sounds and every music from rap to rock.

address: Drammensveien 20

Lipp

Big and brash bar (part of the Continental hotel), popular with the well-heeled of Oslo.

address: Olavs Gate 2

Savoy bar

A small and intimate bar with stained-glass windows and wood-panelled walls, part of the Savoy Hotel.

address: Universitetsgata 11

Sjakk Matt

Informal and groovy bar and cafe near the Radhus. Delicious mediterranean food, moderate prices.

address: Haakon VII's Gate 5

The Scotsman

Popular with tourists from all over the world, packed every evening. The steakhouse restaurant in the basement serves pizzas and the regular live music acts can be somehow strange.

address: Karl Johans Gate 17

Oslo – Shopping

In Oslo, you will find almost everything. Special items to take home are Norwegian Sweaters, Jewelry, Watches and handicraft from different areas in Norway. All shops in Oslo accept the international credit cards. Look for the Tax-Free Shopping signs, which offer all visitors from outside Scandinavia 11–18% cash refund upon departure for all purchases in one store exceeds NOK 308. The local currency is NOK – Norske Kroner.

Opening Hours:

Most shops in Oslo open at 10.00 am and close at 17.00 pm. On Saturdays most shops open at 09.00 am and close at 14.00 pm. Many shopping centres have extended opening hours from 10.00 am to 20.00 pm on weekdays and 10.00 – 18.00 on Saturdays. Most shops are closed on Sundays but many souvenir shops are open.

Thursday is generally the day for evening shopping. Shops – especially department stores and souvenir shops – have extended opening hours until 19.00 or 20.00. Banks are open until 17.00.

In Oslo the first Saturday of every month is called "Super Saturday". The shops in the City Centre are open until 19.00 (and later), often with special bargains.

All the major credit cards are accepted (VISA, MASTERCARD, AMERICAN EXPRESS.etc)

all

Sol Cigar Co AS

Norway's leading shop when it comes to anything tobacco-related. If they haven't got it – you either don't want it or it can't be found in Norway. They've got it all – cigars (Cuban, Dominican, European, Norwegian), cigarettes (Nat Sherman, Davidoff, the classics), pipes and pipetobacco, cigar-related items etc etc

address: Drammensveien 8

tel: +47 22441347

email: post@solcigar.no

zipcode: 0255 Oslo

url: www.solcigar.no

Oslo – Internet Cafes

all

Arctic Internet

Cafe offers: Fax, Printing, CD burning, International Telephony, Coffee / Soda...Refreshment available.

Highest quality of hardware and software and of course – good service.

10 Mbps internet! Fastest connection in the city of Oslo!!!

Use your own laptop at site.

Non-member Price 60Kr Hour

Members 50 Kr Hour And 40 Kr Before 11:00 AM and after 9:00PM.!!

Membership 100Kr 12 months

price: 50 kr/hour

tel: 22171940

email: support@arcticinternet.com

hours: 08:00–24:00

address: Oslo Central Station, Oslo, Norway

zipcode: 20

url: www.arcticinternet.com

Studenten

address: Karl Johansgate 45 OSLO 0162 Norway

url: www.studenten-cafe.no

Unginfo

address: MÅllergata 3 0179 OSLO

url: www.unginfo.oslo.no

Cyberzone

The Gaming center in Oslo with all the best games, gamerealeses, competitions and of course plain old internet.

price: NOK 40

tel: +47 930 35 903

email: play@cbrzn.com

hours: All days from 11:00–00:00

address: Cort Adelers gt 17

url: www.cbrzn.com

Ammerud Gard Aktivitetssenter

This is a small internet cafe located in the suburb of Ammerud in Oslo. The cafe is mainly aimed for the community mental health, that is for persons who have or have had mental problems. Here you can learn to master data: learn different data pr

price: 15 kroner per hour / 15 pr. paabegynt time

tel: +47 22 25 61 88

email: ammerud@online.no

hours: 9 am to 3 pm

address: Ammerudhellinga 54
0958 Oslo Norway

Gameworld AS

The cafe is divided into net-gaming and surfing/mail.

price: 25–40 Nkr

tel: +47 22 60 92 60

hours: Mon–fri 10:00 – 22:00 Sat–sun 12:00 – 22:00

address: Dovregata 7
Oslo 0170 NORWAY

Manpower

Recrutation bureau that also offers free and fast internet access.

tel: 4722018000
hours: aug-16
address: Dronning Maudsgate, OSLO,
NORWAY

Oslo Bus-Terminal.

40 computers

tel: +47 22171900
email: network@network.no
hours: Mon-Fri 9am till 11pm Sat-Sun 10am till 10pm
address: 0188 OSLO
url: www.network.no

QBA

Very modern, very fast netconnection, and a lot of network gaming.

price: 1,25 NOK/minute
tel: +47 40233391
email: olsen@qba.no
address: Olaf Ryes plass 4, Oslo, Norway
url: www.qba.no

Riverside

13 computers, 1 megeabit fixed line, word, excel, chat programs, games, food, coffe.

You must be between 16-20.

price: Free 1 hour.
tel: (47)22 17 75 50
email: info@riverside.no
hours: mon-fri 09:00-22:00 sat 12:00-17:00
address: Grønland 1, Oslo 0188 Norway
url: www.riverside.no

Tacoland Internet-cafe

9 computers on broadband B/W–prints, Colorprints, Fax, Copyers. Mexican fast–food.

price: NOK 1,– per min, max NOK40,– per hour
tel: 22177717
email: post@tacoland.no
hours: Mon–fri 09.00–21.00 Saturday 11.00–18.00 Sunday: Closed
address: Østbanehallen, Jernbanetorget 1, Oslo, 0154, Norway
url: www.tacoland.no

IT–Palasset

Opening Hours 11:00–24:00 All Week

We offer:

- Internet–room with webcam and headset.
- Fax, Scanning, Printing Copying.
- CD–burning (burn digital photo/video)
- Gaming–PC:s in network connected to Internet.
- 30+ game titles. Joystick to loan!
- Coffee, soda, candy, baguettes.
- Shop.
- Booking (min 4 pers).
- Night–Gibb Friday–Saturday 00:00–07:00

Memberprice /hour 25:– (30:–)

Non memberprice /15min 15:–

Memberprice 1 year incl. 4h 200:–

Gibb 200:–

address: SÅ_rkedalsveien 1
hours: 1100–2400
email: info@it–palasset.no

price: 25:–
 tel: +47 22462112
 url: www.it-palasset.no
 zipcode: 50

Oslo – Getting There

By air: The *Gardermoen International Airport* (IATA designator "OSL") offers excellent access to destinations around the world. It is one of Scandinavian Airlines' international hubs, and is also served by several foreign carriers (including *Air France*, *British Airways*, *Finnair*, *Icelandair*, *KLM*, *Lufthansa*, *LOT Polish Airlines* and many more). The modern, elegant airport is located approximately 50 km north of downtown Oslo, but is easily reached by **freeway**, **airport buses**, or by *Flytoget*, a 20-minute **bullet-train** to downtown. (To downtown, the train is NOK 125 each way; the bus takes 40 minutes but costs less, NOK 65). Visitors leaving on early flights may wish to stay overnight at the airport hotel, which has direct access to the terminal building.

To the southwest of Oslo, the smaller *Torp International Airport*, located in the town of Sandefjord, often offers cheaper fares, in part because low-fares carrier *Ryanair* flies there (other carriers are *KLM*, *Widerøe*, *Coast Air* and a number of Charter Operators). The airport is located 120 km south of downtown Oslo, and services a number of other communities along the Western side the Oslo Fjord. It can be reached by airport buses (2 hrs) and local trains. **Note:** *Torp* airport handles limited domestic traffic. If you are connecting to other airports in Norway, chances are you must arrange for your own travel for the 175 kilometers from *Torp* to *Gardermoen* (by bus or train).

By boat: Oslo has ferry connections to *Copenhagen* and *Fredrikshavn* (12 hrs) in **Denmark** and *Kiel* in **Germany**. The ferries are large and comfortable and offer TaxFree shops, Restaurants, Bars, and Danceclubs. They are quite popular with Norwegians, who board them for weekend trips to Denmark and Germany.

By Rail: From the Oslo Central Station ("Oslo S"), trains to Europe travel South–East along the Oslo Fjord, into Sweden. The **Linx** (www.linx.no) high speed train services link Oslo to *Stockholm*, *Gothenburg* and *Malmö* in Sweden, and *Copenhagen*, Denmark.

Within Norway, all trains are operated by the **Norwegian State Railroads** ("**NSB**") (www.nsb.no).

Fjord Tours (www.fjord-tours.no) offers many great sightseeing trips of Norway that, conveniently, can be purchased at the *Gardermoen* airport and the *Oslo Central Station*, among other places. Tours such as "Norway in a Nutshell" use a combination of Rail, Express Boat, Coastal Steamer, and Buses to take you to the spectacular mountains, fjords, and towns in Norway. You are generally permitted to choose dates, length of stopovers, and direction of travel with no surcharges. The tours are competitively priced, but note that you must purchase your overnight accommodations separately (the *Fjord Tours* pass entitles you to a discount at many hotels).

By car: A series of large construction projects completed near the end of the 20th century has reduced driving times to Central Europe from Norway and the Scandinavian Peninsula. Almost all trips will go through Sweden, with which Norway shares most of its borders. **Copenhagen** is under 7 hours away (just over 600 km); **Stockholm** about the same travel time (about 530 km; but not very much as freeway); **Berlin** about 12

hrs including ferry between southern Sweden and Germany (about 830 km).

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Notes:

Holmekollen

This place is the most popular place for cross-skiing in Oslo. World Cup in skiing is arranged here, and people go there in their freetime to relax and get away from the stressful days in the town.

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Notes:

Porsgrunn

Porsgrunn – Internet Cafes

all

Gamle Posten Kulturhus

tel: +47 35547033
email: A basic limit of 2 hours pr. person.
hours: Free of charge
address: fredrik@nettby.no
url: www.gamleposten.no

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Notes:

Røros

Røros is a town south of Trondheim not far from the Swedish border. Its history is based largely on copper mining and there are many remains of the industry there. There is also a bus trip arranged to the mine itself. The town is now a World Heritage site.

The church interior is entirely of wood but, as marble was all the rage when it was built, you might find it hard to tell the difference.

This is a place where a guided walk is worth far more than it actually costs. You will learn a lot about the mining and farming history of the area.

<http://www.norphoto.com/r/eng75.php>

Røros – Sights

The sights in Røros are mostly based on industrial archaeology or straight history. The guide on the walking tour told an interesting story about the top left house in the street shown in the photo.

The lady who lived there, before it was boarded up in the late 90s, had to be taken into hospital at a very advanced age. Apparently she protested vehemently about having a bath, something she had not done in a long time. As they peeled off layer after layer of clothing she whooped in delight at finding long lost clothes. Sadly she died shortly afterwards.

The road leads to the old smelting mill and other remains of a mining town.

Røros – Accommodation

Bergstadens Hotel

This hotel is very convenient to train and bus transport, not cheap but very comfortable and with an excellent evening buffet.

Osloveien, 2 [phone:+47 72 406080]

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Notes:

Sandefjord

Sandefjord – Internet Cafes

all

cafe4u.no

price: Net cafe with coffe, sandwich and soups. 2 Athlons PC's with ISDN 64K Internet connection running Linux.

tel: +47 33 42 94 98

email: 0800-1800

hours: 40 NOK

address: hege@cafe4u.no

url: www.cafe4u.no

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Notes:

Southern Norway (Sorlandet)

Southern Norway

You might call it Norway's Riviera; the region that occupies the Southern Coast of Norway is referred to as *Sørlandet*, and benefits from the mildest climate in the country. It is a charming collection of old fishing villages and beach towns, strewn along a sunny coastline. Whether strolling along the countless beaches, sailing on the fjords, or hiking, biking, or fishing, an abundance of natural beauty awaits you. The principal towns of the region are *Kristiansand, Arendal, Farsund*, and *Grimstad*.

Getting to Sørlandet

Sørlandet is situated on the main E18 route from Oslo and just over a two hour drive from *Oslo Torp Airport* at Sandefjord. This small and very efficient airport is served by regular flights from London Stansted by *Ryan Air* – ideal for anyone looking for a bargain break as it is not unheard of to be able to pick up flight for £15 including taxes. *KLM* also serves the airport, providing access to its worldwide network of flights.

Low cost car hire at the airport is available through *NorCar* .

The sunny coastal villages are a delight to explore. Inland forests and mountains are home to Europe's most southerly herd of reindeer and a great place for skiing.

There are many places to stay, from traditional log cabins with all amenities set in the countryside to modern yet traditional fjord-side apartments. There are also numerous guest houses – all giving a warm Norwegian welcome to everyone. The geography of Southern Norway is extremely varied and ranges from coastal islands, coves and archipelagos to high mountains.

From the *Skagerak* (the strait between Norway and Denmark) the area stretches 250 kilometres north to Hoveden and the *Hardanger* plateau. Several major rivers traverse the county from North to South (most with very difficult names to remember in English). All offer great fishing possibilities for trout, arctic char, sea trout, salmon, whitefish, pike, eels and perch.

The coast has hundreds of islands with excellent opportunities for boating and fishing. Many small secluded beaches are only accessible by boat. In the region between the coastal zone and the high mountains is a broad-forested zone, where rivers and lakes give fantastic opportunities for adventure in all seasons, each with a different experience. Don't just take our word for it – read what the Independent had to say about Southern Norway. www.norwaydirect.co.uk

Southern Norway (Sorlandet) – Accommodation

Just over an hours drive from Oslo Torp Airport at Sandefjord is the small and personal holiday resort of Moen Camping. Situated on the edge of the fjord, Moen Camping has a range of cabins ideal for the family. Try you hand at ice fishing or skating on the fjord or take a trip inland to the Alpine centre, just one hour's drive away. www.norwaydirect.co.uk

all

Moen Camping Risor

Just over an hours drive from Oslo Torp Airport at Sandefjord is the small and personal holiday resort of Moen Camping. Situated on the sunny side of the beautiful South Fjord, a carefully landscaped area has been developed to provide holiday cabins, caravans and tents. With the hundred of islands coves and bays there is plenty to be explored! Your Hostess Karen will be waiting for you.

A Winter Break at Moen

What a contrast with the UK! A snowy landscape with blue skies, a crisp dry cold (not like those damp windy Winters of the UK). The frozen fjord is right on your door step.

Imagine taking a spark ride – a chair on skis (see picture) – across the frozen sea and explore the Islands within the Fjord. The Ice in the winter is over a metre thick so it is safe, so safe in fact cars are often raced on the ice!

Christmas & New Year

Imagine ice skating from your front door, cooking hotdog's on charcoal BBQ's; the snow and a winter landscape This is the way to experience Christmas and New Year the Norwegian way. Give you and your family the real yule tide atmosphere. This is Norway – come and experience it!

Moen Camping is situated on the South Fjord. Warm in summer and frozen every winter. With little wind and flat sea it is ideal for a fantastic fishing experience – even when you have to cut through the ice!

email: sales@norwaydirect.co.uk

url: www.norwaydirect.co.uk

Southern Norway (Sorlandet) – Getting There

Norway Car Hire and Rental

Car Hire in Norway – With cheap budget flights *Norway Direct* have brought together a variety of car hire and rental companies in Norway.

Norway's roads are ideal for anyone looking for a car hire holiday. They are well maintained, uncongested, and offer spectacular scenery.

Tourist roads in Norway are picturesque routes that have been carefully selected as recommended routes for road-users, perfect for "fly-and-drive". High mountain passes mean that there is never a shortage of outlook points. These may be adjacent to the road itself or a short distance off the beaten track.

If your trip is to Southern Norway then there is a good change you will be flying in by Ryan Air to Oslo Torp Airport near Sandefjord. If you are after a budget car then NorCar and Rent-A-Wreck can offer cars from the

airport and have special arrangements with Norway Direct to offer some great prices..

National Car Rental has many hire stations throughout Norway including Oslo Torp. They, together with Rent-A-Wreck also have cars at Norway's main airport, Oslo Gardemoen. www.norwaydirect.co.uk

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Notes:

Agder

Agder

Agder comprises of two counties – Aust–Agder (East–Agder) and Vest–Agder (West–Agder) – and is the closest we come to a Norwegian Riviera. Walks in the forests or mountains, children's contagious laughter on the beaches, small towns with wooden buildings, sheltered bays, islands and islets, and luck in fishing. The natural holiday paradise. Take a Trip North from Kristiansand

There are numerous trips that can be taken using Kristiansand as your starting point.

The 210 km tour northwards from Kristiansand through Setesdal to Hovden is the shortest route to Western Norway and the fjords.

Dramatic scenery, interesting local folk traditions and customs and the wild life make this a worthwhile trip to make. A few of the suggested attractions on the way include... Setesdalbanen preserved steam railway. Byglandsfjord.

A trip on board the wood–burning steam boat "Bjoren". Setesdal Mineral Park. This area is rich in minerals. Europe's most southern herd of wild reindeer can be seen in the Setesdal valley. White Water Rafting at Syrtveitfossen between Evje and Byglandsfjord. Fishing in the fjords and rivers. Setesdal Folk Museum. Nomeland Route to the dramatic Lysebotn fjord and the world famous Prekestolen. Sirdal Well marked hiking trails. Either day trips or from cabin to cabin.

Sylvartun is famous for its famous silver smiths and well worth exploring.

Valle to Hovden in the mountains you'll come across old cart tracks and bridle paths. Ideal for a leisurely hike. Ørnefjell and Hovden. Norway's highest situated golf course. Bykle and Hovden Southern Norway's largest winter resort. Hovden has an exciting indoor/outdoor heated water park, great entertainment for young and old alike. Hovden Jernvinnemuseum (heritage museum) From Haukeligrend you can travel either west to the fjords east to the coast and a whole new experience. www.norwaydirect.co.uk

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Notes:

Spitsbergen

For the ultimate Arctic adventure, take the journey to the *Spitsbergen* islands (a.k.a., *Svalbard*), where you can expect to see Polar Bears and floating icebergs.

Svalbard was probably discovered in 1194 by Vikings from Iceland. Forgotten, then rediscovered by Dutchmen in the 16th century, the interest in the archipelago increased with intensive whaling and Arctic hunting in the 17th century. Since the early 1900s, coal mining and scientific research have dominated the islands. The mines are operated both by Russians (*Pyramiden*, *Barentsburg*) and Norwegians (*Longyearbyen*, *Sv  agr  va*). *Ny-  lesund* is mainly a scientific colony, with researchers from many countries involved in the polar field (glaciology, arctic biology, etc.).

Svalbard was also key in many attempts to reach the North Pole area. Since the Paris treaty of 1920, Svalbard is under Norwegian sovereignty, administered by a *Sysselman* based in *Longyearbyen*. All signatory nations have equal rights to access the area. In some features (including the interdiction of any military base), this treaty is a precursor of the Antarctic Treaty. Longyearbyen is the main settlement (approx. 1000 inhabitants). It is mainly a coal mine, but tourism has become increasingly important. During high season there are (almost) daily flights from Troms  , and almost anything (clothes, polar equipment, food...) can be purchased there. Svalbard is a duty free zone, which make some Norwegian high quality products very attractive buys here (*Ajungilak* sleeping bags, *Hell Sport* tents, etc.). Nybyen is a charming village close to Longyearbyen.

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Notes:

Longyearbyen

Longyearbyen, or *Longyear City*, is located at *Isfjorden*, or Ice Fjord, where it serves as a coal–mining hub and the chief port and administrative center for the isolated island group. The only airport offering scheduled flights to mainland Norway is located nearby. Longyearbyen is the place to get your trip arranged before you head off for the wild and unknown.

While the name may seem apt to someone working in near isolation from civilization, Longyearbyen takes its name from the American mining entrepreneur John M. Longyear who founded the town in 1906.

There are quite a few organisations in Longyearbyen who can help you with your trip. Refer to the *Practical Information* section for more information.

Longyearbyen – Practical Information

all

Svalbard Wildlife Service AS

To rent, buy, get any sort of competent advice planning the trip

address: PB 164 , 9170 Longyearbyen

tel: 79 02 10 35, fax: 79 02 12 01

Sysselmannen på Svalbard

To get permit (rarely needed), and drop the planned route

address: Skjaeringa, 9170 Longyearbyen

tel: 79 02 31 00

Norsk Polarinstitutt

to get map (1:100 000 are the most precise)

address: PB 505, Longyearbyen

tel: 79 02 26 00, fax: 79 02 26 04

Info–Svalbard

address: PB 323, 9170 Longyearbyen

tel: 79 02 23 03, fax: 79 01 10 20

Longyearbyen – Accommodation

all

Spitsbergen Funken Hotel

Great views over the town.

address: Spitsbergen Travel A/S, p.Box 548, 9171 Longyearbyen,
Norway
tel: 79 02 61 00

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Notes:

Nybyen

Southern-most in Longyear Valley, at the foot of the Longyear Glacier, lies Nybyen. Store Norske Spitsbergen Kulkompani built the tiny "village" after the Second World War, and the company's miners lived in the eight houses for many years. The village also included a common bathhouse, a laundry, a shop and a canteen, which soon became known as Stormessa – the large canteen.

The miners moved out and what is left is a very charming place. The solid timber houses are original, and have been redecorated and modernised several times. But it has not been possible – or desirable – to erase all the mining stories imbedded in the walls here. In Nybyen you live near a glacier, and feel a little "out in the wilderness", but in close proximity you have the "Huset" and Galleri Svalbard, both rich in tradition. Old mining equipment looms large against the mountainsides, and the whole area invites you to a very special stay in Longyearbyen.

Nybyen – Accommodation

all

Guesthouse

With prices from NOK 295,- per person, including breakfast, the Spitsbergen Nybyen Gjestehus is one of the most reasonably priced accommodations on Svalbard. You can also obtain discounts if you are a member of the worldwide chain of VIP Backpackers Resorts International.

address: p.Box 548, 9171 Longyearbyen, Norway

tel: 79 02 61 00

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Notes:



Stavanger

Stavanger is a charming, typical southern Norwegian city, and an exciting mix of old and new. Its proximity to the North Sea oil fields has made it the fast growing and wealthy oil capital of Norway. But its narrow lanes and white timber houses are all in well preserved traditional style, from classic style to *funkis*. It is a modern city with a wide variety of shops, cafes and restaurants. Contrast characterises this city, the people who live there, the surrounding landscape – and the weather! All this makes Stavanger a pleasant and very charming city.

Stavanger is Norway's fourth largest city. A city charter was obtained in 1125 when construction of the beautiful medieval cathedral began, but the area has been populated for over 10,000 years.

Stavanger is also the centre of higher education in Rogaland county. It has a number of cultural institutions including international, British and French schools because of the great influx of foreigners connected to the oil industry and to the "Emigration Centre for Genealogical Studies and Contact Between Norway and North America". The Canning Museum is the only one of its kind in the world and testifies to what has been an important industry for Stavanger.

Among the many other attractions are the theatre and the symphonic orchestra that has its home in the beautifully situated Kulturhuset. By boat you can reach the lovely islands of Kvitsøy, where the fjord meets the open sea. If you travel into Lysefjord, you will come to the strange and magnificent mount formation called Pulpit Rock. Utstein monastery outside of Stavanger is Norway's best preserved. Magnus Lagabøter built it in the year 1200. Originally a royal residence, it was later a Danish style manor. Concerts are held in the chapel, and during the summer months you may be fortunate to hear famous musicians perform here.

Stavanger – Eating Out

all

Cafe Sting

Very popular place. A restaurant, a café, nightclub and art gallery all in one. The place to meet for good food and culture. Established in 1984.

address: Valberget 3

tel: +47 51 89 38 78

Galeien Bistro

Good fish restaurant.

address: Hundvågveien 27

tel: +47 51 54 91 44

Stavanger – Getting There

Stavanger – Internet Cafes

all

Access Kommunikasjon As

Fax : 51 68 85 11

Sat: 09.00 – 18.00

Sun: 13.00 – 20.00

It has 6 pc up to date with geforce 2 graphic cards. It has an inet connection @ 2Mb/s which are an radio link.

Sat: 1000–1800

Sun: 1400–1800

price: ap. 3 dollars

tel: 51858450

email: stavanger@access-kom.no

hours: Mon–fri: 0900–1900

Access kommunikasjon
a/s>

Gravarsveien 61

address: 4300 Sandnes

KulturMoella

Sandnes 4330 Norway

Nytorget 15

4004 Stavanger

url: www.access.no

Dataport Stavanger

price: Surf, work, play, something to drink or eat. Welcome to Dataport Stavanger.

tel: 51 89 24 22

email: 11–02 monday – thursday 24hr friday and saturday 11–02 sunday

hours: 35

address: stavanger@dataport.no

url: www.dataport.no

Stavanger Aftenblad

price: Not an i–net cafe, but free i–net access
(max 30 minutes if others are waiting)

hours: free

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Notes:

Stjordal

STJØRDAL is located in central Norway, just north of Trondheim. It is both the name of a city in the county of **NORD TRØNDELAG** and of a river.

Stjordal is something of a travel hub. The E6 motorway passes through town as does the major railway heading north. The airport of Trondheim is also close by.

Stjordal is a good base for exploring the countryside. The extensive forest and mountain areas hide a rich and exciting animal life. North Trøndelag has two national parks: Gressåmoen in Snåsa and Børgefjell (which is shared with Nordland). The fauna is dominated by elk, but there are also smaller hardy deer such as red deer and roe-deer.

Along with its tributaries the Forra and Sona, Stjordal is one of the best fly-fishing rivers in Norway. Salmon up to 40lbs are caught on occasions.

Stjordal – Internet Cafes

all

Com-etn Internettcafe

price: 35kr

tel: 74824610

email: post@com-etn.net

hours: S?ndag–Torsdag 17:00–22:00 Fredag 17:00–23:00 L?rdag 13:00–23:00 Nattspilling 23:30–06:00

Stokkmoveien 1 (2. etg posthuset)

address: ,Stj?rdal

,7500

,Norway

url: www.com-etn.net

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Notes:

Stokmarknes

Small town on the Hurtigruten line from Bergen to Kirkenes.

Stokmarknes – Museums

all

Hurtigruten Museum Stokmarknes

Stokmarknes, in the Vesterålen islands, is said to be where the Hurtigruten originated.

The museum, three storeys high and one of the very early boats [separate admission] are only about a couple of minutes from the current boat – but whether the entrance fee is worth while depends on how much you have been delayed getting to Stokmarknes. If the boat has a lot of loading/unloading anywhere it gets late and it always tries to leave as near time as possible so your stop can be shorter than you expect. You could be left wishing you had seen it – and you wouldn't be the first!

url: www.norway.com

address: Stokmarknes

tel: 47 7611 8190

email: hurtig@online.no

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Notes:

Straume

Straume – Internet Cafes

all

Spidernet

The finest Netcafe west from Bergen.

price: 1 h 3\$ / 2 h 6\$ / 3 h 8\$ / 4 h 10\$

tel: 4,76E+09

email: spidernet@spidernet.no

hours: Monday – Friday 1400–2200 Saturday 1100–2200 Sunday 1400–2200

address: Sartor 2
Straume 5353 NORWAY

url: www.spidernet.no

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Notes:

Surnadal

Surnadal – Internet Cafes

all

Kristins Nettkafe

tel: +47 71 66 37 70

email: Mon–Thur 11–22

Fri 11–23

Sat 11–24

hours: Sun 12–22

Fastfood, Internet, Games

address: kristin@nettkafe.no

url: www.nettkafe.no

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Notes:

Telemark

Telemark is one of Norway's foremost vacation areas. Its varied and spectacular scenery mixes well with its sense of fun and enjoyment with something to do for all the family. From theme parks to countryside activities, Telemark has something for everyone, whatever the season.

The diversity of the landscape adds excitement to the area. Seaswept rocky shores merge with open farmlands, vast forests and narrow valleys. Steep mountains plunge into bottomless lakes or widen into endless mountain moors rolling onward to the horizon.

The Telemark Canal

The Telemark Canal was etched in the mountains for well over 100 years ago, and when the canal was completed in 1892 the rest of Europe called it the eighth wonder of the world". Five hundred men had worked for five years, blasting their way through the mountains. With a total of 28 lock chambers, the route was cleared from Skien to the ancient Norwegian town of Dalen, a sailing route of 105 km and with an elevation difference of 72 meters.

Skiing

It all began in Telemark. With woven willow bindings with heel fastenings and skiing with inner turns, Sondre Norheim originated the modern sport of skiing. With his daring skiing competitions, ski jumps and Telemark swings in Morgedal valley, Sondre taught the whole world to ski. Bring your family to Telemark and Hovden and experience a real skiing adventure!

Summer

Summer, sun, sea! Roaring waterfalls and silent lakes. Lazy slopes and wild mountains. Blues and folk music. A throng of happy holidaymakers or quiet paths for peace and meditation. The choice is yours! Telemark is a fairytale of opportunities. With its calm and temperate climate, its varying and magnificent scenery, its rich cultural heritage and multitude of exciting activities, Telemark has been a real summer fairytale for large and small, for more than a hundred years.

www.norwaydirect.co.uk

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Notes:

Tonsberg

TØNSBERG

The old name of this town was *Tunsberg* – the oldest town in Norway.

The city has about 35.000 inhabitants and liein the county of Vestfold.

Tonsberg – Internet Cafes

all

T?nsberg Internet C@fe AS.

tel: +47 33 33 27 56

price: 50 Nok/hour

Mon 11–22

hours: Thues–Thurs 11–23

Fri–Sat 11–24

Sun 11–23

address: post@tic.vf.no

url: [+47 33 33 13 67](tel:+4733331367)

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Notes:

Tonstad

Tonstad – Internet Cafes

all

SirCon NettCaf?

Price: 30 minutes 20NOK / 1 hour 40NOK
This is a game & friendly atmosphere we offer full
price: caf? & bar service, including Norwegian Waffles & Madeira Wine. Service
provided in English, Portuguese, Scandinavian & Spanish. Take advantage of
our in
tel: +47 38371111
email: post@sircon.no
hours: Mon–fri: 09.00–16.30 + Thu: 18.00–21.00
address: Pb 12, 4441 Tonstad, NORWAY
url: www.sircon.no

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Notes:

Tretten

Tretten – Internet Cafes

all

@lpha nettkaf?

url: home.no

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Notes:

Tromso

Tromsø — affectionately nicknamed "the Paris of the North" — is a lively city, located spectacularly on an island in Northern Norway, and surrounded by mountains, fjords and islands in all directions. It is the largest city in the region (2004: pop. 62,000), and residents will frequently point out that their outpost is home to the "World's Northernmost" brewery, university, planetarium, and mountain cable car, to name a few.

The city's most famous landmark is the **Arctic Cathedral** ("Ishavskatedralen"), whose unique architecture is evocative of snow and icebergs. Its stained-glass windows are among the largest in Europe. The **Tromsø Museum** has a good permanent exhibit on the Lapps (or "Sami" people) who are the indigenous people to the Northern parts of Norway, Sweden and Finland. The **Polar Museum** exhibits artifacts relating to arctic hunting and fishing, while the new **Polaria** Experience Center focuses on Arctic nature and environment, and features a "walk-through" seal aquarium.

The **Northern Lights Planetarium** features shows that are tailored to local phenomena, especially its namesake, the Northern Lights (Aurora Borealis), and the Midnight Sun. "Fjellheisen," the **Mountain Cablecar** will take you 420 meters above the sea, where you can enjoy a nice meal at the restaurant and delight in the view of Tromsø.

Fishing, subsistence farming, and trade of Arctic goods were the traditional occupations in Tromsø. While education, administration, and high tech industries have displaced them, the locals' outlook on life is still colored by their roots. Residents are typically open, direct and hospitable with a good sense of humour that most certainly has been an asset when the going gets rough. The city offers a number of excellent restaurants (**Emma's Drømmekjøkken** deserves a mention), and has many cozy bars and a lively night life.

Tromsø offers many options **outdoors** – whether in summer or winter, on land or at sea. Choices include sea or inland fishing, whale safaris and scuba diving, skiing and hiking, mountain climbing, biking, and swimming (the local beach, "Telegrafbukta", or Telegraph Bay, rarely gets above 14 degrees Centigrade, though). As for accommodation, the choice includes everything from first-class hotels to youth and family hostels to the very unique experience of staying in a fisherman's cabin or "Rorbu" with a rowboat moored right outside your door.

Tromso – Getting There

Located at almost 70 degrees North, visitors may wish to fly here from Oslo, about a 1 hr 45 min flight (daily non-stop jet service by SAS Braathens, and Norwegian Air Shuttle). The local airport, **Langnes** (IATA designator "TOS") is the largest airport in Northern Norway and a hub for regional flights North, as well as the gateway (and only airport servicing) the **Spitsbergen** (or "Svalbard") islands.

There are no scheduled international flights to Tromsø (except charter flights to some vacation destinations in the Mediterranean).

By boat: "Hurtigruta" (the **Coastal Steamer**, www.hurtigruten.com), the passenger ship and ferry that sails along the entire West Coast of Norway, makes daily stops here year round. The Southbound ship arrives just before midnight, offering passengers a chance to see the city and even make a midnight excursion to the

Mountain Cable Car before departing at 01:30. The Northbound ship arrives at 2:30 pm, and stays for 4 hours before continuing North at 6:30 pm.

High-speed, water-jet powered express boats ("Hurtigbåten") link Tromsø several times daily to the 2 nearest neighbor cities, Finsnes and Harstad. Their convenient downtown-to-downtown service and short direct travel path make them faster than driving and even flying!

Cruiseships also make stops in Tromsø in summer, usually as they're headed for the North Cape.

By Car: About 1600 km (1000 statute miles) north of Oslo, following European route E-6 for the most direct trip. For a more scenic drive, consider taking coastal routes wherever possible, and be sure to include such scenic highlights as the Lofoten, Vesteralen and Senja islands. An extensive bridge and tunnel construction boom has improved access to most parts of this region, although some sounds and fjords still have to be crossed by ferryboat. Tromsø is also a natural stop on the way for visitors headed for the North Cape, the northernmost point in Europe. In winter, some mountain roads may be closed intermittently due to heavy snows and/or avalanches.

Railroad: There is no railroad in Tromsø. The Norwegian State Railroad (www.nsb.no) network terminates in Bodø, some 500 km to the South. Although an extension to the railroad network has been discussed for decades, at present there are no such plans. The Norwegian city of Narvik, located only 240 km to the south, does have a railroad connection to the *Swedish State Railroad's* network. A bus connection between Tromsø and Narvik on "TIRB" (Troms Innland Rutebil") fills the gap between Tromsø and the railroad.

Tromso – Day Trips

The Mountain Cable Car ("Fjellheisen")

This getaway has been a popular attraction for locals and visitors alike since it opened in 1961. The Base Station is located near the mainland bridgehead, just a few minutes from the Arctic Cathedral. It is a short drive or bus ride from downtown, or a scenic 30 minute walk across the Tromsø bridge.

In 5 short minutes, the funicular ascends 420 meters to the top of *Storsteinen* (literally, "the Big Rock"). The mountain station (which burned to the ground in the 1980s, but was later rebuilt) offers magnificent views of the city and the surrounding sounds, fjords and islands. You may seek out additional vantage points by walking along the ridge from the station (beware of steep drops, in places without a fence—walk away from the edge if you're not too sure on your feet). The mountain station offers drinks and refreshments, as well as tasty local dishes. You may occasionally see a "Lavo," the traditional Lappish tent, near the mountain station, selling handmade jewelry and crafts.

From the Mountain Station, you may hike or mountain bike to higher elevations (or bike down the mountain for a thrill ride). Even in summer you will occasionally encounter snow, at least in patches. Before embarking on a long hike, check with the staff for the last cable car of the day. Hours of operation are quite extensive in the summer (many come here at midnight to see the Midnight Sun), but in winter, operation may be limited, especially in severe weather.

Local *Hanggliding* enthusiasts can be spotted most of the summer, as they use the ridge next to the Mountain Cable Car as their launch point for flights down to the city.

all

Whale Island – Kvaløya

The island of Tromsø is dwarfed by its neighbor, *Kvaløya*, which at 737 square km is among the largest in Norway. A bridge over the *Sandnes* sound connects the two islands. Immediately across the bridge a small suburb now greets you, but less than 15 minutes in either direction, modern houses yield to farms and fishing homesteads. The entire island provides ample opportunity for hiking, fishing, camping or other outdoor activities.

Straumshella: About a 30 minute drive from the bridgehead, going south, this unique recreation area is one of the best destinations on Kvaløya. Several older wood buildings from Tromsø have been moved and reassembled here, creating a unique atmosphere. Don't miss the cozy restaurant at the water front, whether for dinner or a tasty "Vaffel" (the traditional and seemingly ubiquitous sweet Norwegian waffles). You may fish from the cliffs, rent a cabin, or just utilize the area for the day. There are no user fees, but be sure to check local fishing regulations.

Sommarøy: You will have to continue past *Straumshella* for another 3/4 of an hour to get to this island and the many isles and skerries surrounding it, but if the weather is nice you will have found some of the best beaches in the Tromsø area. The hotel and conference center is quite charming, and offers waterfront dining, or just simple refreshments. If you brought a tent, you will be able to find an abundance of waterfront spots to camp for the night.

Tromso – Museums

The *Tromsø Museum* has a good permanent exhibit on the Lapps (or "Sami" people) who are the indigenous people to the Northern parts of Norway, Sweden and Finland. The *Polar Museum* exhibits artifacts relating to arctic hunting and fishing, while the new *Polaria* Experience Center focuses on Arctic nature and environment, and features a "walk-through" seal aquarium.

The *Northern Lights Planetarium* (another "World's Northernmost"), is definitely worth a visit. It features impressive 360 degree film and slide shows that are tailored to local phenomena, especially the Northern Lights (Aurora Borealis), and the Midnight Sun.

Tromso – History

Archaeological finds show that settlers inhabited the area as far back as 7,000 years BC, indicating that they followed the receding glaciers North as the last Ice Age came to a close. Inscriptions on exposed granite walls from the era show scenes of fishing and reindeer hunting. (Many of these primitive drawings can be seen today near *Straumshella* at Kvaløya—see "Day Trips" section.)

The early seeds of township can be found in the establishment of Tromsø's first church in 1252. In addition to abundant fishing and subsistence farming, the town's geographical location made it a natural center of trade. Extensive commerce from hunting and whaling expeditions to the arctic, as well as the so-called *Pomor-trade* with the great neighbor to the east, attracted merchants from Germany, France, Britain and Russia. Tromsø finally gained full trading privileges and a town charter in 1794. The international influences created a lively local culture; a German visitor in the 19th century was so surprised to find such a well developed social and fashion scene that he proclaimed it "the Paris of the North," a nickname that stuck and that you will hear often to this day.

As the town grew, it acquired a Shipyard (1848), the Tromsø Museum (1872), and the World's Northernmost Beer Brewery (1877), *Mack*. In the 1890s, the town truly cemented its position as *Porten til Ishavet* — the gateway to the Arctic. Many Arctic Expeditions started here, and famous explorers Fritjof Nansen, Roald Amundsen and Umberto Nobile all drew on the expertise found in the city.

The city limits originally covered only part of the island of Tromsø. After a number of consolidations of the nation's many municipalities in the 1960s, the city ultimately grew to cover an area over 2 500 square km, making it the largest city in the world.

Tromsø was occupied during the Nazi Germany occupation in World War II, but the city was spared the scorched earth tactics that the retreating Germans applied in the province of Finnmark to the north. In 1944, the British Airforce was finally able to catch up with and sink the gigantic German battleship "Tirpitz," which the Nazis had hidden in the fjords and sounds around Tromsø.

The 1960s saw some notable improvements in communications for the city; *Tromsøbrua*, the bridge that connects the island to the mainland, was completed in 1961, and the *Langnes* airport opened in 1964, marking the end of the seaplane era for the city.

Further modernizations took place through the 1970s. A catastrophic fire in 1969 had consumed many wood buildings, and much of the city center had to be rebuilt. The establishment of the University of Tromsø in 1972, the world's northernmost university, helped propel city growth further.

Today, Tromsø is an important regional administrative seat, a center for education, and the home of one of the nation's largest hospitals. Alumni of the University have gone on to establish high-tech industries in such varied fields as biotechnology and aeronautics. However, traditional trades such as fishing, fish-processing, and more recently fish-farming, are still important to the local economy.

The population had grown to approximately 62,000 by the end of 2003.

Tromsø – Getting Around

The city of Tromsø encompasses both the island (*Tromsøya*) as well as suburbs on the mainland (*Tromsdalen*) and Kvaløya. Most hotels are located in or near downtown.

If you arrive by plane, an airport bus is your cheapest option to reach your hotels and/or downtown (about 30 NOK). If you get to Tromsø by boat, you will be arriving right in the middle of downtown.

On foot: Most museums, restaurants, bars and clubs, and many other tourist destinations are within walking distance of downtown.

By Bus: Covering greater distances within the city is also conveniently done by the local, blue buses (*Tromsbuss*). Timetables can be obtained from bus drivers, at kiosks, or on the internet (www.tromsbuss.no). Buses operate less frequently after 10 pm on most routes, although, especially on weekends, some night-buses are available.

Destinations outside the immediate city area are serviced by "TIRB" (www.tirb.no), another regional bus company. TIRB's network stretches as far north as North Cape (the northernmost point in Europe), and south to Harstad and Bodø (both of which have railroad connections).

By taxi: In the downtown area, cabs will line up at a handful of designated locations. Everywhere else, you will need to call for a cab (Phone: 7760 3000, or check www.tromso-taxi.no for more info). Fares are always metered, and can be quite high. Tipping is not necessary.

You may also rent a car, which is particularly useful for excursions to the many interesting sights on the surrounding islands. Keep in mind that renting and operating a car generally is a costly proposition in Norway. However, if you plan ahead, you may find that it is well worth the expense. Hertz, Avis, Budget and Europcar can all be found at the airport. Note that free, unlimited mileage is usually an add-on option that may double the price of your rental.

Tromso – Internet Cafes

all

DarkLight AS

"DarkLight AS" is centrally located in the "Domus" building at *Stortorget* (the main town square). We offer assorted warm dishes, soft drinks and several kinds of coffee. There is an arcade and an internet cafe (8 stations).

price: 60NOK/hour
tel: +47 77687444
email: firmapost@darklight.no
hours: Mon–Fri – 15:00 – 23:00
address: Stortorget 1
url: www.darklight.no

Amtmandens Datter

tel: 776 84 906
email: Free PC–usage for caf?–guests!

hours: 12 – 02:00 (03:00)
address: Grønnegata 81
Tromsø 9008 Norway

Regnbuen Internett Kafe

NORWEGIAN: Flyktninger, innvandrere og norske i alle aldre er velkomne.
price: Internettkaféen er åpen for alle som vil orientere seg i flerkulturen om lokale eller globale spørsmål. Veiledning for nye brukere. I tillegg til Internett kan vi hver 1. dag
tel: ++47 93684025
email: Ma–Thu – 15.00 – 19.00 Sat – 12.00 – 16.00
hours: 0, FREE
address: regnbuen@visto.com
url: www.student.uit.no

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Notes:

Trondheim

Trondheim is Norway's *Silicon Valley* (or, perhaps *Fjord*). But this present day high-tech center is also a very old city, celebrating its 1000th anniversary in 1997. St. Olav (King Olav Haraldsson) was buried here after falling in the battle of *Stiklestad* on July 29th, 1030 AD. The Gothic cathedral *Nidarosdomen* was built over his grave, making Trondheim the fourth most important pilgrim city in the entire Catholic Church. For four centuries pilgrims came to seek comfort, help and miraculous cures. Norway's monarchs have also been crowned in this national shrine, right up to King Olav who chose a simpler ceremony in 1957.

From 1153 to 1537, Trondheim was the seat of the country's archbishop and the spiritual centre of an area including Greenland, the Faroe Islands, the Orkney Islands and the Isle of Man. A great deal of Norwegian history has taken place in Trondheim and the surrounding areas. The city also lies in one of the country's most important agricultural districts.

After the city burnt down in 1682, General Caspar Cicignon of Luxembourg was made responsible for the rebuilding. His Renaissance city plan laid the foundation for modern Trondheim. It is now a green city with a mixture of wide streets and modern buildings as well as picturesque wooden houses and narrow alleyways. In the middle of town you will find the lovely Stiftsgården, which is one of the king's royal residences and the third largest wooden building in a Nordic country. The calm and beautiful river Nidelva winds through the heart of the city. Since the river has been cleaned up, salmon is again a frequent guest.

The heritage of St. Olav is celebrated at the annual Olav Days around *Olsok* (July 28) with concerts, lectures, and exhibits, walking tours and religious services. At the old Ringve farm, summer concerts are held at the National Museum for Music and Musical Instruments, a fascinating place with a fine collection of old instruments. From Ravnkloa down by the harbour, you can go by motorboat out to the old Munkholmen cloister ruins. Directly beside Nidaros Cathedral lies Erkebispegården, the oldest Nordic non-secular building, which also houses a military museum.

Trondheim – Eating Out

all

Bajazzo

Very trendy place, in the centre of town.

This place has been out of business for years!

address: Søndre gate 15,

url: www.bajazo.no

tel: +47 73 52 52 20

Posepilten

On the corner of Prinsens gate and Dronningens gate, this is a nice restaurant with Turkish, Bosnian, Greek and Norwegian specialities. Trondheims literary café. Live music now and then.

address: Prinsens gate 32

url: www.posepilten.no

tel: +47 73 50 27 05

Bakklandet Inn

To the right of the Old Town Bridge, you will find this small and cosy inn with local specialities. In summer there are a few tables outside.

address: Bakklandet Skydsstasjon

tel: +47 73 92 10 44

Trondheim – Getting There

Trondheim – Internet Cafes

all

Bajazzo Kaffebaren

price: NKR 20 (pr. 30 min.)

tel: (+47) 73 52 52 20

hours: Mon–fri 09:00 – 24:00

address: Søndregt.15
TRONDHEIM 7011 Norway

url: bajazzo.no

cafedotcom DA

25 pc's 2 Mbps line.

email: post@cafedotcom.no

Kongensgt 19

address: 7012 Trondheim
Tlf: 73 53 30 80

url: www.cafedotcom.no

Dataport

Dataport focuses on gameplaying, but all machines has software for writing, surfing and chating.

price: 30,- NOK
tel: 4773507500
email: dataport@dataport.no
hours: weekdays 12:00 – 04:00 weekends 24h
address: Kjøpmannsgata 34
Trondheim N-7011 Norway
url: www.dataport.no

Norrøna IT-hotell

Not a cafe – but a hotel giving net access to all customers in their rooms.

tel: 73802300
email: norrøna@it-hotell.com
address: Thomas Angells gate 20
7011 Trondheim

NetTime

12 PCer, games, internet, e-mail.

address: Innheredsveien 86 Trondheim
hours: 14–22
email: support@nettime.info
price: 25,-
url: www.nettime.info
zipcode: 12

Trondheim – Museums

all

Nat. Museum of Decorative Arts, Trondheim

This title in Norway suggests something good and it is no letdown. As it's open at 10.00 [except on Sundays] it's certainly easily doable in the time the boat is moored and, as the Cathedral is often shut at the requisite time, it's perhaps the main place on easy offer.

There are permanent collections of furniture, porcelain and textiles.

Adults 50k, Seniors 30k and children/students 25k

url: www.nkim.museum.no
address: Munkegaten 3–7
tel: 73 80 89 50

email: nkmuseum@nkim.museum.no

Ringve Music Museum, Trondheim

You would possibly be able to get to the museum under your own steam [on a public bus] but it would be necessary to check whether you could – and get an English tour at the right time. Otherwise you might prefer the official trip. It's certainly a lovely building and the keyboard instruments make a fine collection – guides will play them as you go around.

The museum has a huge collection of instruments, including folk instruments, from all parts of the world.

Bus 3 or 4 from the centre – about ten minutes ride.

url: www.ringve.com

address: Lade Allé 60, 7041 Trondheim

tel: 00 47 73 87 02 80

email: firmapost@ringve.museum.no

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Notes:

Tvedestrand

Tvedestrand – Internet Cafes

all

SpaceBar

mondays: closed

Situated in an old mansion on top of the mountain in the middle of the small, idyllic town of Tvedestrand, we can offer a variety of services to the public. We have a nice 2.3 Mbit SDSL connection, and a modern PC-park.

price: 30 Nkr / hour 15 Nkr / half-hour

tel: 97081198

email: ledelse@spacebar.no

hours: Tuesday through friday 14.00 to 21.00 Saturday 12.00 to 19.00 Sundays and

address: Mddelskolegata 19, Tvedestrand, 4900, Norway

url: www.spacebar.no

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Notes:

Tysfjord

Tysfjord – Internet Cafes

all

Arran – lulesamisk senter

price: Free

tel: +47 75 77 51 00

email: post@arran.no

hours: 08.00 – 16.00

address: Drag 8270 Norway

url: www.arran.no

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Notes:

Vardo

VARDØ

Located at the extreme northeast corner of Norway, only 40 miles from the border with Russia, near the entrance to the Varangerfjord.

Vardø dates back to 1307, when the most northern fortress in the world was built on the island of Vardøya in the Barents Sea. The Vardø fortress was extensively rebuilt early in the 18th century and in 1789, the town received its charter.

Today, fish processing plants and tourism provide the primary sources of employment. Especially among bird lovers the area is popular.

Vardo – Internet Cafes

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Notes:

Ålesund

Ålesund, situated on the west coast of Norway south of Trondheim, is completely atypical. A disastrous fire early in the twentieth century led to international aid [the German Kaiser was fond of the city and put a lot into the fund] Rebuilding in the style of the time led to this extraordinary anomaly, an art nouveau styled city on the Norwegian coast.

The buildings have to be seen to be believed but Ålesund is also a great centre for Geiranger area as well as others. The outlying Runde is the southernmost of Norway's bird rocks and can easily be visited from here.

davidx, 27/07/2004

Ålesund – Accommodation

The Brosundet Gjestehus is a great venue. It is an art nouveau building, originally a warehouse, whose proprietors show interest in its history and put up plenty of photos.

Bedrooms are en-suite and comfortable and there is a cooking facility [shared] for those who want it. breakfast is large and varied and cost is moderate.

Ålesund – Internet Cafes

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Notes:

Åndalsnes

Sometimes comments on travel boards about Åndalsnes are little short of caustic yet it has plenty going for it. It is between Molde and the Romsdal rail line from its terminus here and the bus ride to {Geirangerfjord.

The Great Western Hotel provides wonderful views and a choice between a terrific buffet on the ground floor or a set or a la carte meal in the downstairs restaurant. What *do* people want?

<http://www.virtualltourist.com/m/1c048/3687c/> click on mustsees at the bottom.

Åndalsnes – Getting There

It's far from the only way to arrive but many come by the Romsdal line, a branch from the main rail line from Oslo to Trondheim. The line ranks along with the private Flåmsbahn as one of Norway's most scenic. It drops thousands of metres in a very short distance and, on the left as you are approaching Åndalsnes, if you look back a bit you will see Europe's highest vertical cliff, The Trollsvegen.

Åndalsnes – Getting Around

Bus drivers are always prepared to run the odd bit extra to take you up to the hotels and there are some terrific routes from Åndalsnes. Those to Molde and Ålesund are mentioned on the main page and the former can be linked with part of the latter if you take the car ferry from Molde.

However the best trip is that over the Golden Route to Geiranger, which includes a car ferry part way [unusually the bus doesn't take you across – but another one is there waiting to take you onwards. The Trollsnigge Pass and the mountains above it, named after chess pieces for obvious reasons are seen first with the road snaking all over the mountainside. The route only operates for a few months in the summer and, even in June, there was plenty of snow at the top. Then, at the bottom on the far side you are allowed off to admire and photograph a fast-flowing waterfall. Along the valley to the car ferry and then over the delectable Eagles' Highway where the splendid Geirangerfjord is first seen through trees.

Time for a trip to Hellesylt and back in the car ferry and then to ride back to Åndalsnes in time for dinner.

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Notes:
