



Trondheim

# Norway

Norway inspires images of dramatic rugged mountains, fjords, picturesque villages and a landscape that is second to none. In one of Europe's most sparsely inhabited countries, these elements are reality.

Stretching from the North Sea coastline to the borders of Finland and Russia, this delightful country is largely unexplored by UK visitors. Travel off the beaten tourist track and you will discover a country rich in history, charming small towns and friendly locals.

The capital city, Oslo, is a vibrant and cultural destination. Considered to be one of the world's greenest and most livable cities, it is also one of the most prettily-situated. Surrounded by the waters of the Oslofjord and boasting a wonderful selection of museums, this city is an ideal destination for a short-break or as the start of a longer more exciting adventure.

Sculpted by nature, the spectacular landscape of the fjords – green mountains, blue waters, and thundering waterfalls – cannot fail to impress. Whether an artist, keen walker, or nature lover, this is the location for you. It is here that you will find the

fascinating towns of Bergen, Ålesund, Molde and Trondheim - all ideal destinations for a short break or as a gateway to the natural wonderland of the fjords.

To the north, the wild and weather-beaten Lofoten isles, university city of Tromsø and the border town of Kirkenes await. With an arctic landscape of mountain peaks, idyllic fishing villages and blue fjords, this region is a wonder to explore. This is the land of the midnight sun and of the northern lights.

Choose Norway as your next holiday destination and we promise that you will not be disappointed!

Daily temperatures												
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Oslo	-2.3	-13	2.4	7.3	14	17.6	19.9	18.7	13.7	8.1	2.3	-1.4
Bergen	2.7	3	4.9	8	12.9	15.1	16.6	16.3	13.3	9.8	5.8	3.3
Svolvær	-9	1.4	-0.8	2.8	6.7	11.2	15.5	12.1	8.3	7.2	2.2	3.9
Tromsø	-4.4	-4.2	-2.5	0.3	4.8	9.1	12	11	6.7	2.7	-1.1	-3.3



### Special Interest

- **Nature lovers:** Norway consists of large areas of unspoiled land. In fact, 30% of the land is covered by forests, rivers and lakes and nearly 50% of the country is given over to mountain ranges. The fjord region and the Lofoten Islands boast spectacular scenery and are a must for any nature lover.  
**See pages: 63-74 and 80-82**
- **Ornithologists:** The Lofoten Islands attract a wide variety of bird species including White Tailed Eagles, Razorbill, Guillemot, Cormorant, Kittiwake and Puffin. In addition, the island of Runde, close to Ålesund, serves as a nesting ground for half a million birds.  
**See pages: 72 and 80-82**
- **History and culture:** UNESCO has inscribed 7 sites in Norway to the World Heritage List. The Fjord region is home to 4 sites: The Hanseatic Wharf of Bryggen in Bergen, Urnes Stave Church, the Geirangerfjord and the Naeroyfjord.  
**See pages 63-74**
- **The Vikings:** The word Viking comes from the Old Norse word 'vikings' meaning someone that came from the Fjords. Today, the word Viking is used to describe the seafaring traders, warriors and pirates from Scandinavia, who sailed the open seas between the late 8th and 11th centuries. The Vikings were explorers and evidence of former settlements can be found as far a field as the Faroe Islands, Iceland, Greenland and even Newfoundland in Canada. During their reign, the Vikings waged regular attacks on Great Britain and captured many key cities and colonised large areas of Ireland and Scotland.  
  
The history and culture of the Vikings remain popular. In many cities throughout Norway, museums depicting historical events can be visited. In Oslo, the Viking Ship Museum displays the three best preserved Viking ships in the country as well as finds from the chief grave at Borre. On the Lofoten Islands the Lofotr Viking Museum includes a reconstructed 83m long Chieftains farm, three ships and a boat house.  
**See pages: 58-59 and 80-82**

