



# Tour Information



## Bergen, Oslo and The Norwegian Fjords





## Passports

You may need to renew your British Passport if you are travelling to an EU country. Please ensure your passport is less than 10 years old (even if it has 6 months or more left on it) and has at least 6 months validity remaining from the date of travel. EU, Andorra, Liechtenstein, Monaco, San Marino and Swiss valid national identification cards are also acceptable for travel.

For more information, please visit: [passport checker](#)

## Visas

As a tourist visiting from the UK, you do not need a visa for short trips to most EU countries, Iceland, Liechtenstein, Norway and Switzerland. You will be able to stay for up to 90 days in any 180-day period. For all other passport holders please check the visa requirements with the appropriate embassy. For further information, please check here: [travel to the EU](#)

For all other passport holders please check the visa requirements with the appropriate embassy.

Royal Norwegian Embassy: 25 Belgrave Square,  
London SW1X 8QD Tel: 020 7591 5500  
Open 10.00 – 15.00 Monday to Friday  
Email: [emb.london@mfa.no](mailto:emb.london@mfa.no)  
Website:  
<http://www.norway.org.uk/Embassy/embassy1/>



## Tickets

Included with your detailed itinerary is an e-ticket which will show your flight reference number. You will need to quote/show this reference number at the check-in desk, and you will be issued with your boarding pass. Online check-in is not available.

Your ticket is non-transferable and non-refundable. No refund can be given for non-used portions.

## Departure Tax

The departure tax is included in the price of your flight tickets.



## Baggage

We advise you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

With Norwegian Airlines your ticket includes one hold bag of up to 20kg plus one cabin bag no bigger than 55 x 40 x 23 cm and a personal bag (handbag or computer case) no bigger than 25 x 33 x 20 cm.

Please contact the airline for further information.  
<https://www.norwegian.com/uk/travel-info/baggage/>

## Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

## Border Control

At border control, you may need to:

- show a return or onward ticket.
- show you have enough money for your stay.
- use separate lanes from EU, EEA and Swiss citizens when queueing.

## Taking food into EU countries

You are not able to take meat, milk or any products containing them into EU countries.

## Transfers

On arrival in Bergen, transfer by coach to hotel (approx. 35 mins).

## Special Requests

If you haven't already done so, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements. Please note that some airlines may charge for use of wheelchairs.



## Accommodation

### Thon Hotel Orion, Bergen

This comfortable four-star hotel is centrally located very close to Bergens UNESCO-listed **Bryggen** Wharf District, the Torgalmenningen (the main town square) and the Fløibanen funicular railway, all of which are within easy walking distance. The hotel offers comfort, excellent guest-service, modern tastefully designed rooms. The hotel also has a small gym, and free tea and coffee is available all day.

For more information visit their website:

<https://www.thonhotels.com/our-hotels/norway/bergen/thon-hotel-orion/>

### Kviknes Hotel, Balestrand

This four-star hotel has been owned and operated by the Kvikne family since 1877, the Kviknes is now a modern hotel with old-world charm and atmosphere. Facilities include a bar and restaurant and light, airy, very comfortable bedrooms with balcony, with all modern amenities, mostly located in a recently-built annexe.

For more information visit their website:

<https://www.kviknes.com/>

### The Thon Opera, Oslo

The four-star Thon Opera Hotel is located in the heart of Oslo city centre and is only a short walk away from the Opera House and Barcode skyscraper. Facilities include the Scala Restaurant and the Eufemia Bar with an extensive Gin menu. Bedrooms all have private bathrooms, mini-bar, free wi-fi, telephone, TV and tea/coffee making facilities.

For more information visit their website:

<https://www.thonhotels.com/our-hotels/norway/oslo/thon-hotel-opera/>



## Food

More often than not, breakfast (*frokost*) in Norway is a substantial self-service affair of bread, crackers, cheese, eggs, preserves, cold meat and fresh and pickled fish, washed down with tea or ground coffee.

For the best deals, you're often going to have to eat your main meal of the day at lunchtime, when *kafeterias* (often self-service restaurants) lay on daily specials, the *dagens rett*. This is a fish or meat dish served with potatoes and a vegetable or salad, often including a drink, sometimes bread, and occasionally coffee, too. You'll find *kafeterias* hidden above shops and offices and adjoining hotels in larger towns, where they might be called *kaffistovas*. Most close at around 6pm, and many don't open at all on Sunday. As a general rule, the food these places serve is plain (though there are exceptions), but the same cannot be said of the much more up-to-date café-bars which abound in all of Norway's larger towns and cities.

Apart from exotica such as reindeer and elk, the one real speciality is the seafood, simply prepared and wonderfully fresh – whatever you do, don't go home without treating yourself at least once. Smoked salmon comes highly recommended, as does catfish, halibut and monkfish. The best deals are often at lunchtime, though some restaurants don't open till the evening.

## Drink

If you decide to splash out on a few drinks, you'll find Norwegian beer is almost universally lager-like; Carlsberg owns the country's largest brewer, Ringnes. That said, recent modifications to the alcohol laws have tried to stir the microbrewery pot and although this has made little headway so far, things may pick up. One notable star-turn is the Ægir microbrewery at the Flåmsbrygga in Flåm. There has also been a minor boom in farmhouse cider-making across the western fjords: Ulvik, for example, has several producers. As regards wine, there's no domestic production to speak of and most spirits are imported too, with the principal exception being aquavit (*akevitt*), a bitter concoction served ice-cold in little glasses; it's more palatable with beer chasers. *Linie aquavit*, made in Norway from potatoes, is one of the more popular brands.

### Meals included in the price of your holiday are:

**Breakfast** – daily

**Dinner** – on days 3 and 4



## Destination

Norway, known as the Land of the Midnight Sun, is the westernmost, northernmost—and in fact the easternmost — of the three Scandinavian countries. Best known for the complex and deep fjords along its west coast which stretches from the North Sea near Denmark and Scotland into the Arctic Ocean and has borders with Finland, Sweden and the north-western tip of Russia. The Viking kingdoms of Norway were unified in 872 AD by Harald Fairhair. In the following period, Norwegians settled in many places, such as Iceland, the Faroe Islands and parts of Scotland and Ireland, where they founded Dublin. In the beginning of the 14th century, Norway and Sweden were unified as the Norwegian king was also elected king of Sweden. At the end of the century, the two countries and Denmark were unified in the so-called Kalmar Union. Sweden broke out of the union in 1521. Norway remained unified with Denmark until 1814. Only a few months after the declaration of independence, Norway entered into union with Sweden, though it must be noted that this union with Sweden allowed Norway to keep a great deal of independence. The union with Sweden lasted until 1905, which is considered the beginning of modern Norway.

Well known for its amazing and varied scenery. The fjords in the west of the country are long narrow inlets, flanked on either side by tall mountains where the sea penetrates far inland. By far the major part of the land is a rocky wilderness, and thus Norway has large, completely unpopulated areas, many of which have been converted to national parks. Even outside the national parks, much of the land is unspoiled nature.

### Places of interest included in the tour:

#### Bergen

Norway's second city is strikingly set on a convergence of fjords, backed by steeped, forested slopes. Fascinating and picturesque quarters wait to be explored – not only Bryggen, the famous old timber wharf with UNESCO World Heritage Site status, but also residential neighbourhoods with photogenic, white-painted wooden houses lining quiet cobbled streets. Translating as The Wharf, Bryggen dates from the 12th century, though over the centuries it has been ravaged by fire. The 60 ochre- and tawny-coloured wooden buildings you

see today are mostly around 300 years old, reconstructed after a particularly devastating fire in 1702.

For more information about Bergen, visit:  
<https://en.wikipedia.org/wiki/Bergen>

#### Sognefjord and Balestrand

The Sognefjord is Norway's longest and deepest fjord and contains some of the wildest and most beautiful scenery in Norway, and its famous arm the Nærøyfjord has World Heritage status. The Sognefjord extends from the coast just north of Bergen to the mighty mountains of the Jotunheimen National Park and the blue ice of the Jostedalsbreen glacier. At its deepest, Sognefjorden plunges to more than 1,300 metres, and the mountains along the fjord rise to more than 1,700 metres. Balestrand is located on the northern shore of the Sognefjorden and has been described as one of the most villages in Norway. Its brightly painted houses are dwarfed by enormous mountains coated in the remains of glaciers. Balestrand is known to be an arty community and features a 2kms Heritage trail which passes a selection of unique villas, originally built by resident artists during the years 1890 - 1900s. Some of the villas have a slight Gothic appearance, with jutting roofs, verandas and decorated gables often with dragonhead ornaments.

For more information about Sognefjord, visit:  
<https://www.visitnorway.com/places-to-go/fjord-norway/the-sognefjord-area/>

#### Jostedalsbreen National Park

A town without road connections until 1986, Fjaerland lies along the banks of the Fjærlandsfjord, a scenic and majestic fjord with Glacier-capped mountain peaks, with bright green water because of the melt water from the glaciers that flow into the fjord. The centre of the Fjaerland is a section called Mundal, with a church, school, shops, and accommodations. Mountaineers find the terrain here some of the most challenging in Norway, as both the Supphelle Glacier and the Bøya Glacier come down to the floor of the valley in Fjaerland. Both glaciers are "pups," the term for chunks of ice that fall from a massive glacier -- in this case, Jostedalsbreen, the largest on the European

continent. The aim of the Norwegian Glacier Museum is to collect, create and disseminate knowledge about glaciers and climate. The exhibitions cover topics within both natural and cultural history. The interplay within the natural environment and between mankind and nature, is highlighted through film, interactive models and individual experiments with real glacier ice.

For more information about the Jostedalsgreen area, visit:

<https://www.visitnorway.com/listings/jostedalsgreen-national-park-centre/3242/>

## Flam Railway

The journey from Flåm at the innermost part of the Aurlandsfjord, up to the high mountain station at Myrdal on the Bergen Railway, is a railway experience unparalleled in Europe; 20 kilometres long with an ascent of 2,838 feet and a gradient of 1 meter in 18! The gradient is unique for this kind of ordinary gauge railway, and to cope with the enormous height difference, the track runs partly through tunnels, which spiral in and out of the mountainside.

For more information about Flam Railway, visit:

<https://flamsbana.business.site/>

## Oslo

Oslo is now a major tourist destination and the gateway to what many believe is Scandinavia's most scenic country. That's just one more change for this town of 500,000 — a place that has become good at survival and rebirth throughout its 1,000-year history. In 1348 a plague wiped out half the city's population. In 1624 a fire burned almost the whole of Oslo to the ground. It was redesigned and renamed Christiania by Denmark's royal builder, King Christian IV. After that it slowly gained prominence as the largest and most economically significant city in Norway. During the mid-19th century, Norway and Sweden were ruled as one kingdom, under Karl Johan. It was then that the grand main street that's his namesake was built, and Karl Johans gate has been at the centre of city life ever since. In 1905 the country separated from Sweden, and in 1925 an act of Parliament finally changed the city's name back to Oslo. Today, Oslo is Norway's political, economic, industrial, and cultural capital.

For more information about Oslo, visit:

<https://www.visitoslo.com/>

## The Fram Ship Museum

The Fram museum, located at Bygdøy, a short distance from the centre of Oslo, tells the story of Norwegian Polar Exploration. The museum holds the strongest wooden ship ever built, that dates from 1893. You will have the opportunity to board the ship and see how the crew and their dogs managed to survive in the coldest and most dangerous places on earth - the Arctic and the Antarctic.

For more information visit: <https://framuseum.no/>

## Reading Suggestions

**John A Yilek, *History of Norway*.**

Based on exhaustive research, History of Norway is a clear, informative and entertaining description of Norway's history from the earliest cultures of the Stone Age to today's oil and gas economy. Along the way, there are fascinating stories of Vikings, the Sami, kings and queens, farmers and fishermen, merchants and miners, the Black Death, the Hanseatic merchants, the Reformation, independence, emigration from Norway to America, polar explorers, the Nazi invasion and the Norwegian resistance in World War II, and much more!

**Snorre Evensberget, *Eyewitness Travel Guide: Norway*.**

Packed with stunning photography and illustrations, discover Norway region by region; from the enchanting Northern Lights and beautiful fjords, to the vibrant Oslo nightlife. The guide provides all the insider tips every visitor needs, whether you are whale watching, exploring museums or hiking across spectacular mountains. You'll find 3D cutaways and floorplans of all the must-see sites of major cities and towns plus reliable information about getting around this incredible country. DK Eyewitness Norway explores the culture, history, wildlife and architecture, not missing dramatic walks, hikes, scenic routes and churches, as well as guidance on Norwegian cuisine and the midnight sun.

## Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operates according to plan. If you have any problems or questions, please see him or her immediately and they will do their utmost to resolve any issues.

# The Basics

**Climate** – The weather in Norway at this time of year is likely to be similar to the UK. The best time to visit is between mid-May and mid-August. Evenings may be cool and there is the chance of the odd shower. Our best advice is to come prepared.

**Time** – GMT +2 hours (Summer time Apr-Oct); GMT + 1 (Standard time Nov-Mar).

**Language** – Norwegian

**Religion** – Evangelical Lutheran

**National holidays** – New Year's Day (01 Jan); Holy Thursday (18 Apr); Good Friday (19 Apr); Easter Monday (22 Apr); Labour Day (01 May); Constitution Day (17 May); Ascension Day (30 May); Whit Monday (10 Jun); Christmas day (25 Dec); Boxing Day (26 Dec).

**Currency** – Norwegian Krone; kr. Notes are in denominations of 1000, 500, 200, 100 and 50. Coins are in denominations of 20, 10, 5 and 1.

**Banks** – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

**Credit cards** – American Express, Diners Club, MasterCard and Visa are widely accepted across the country. If you're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it's advisable to carry a supply of cash with you at all times. Varying amounts of commission can be charged.

**Electricity** – 220 volt, two-pin continental plug.

**Drinking water** – Tap water is safe to drink. (Although you'll find a huge amount of bottled water for sale too)

**Shops and museums** – Shops are open Mon-Wed and Fri 0900/1000 -1700/1800, Thurs 0900-2000 and Sat 1000-1800. Supermarkets are open Mon-Fri 0900-2000 and Sat 1000-1800. Shops are closed on Sunday. *Kiosken* (small shops offering limited essentials) and petrol station shops are open late in the evenings and on Sundays. Most museums are open daily.

**Shoes & clothes** –You may like to bring a warm sweater for cool evenings. Light rain wear and good grip/flat walking shoes are recommended.

**Camera** – Bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

**Bath plugs** – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

**Telephones/mobiles** – The guarantee of free mobile phone roaming throughout the EU, Iceland, Liechtenstein and Norway has ended. Check with your phone operator to find out about any roaming charges that might be applied after 1st January 2021. A new law means that you are protected from getting mobile data charges above £45 without you knowing. Once you reach £45, you need to opt in to spend more so that you can continue using the internet while you are abroad. Your phone operator will tell how you can do this.

**Tipping** –To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one awards with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm.



## Health

### Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

**Keep receipts for insurance claims.**



### Hospital

Your tour manager/hotel reception will arrange hospital transport.

**Keep receipts for insurance claims.**

### General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

### Sun Protection

Always ensure you take sufficient sun protection and moisturiser. A sun hat and sunglasses are also advisable.

### Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



## Insurance

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

### European Health Insurance Card (EHIC)

Before you travel, make sure you've got a valid European Health Insurance Card (EHIC) or UK Global Health Insurance Card (GHIC) or travel insurance with health cover.

You may not have access to free emergency medical treatment and could be charged for your healthcare if you do not have an EHIC or GHIC when visiting an EU country, or travel insurance with full healthcare cover when visiting Switzerland, Norway, Iceland or Liechtenstein. If you have an EHIC it will still be valid while it remains in date. Your European Health Insurance Card (EHIC) or Global Health Insurance Card (GHIC) will be valid if you're travelling to an EU country.

For further information about the GHIC please visit: <https://www.ehic.org.uk>



**Should an emergency arise, please call our offices on:**

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 7841 023807

**PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.**

If you find that you need consular assistance during your holiday:

British Embassy Oslo  
Thomas Heftyes gate 8,  
0244 Oslo,  
Norway  
Tel: +47 23 13 27 00  
Open Mon-Fri 9.00 – 16.00

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