

NORWAY - POWERED BY NATURE! **ISSUE 2 - 2009**

Fall is in the air and the first snow has arrived in the mountains and the most natural destination to consider has to be **Norway**.

Unique to **Oslo** is the outdoor life literally on our doorsteps and it is the only capital city in Europe which offers great skiing only 20 minutes from the city centre at Tryvann Winter Park. The slopes are open from early December to Easter making all the bars in Oslo great for après ski! If skiing isn't your thing there is ice skating, curling, sledding or a forest adventure – naturally.

The winter destinations of **Lillehammer, Geilo & Hemsedal** all of which offer a variety of winter activities are only a couple of hours away. Not to forget **Røros**, a unique destination where you can get two countries for the price of one and the best of winter activities.

Above the **Arctic Circle** in **Norwegian Lapland** – the Ice Hotel in **Alta** will open again in January as well as all Arctic activities and the chance to see the Northern Lights. There is only one **North Cape** – the northernmost point of Europe and that is in Norway – much more exciting in the winter than in the summer. Further north, halfway to the North Pole is the exciting island of **Spitsbergen or Svalbard**. We recommend an expedition to Isfjord Radio Station, an exotic venue in the winter and a unique destination in the summer - truly far from the maddening crowds!

Planning for next years conference or incentive a perfect destination is the Geiranger Fjord and the **Hotel Union**. Check it out at <http://www.hotel-union.no>. In addition to the spectacular scenery of one of Norway's most famous fjords there is also the possibility for soft adventure in the nearby fjords and mountains before relaxing in their spa with amazing views over the fjord and mountains or dining along the fjord edge.

Bergen the capital to the fjords offers great activities and you should check out **Cornelius** – we arrange a boat transfer to this venue which offers shell fish lectures and sampling of course before enjoying a superb seafood dining experience. You don't get any closer to the source of the menu than here!

Another possibility is a day excursion out from Bergen to the Hardangerfjord and **Hardingasete** for lunch and activities before catching your chartered seaplane back to Bergen. It is also a unique conference venue used by international executives and idyllically situated on the Hardanger Fjord. Houses and farm buildings from the 1600-1800's have been here brought here from their original sites.

For more information contact: mari.hayes@fredolsen.no
www.fredolentravel.com

