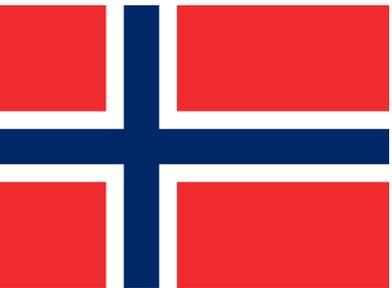


NORWAY

CHEAT SHEET

making the difference...



NORWAY

**LAND OF FJORDS, HIKES, VIKINGS,
WILDLIFE, ADVENTURE, MIDNIGHT
SUN, TROLLS AND NORTHERN LIGHTS**

CURRENCY Norwegian Krone NOK

POPULATION 5.3 million

CAPITAL Oslo

TIPPING Tipping is not obligatory, but good service can be rewarded.

ELECTRICITY 220 volts AC (50 Hz), type C & F sockets with two round pins

TIME ZONE Central European Time UTC +1 (UTC+2 during daylight saving time)

BAGGAGE Included 1 suitcase 23kg & 1 piece of hand luggage
per person

SAFETY Generally a safe region to visit, for winter activities you should be familiar with elementary safety, otherwise follow the instructions carefully.

CREDIT CARDS Accepted in most cases

ARRIVAL PROCEDURE A representative from BDM will greet you at the airport and transfer to hotel.

MUST TRY FOOD Norwegian waffles, Fish meatballs, Myseost (brown cheese), Cloudberry, Potato Lefse (flatbread), Whale meat

GREETING Handshake



NORWAY

DESTINATION INFO

The essence of Norway's appeal is remarkably simple: this is **one of the most beautiful countries on earth.**

It is the westernmost, northernmost—and in fact the easternmost—of the three Scandinavian countries.

About two-thirds of Norway is mountainous, and off its much-indented coastline lie, carved by deep **glacial fjords, 50,000 islands.**

Glaciers, grand and glorious, snake down from ice fields that rank among Europe's largest.

Norway is known as the **land of the midnight sun**, because certain areas of the country get 24 hours of sunlight for part of the summer.

Norway's **kos** (literally cosiness) is a state of mind that can include anything from warmth, comfort, kindness and safety to laughter and good times.



HIGHLIGHTS

Adventure

Fjords

Mountains

Whale meat

Trolls

Vikings

The Midnight Sun

Stave Churches

The Atlantic Road

Waffles

Preikestolen

Northern Lights

Munch

Colorful houses



OSLO

DESTINATION INFO

Nestled between the Oslofjord and forested hills, Oslo is named **European Green Capital 2019** for its dedication to conserving natural areas and reducing pollution, Oslo maintains its refreshing closeness to nature that few other capitals can match.

Captivating landmarks like:

- Opera House,
- Astrup Fearnley Museum
- Vigeland Park
- Norsk Folkemuseum
- Viking Museum
- Munch museum



LOFTHUS

DESTINATION INFO

Lofthus is a village in the municipality of Ullensvang, which is located in the **Hardanger region** of Hordaland county, Norway.

Visiting Lofthus gives you a good starting point for many **exciting experiences** as:

- Trolltunga cliff
- Vøringsfossen Waterfall
- Hardangervidda
- Hardanger bridge

The scenery in Hardanger is at its most beautiful in Lofthus, with a fantastic views of the Folgefonna glacier.



BERGEN

DESTINATION INFO

Bergen – **the fjord capital**, historically Bjørgvin, is a city and municipality in Hordaland on the west coast of Norway.

It is the second-largest city in Norway. The municipality covers 465 square kilometres (180 sq mi) and lies clambering up the mountain sides, overlooking the sea. Bergen is known as the '**city of seven mountains**' and is famous for the seven mountains surrounding the city centre, the **Hanseatic Wharf** and the fish market.

Bryggen (the dock) - a series of Hanseatic commercial buildings lining the eastern side of the Vågen harbor is one of Bergen's and Norway's main attractions.

It is included on **UNESCO's** World Heritage List. **Other places to see are:**

- Gamle Bergen Museum
- Hanseatic museum Bergen
- Fløibanen funicular & Mount Fløyen
- Fish market



FLAAM

DESTINATION INFO

The Flåm Railway has been described as **one of the most beautiful train journeys in the world** and is one of the leading tourist attractions in Norway. Over the course of one hour, The train runs from the end of **Aurlandsfjord**, a tributary of the Sognefjord, up to the high mountains at Myrdal station.

The train runs through spectacular scenery, alongside the Rallar Road, vertiginous mountainsides, foaming waterfalls, through 20 tunnels, and offers so many viewpoints that, for many people, a single trip up and down is not enough.



LOEN

DESTINATION INFO

Loen is a small village situated innermost in Nordfjord, below the great Jostedalsglacier.

Enjoy **Loen Skylift** to Mt. Hoven (1011 m.a.s.l.), and see the fjord landscape from above.

Loen Skylift brings you from the fjord to Mt. Hoven at 1011 m.a.s.l. in only 5 minutes. Enjoy the great panorama view of the fjord landscape, the mountains and the Jostedalsglacier National Park.

From Loen it is possible to reach Briksdal Glacier.



GEIRANGER

DESTINATION INFO

Among the most scenically outstanding fjord area on the planet!

Geirangerfjord is the jewel in the crown of the Norwegian fjords.

Take a fjord sightseeing trip and experience it all. Or take the roads that twist and turn through one hairpin bend after another to **Geiranger Skywalk- Mt. Dalsnibba**, Flydalsjuvet and **Ørnesvingen**, to experience a fantastic, **panoramic view** of one of most beautiful tourist destinations in the world, which has been included on **UNESCO's** list of World Heritage



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