

# Open-air office



Trolltunga rock in Hardangerfjord  
© Holger Baldus

## Meetings and team-building in Bergen & Hordaland

BERGEN  
VOSS  
HARDANGER  
SUNNHORDLAND  
COAST ADVENTURE  
NORDHORDLAND



Tandem jump at Voss



Bryggen in Bergen



Yoga with Coast Adventure



Folgefonna glacier



# Experiences outside your comfort zone



Professional guides will show you the best Bergen and Hordaland has to offer.  
© Terje Rakke-Nordic Life/  
visitnorway.com

*In Bergen and Hordaland, your company* won't just get what you wish, but also things you didn't even know you wanted. Here, what you need is an inclusive package that not only matches what you are looking for, but also exceeds your expectations. Welcome to a broad range of fantastic activities and experiences, both within and outside your comfort zone.

You are looking for something different. Something new. Something exciting. Something to provide inspiration and bring out the best in each and every one of you. But also as a team. In our region, all this is available through a combination of amazing nature experiences, challenging activities, culinary delights and a rich cultural scene. The contrasting scenery, combined with access to the ocean, coast, fjords, glaciers and mountains allows for a varied programme that will heighten your team's senses.

” *From the ocean, coast and skerries to fjords, glaciers and mountains. Let these unique experiences be a source of inspiration for your meeting or event by choosing Hordaland next time.*

We are ready to customise a packed programme for you and your group. A programme that will send you home with more than you originally expected.

*Welcome to experiences outside your comfort zone!*

BERGEN AND HORDALAND

## Getting to and from the region

*Bergen and Hordaland* are easy to get to from all over the world. Direct flights from more than 30 European cities, over 30 daily flights and five trains from Oslo, and daily arrivals by Hurtigruten boats and ferries from Denmark make Bergen an accessible transport hub. Excellent local boat and bus services make it easy to get around the whole region.



The region has a well-developed road network to all destinations. © Tide



Bergen Airport Flesland will open a new domestic terminal in autumn 2017. © Avinor



Bergen Railway connects with Flåm Railway. © NSB / Rune Fossum

### BY AIR

Bergen Airport Flesland is about 17 km (30 min) from Bergen city centre, from where there are good onward connections by boat, train and bus.

[avinor.no/flypass/bergen](http://avinor.no/flypass/bergen)

Stord Airport is 13 km (18 min) west of Leirvik on Stord.

[stordlufthavn.no](http://stordlufthavn.no)

### BY RAIL

Bergen Railway from Oslo via Voss to Bergen. Six and a half hours in lovely scenery across the Hardangervidda plateau.

[nsb.no](http://nsb.no)

### BY CAR FERRY & EXPRESS BOAT

Fjord Line has daily arrivals from Hirtshals in Denmark and from Stavanger.

[fjordline.com](http://fjordline.com)

Bergen is the turnaround port for the Hurtigruten boats between Bergen and Kirkenes, which arrive and depart daily.

[hurtigruten.com](http://hurtigruten.com)

Car ferry and passenger boat services in Fjord Norway:

[Fjord1.no](http://Fjord1.no)

[Norled.no](http://Norled.no)

[Rodne.no](http://Rodne.no)

### BY BUS

NOR-WAY Bussekspress has express bus services that cover most of Southern Norway.

[nor-way.no](http://nor-way.no)

Timetable information for Norway

[ruteinfo.no](http://ruteinfo.no)

Automatic timetable information

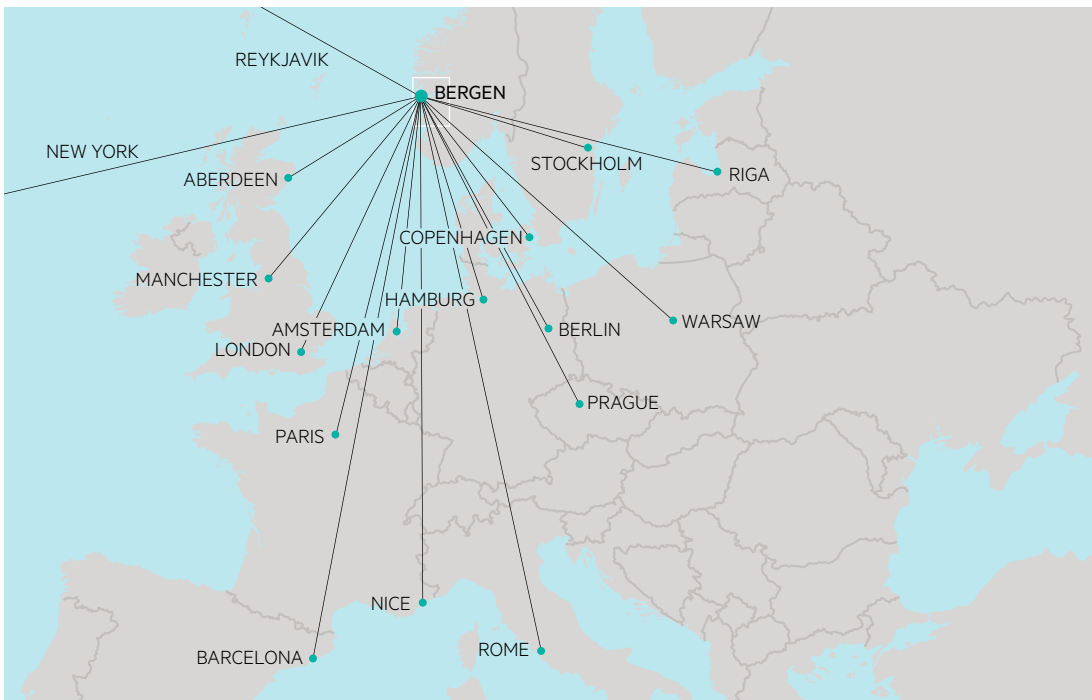
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[skys.no](http://skys.no)

CHARTERING OF BUS, BOAT, HELICOPTER AND AVIATION SERVICES

See [www.visithordaland.no](http://www.visithordaland.no) and [www.visitBergen.com](http://www.visitBergen.com) for more information.





**DISTANCES & TRAVEL TIMES**

- BERGEN - VOSS  
101 km - 1 hrs 30 min
- BERGEN - NORHEIMSUND  
76 km - 1 hrs 15 min
- BERGEN - ULVIK  
148 km - 2 hrs 10 min
- BERGEN - LOFTHUS  
160 km - 2 hrs 25 min
- BERGEN - ODDA  
133 km (ferry) - 2 hrs 40 min
- BERGEN - BEKKJARVIK  
53 km (ferry) - 1 hrs 45 min
- BERGEN - LEIRVIK på Stord  
83 km (ferry) - 2 hrs 30 min
- BERGEN - ROSENDAL  
118 km (ferry) - 2 hrs 20 min
- BERGEN - STRAUME  
15 km - 20 min
- BERGEN - GLESVÆR  
39 km - 50 min
- BERGEN - KNARVIK  
28 km - 30 min
- BERGEN-LINDÅS  
54 km - 55 min

From Bergen Airport Flesland, it is only about 30 min to Bergen city centre. There are several transport options:

**Taxi**

**Airport bus**  
(EVERY 10 MIN)

**Bergen Light Rail**  
(FROM 2017)



# Stimulate all your senses!



*Creating an inspiring framework for meetings* is about much more than providing modern meeting premises and conference facilities. People often want to discover a new place or experience things together with others. Listen to good stories. Enjoy good food. Learn something new. Create something together with colleagues. Experience nature up close. Test themselves physically and mentally. Find something new to grapple with. Or just relax in a new setting. Everything has to be in place – whether your business is tourism, the retail trade or stockbroking. Sometimes your team has both deserved and will benefit from a completely new experience. Bring your team to Bergen and Hordaland.



World champion chef «Bocuse d'Or»  
Orjan Johannessen / Bekkjærвик Gjestgiveri

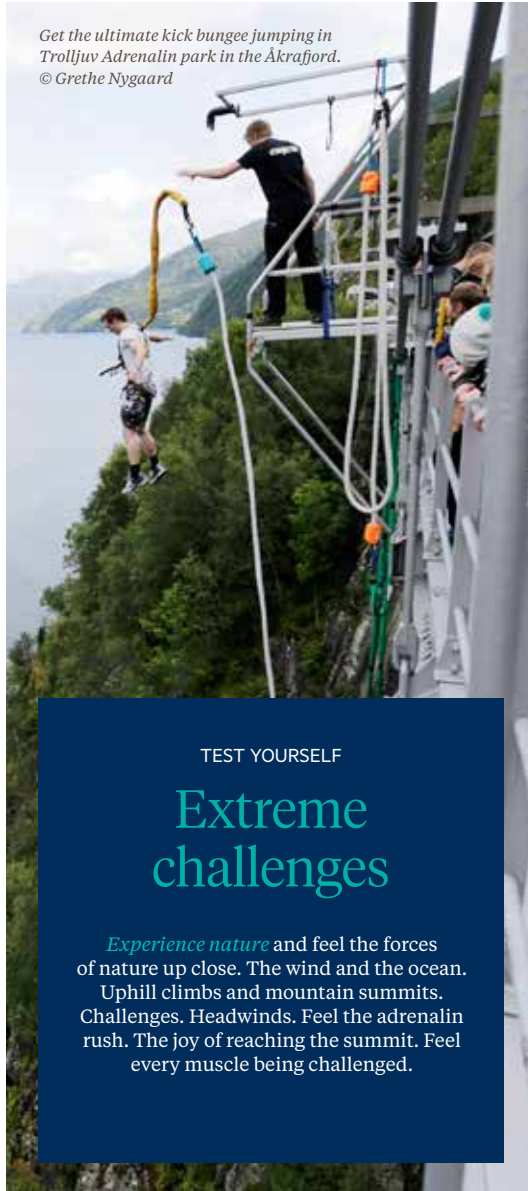


LEARN SOMETHING NEW

## World champion and mentor

*If you want to learn something*, then nothing beats learning from the best. This applies whether you want to learn a discipline, a trade or attitudes and a winning instinct. Western Norway has fostered many people who have excelled – in everything from the culinary arts to winter biathlon. With us, your company can learn from some of the very best.

Get the ultimate kick bungee jumping in Trolltjv Adrenalin park in the Åkrafjord.  
© Grethe Nygaard



TEST YOURSELF

## Extreme challenges

*Experience nature* and feel the forces of nature up close. The wind and the ocean. Uphill climbs and mountain summits. Challenges. Headwinds. Feel the adrenalin rush. The joy of reaching the summit. Feel every muscle being challenged.

Pull in the same direction as your colleagues.  
© Ida Vollum

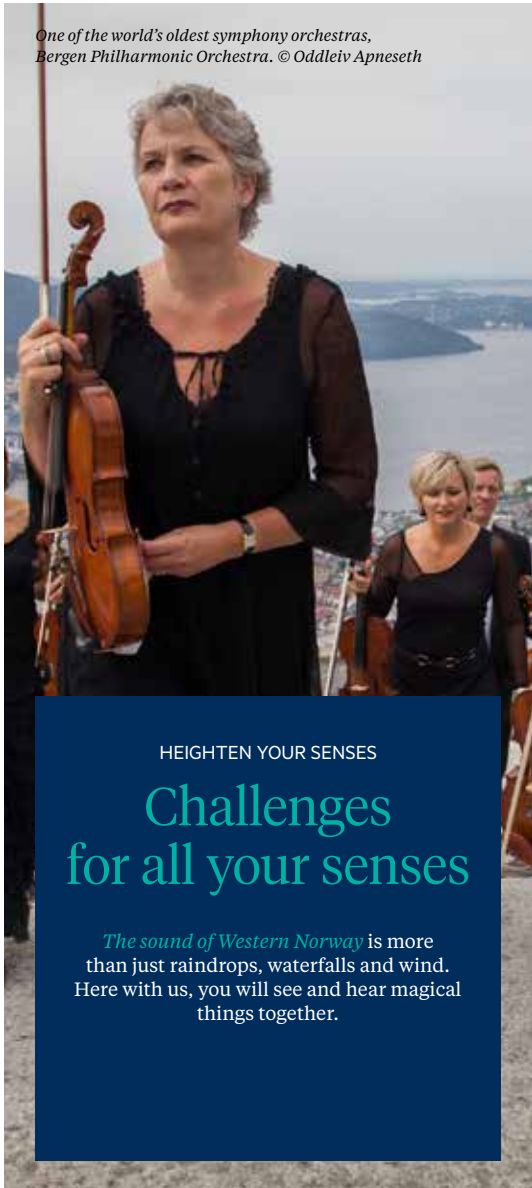


EXPERIENCE TEAM SPIRIT

## Be part of the flock

*Paradoxically, if you take* your staff away from their everyday routine, they will often flock closer together. It is about getting to know each other in a new way, doing things together in a new setting. Here in Bergen and Hordaland, your team spirit is reinforced and expanded because you have the locals on your side as well.

One of the world's oldest symphony orchestras,  
Bergen Philharmonic Orchestra. © Oddleiv Apneseth

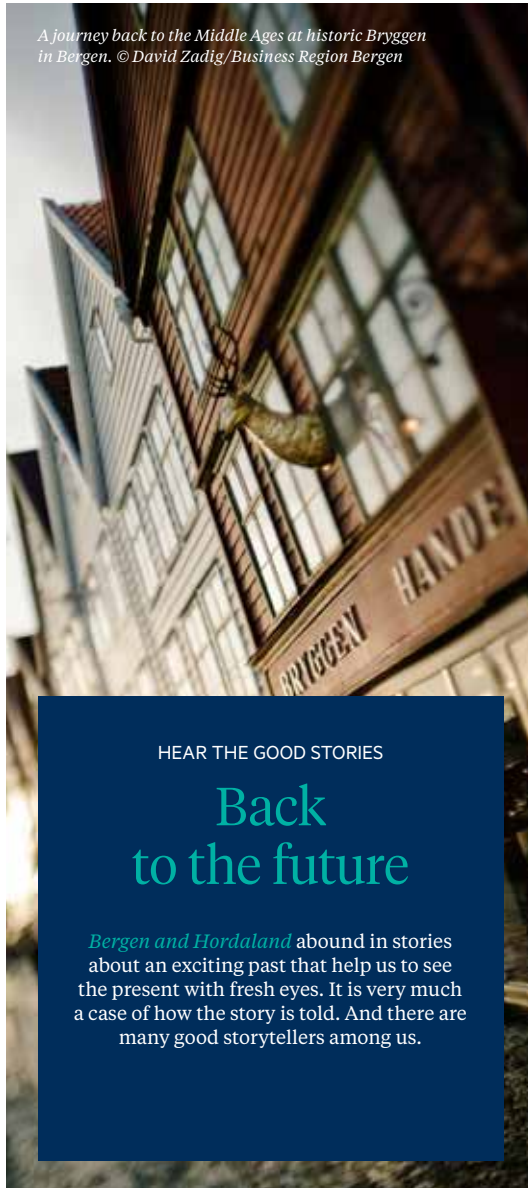


HEIGHTEN YOUR SENSES

## Challenges for all your senses

*The sound of Western Norway* is more than just raindrops, waterfalls and wind. Here with us, you will see and hear magical things together.

A journey back to the Middle Ages at historic Bryggen in Bergen.  
© David Zaäig/Business Region Bergen

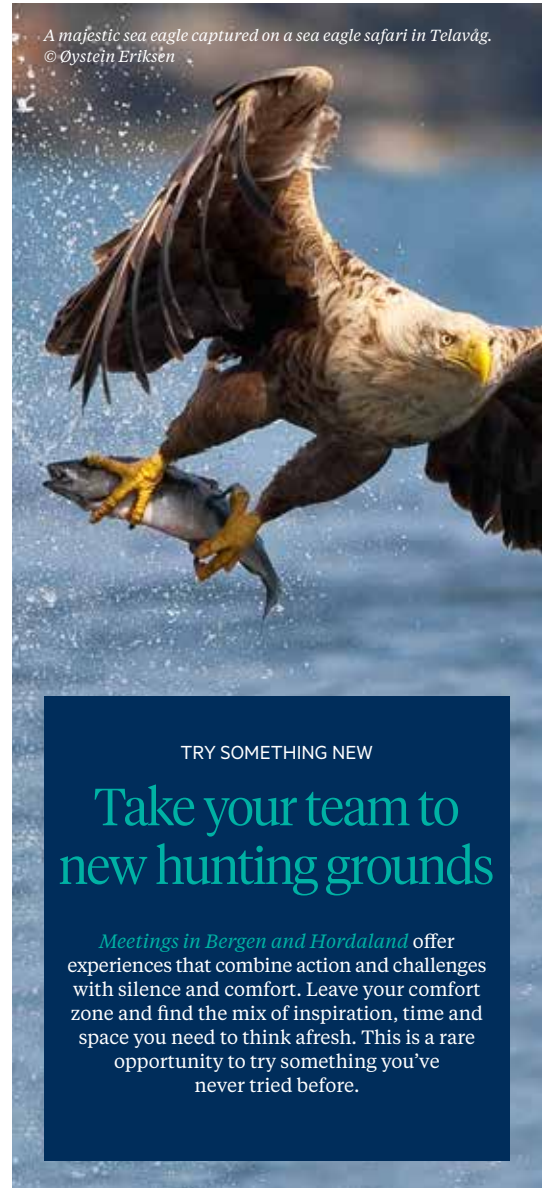


HEAR THE GOOD STORIES

## Back to the future

*Bergen and Hordaland* abound in stories about an exciting past that help us to see the present with fresh eyes. It is very much a case of how the story is told. And there are many good storytellers among us.

A majestic sea eagle captured on a sea eagle safari in Telavåg.  
© Øystein Eriksen



TRY SOMETHING NEW

## Take your team to new hunting grounds

*Meetings in Bergen and Hordaland* offer experiences that combine action and challenges with silence and comfort. Leave your comfort zone and find the mix of inspiration, time and space you need to think afresh. This is a rare opportunity to try something you've never tried before.





Out to lunch



# All fairy tales have a beginning

Bergen. Gateway to the Fjords. A European City of Culture. World Heritage city. Gourmet restaurants, an abundance of accommodation options and world-class experiences to choose from. State-of-the-art conference facilities. Easily accessible, with good connections by air and sea from Norway and abroad. There can hardly be a more natural location to organise an event, an excursion, a conference or a meeting for the people at your work. Whether it is a big conference with several hundred participants or an inspiring team-building trip for a handful of people.



From soft to extreme. Hurtle down Mt. Ulriken on a bike.  
© Sverre Hjørnevik / www.fjordnorway.com



Narrow alleyways at Bryggen.  
© iStockPhoto



A gourmet meal.  
© Colonialten - Helge Hansen/Montag



Kayaking in Bergen's harbour.  
© Terje Rakke / Nordic Life - Visitnorway.com



Bryggen in Bergen.  
© Girish Chouhan - visitBergen.com

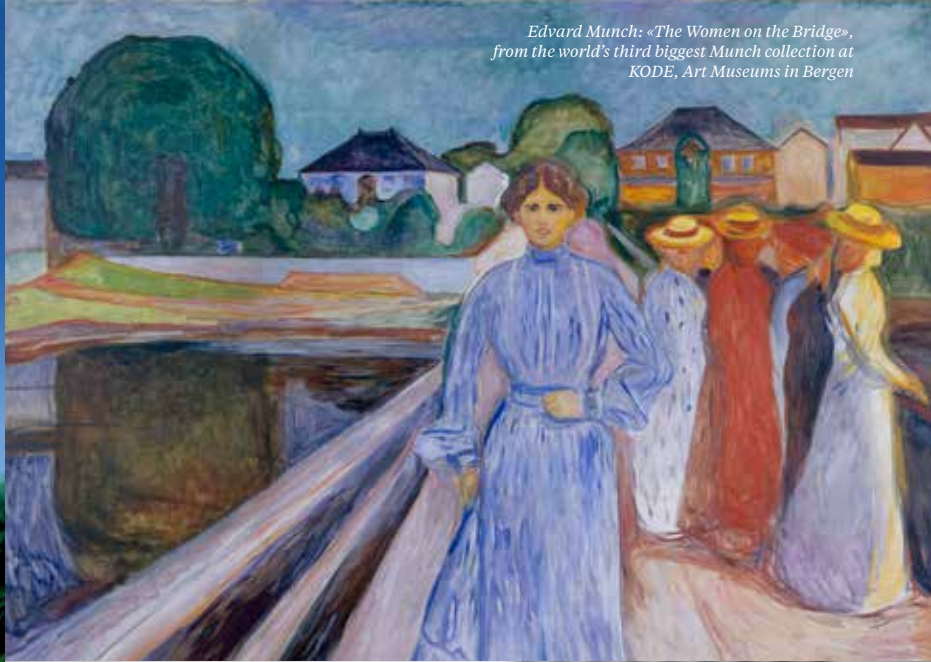




Bergen National Opera produces opera of a high international standard. «The Cunning Little Vixen» by Leoš Janáček. © Yaniv Cohen/Bergen National Opera



International stars fill Bergenhus Fortress – Koengen. © Vidar Langeland / Bergensavisen



Edvard Munch: «The Women on the Bridge», from the world's third biggest Munch collection at KODE, Art Museums in Bergen



Bergen International Festival is the biggest music and theatre festival in the Nordic region. © ANTI / www.fredjonny.com



# Meet your colleagues somewhere new

The success of a conference is about the overall experience. It involves a finely-tuned mix of professional, social and cultural elements. Something is needed to supplement talks and Power-Point presentations.

Choosing an exciting city like Bergen is therefore a good place to start. The city abounds in inspiring input that can help to recharge people's batteries. All year round.



Contact us

[Bergen Convention Bureau](http://Bergen Convention Bureau)

[convention@visitBergen.com](mailto:convention@visitBergen.com)

Tel: +47 55 55 20 10

[www.visitBergen.com](http://www.visitBergen.com)

EDVARD GRIEG & OLE BULL

## A blind date with a rock star

*Come on a blind date with the biggest rock stars in Norwegian history. Both Edvard Grieg and Ole Bull were born and bred in the cultural city of Bergen, where you can enjoy a unique meeting with these two composers and friends.*

A private concert at Edvard Grieg Museum Troidhaugen is an unforgettable experience. The intimate atmosphere of the villa is the perfect setting for a performance of Grieg's piano music on his own Steinway from 1892. At a concert in the Troldsalen concert hall, you can enjoy the music while admiring the view that inspired Grieg as he worked. Whether you choose to visit Edvard Grieg's home at Troidhaugen or any other arena in the Bergen region, you can let Bergen Philharmonic Orchestra spice up your event.

Welcome to Ole Bull's world on Lysøen island. It was here that the world-famous violinist and composer had his 'little Alhambra', a distinctive villa that is preserved exactly as it was when Ole Bull built it in the 1870s.



Bergen Philharmonic Orchestra's viola group on the Fløibanen funicular. © Oddleiv Apneseth



Tailor a programme that will offer a new way of experiencing music we all know and love. Hold your next meeting at Ole Bull's villa on Lysøen or Edvard Grieg Museum at Troidhaugen.

CONVENTIONS AND CONFERENCES

## A city for big occasions



Popular celebrations in Bergen city centre. © Eilif Stene - visitBergen.com

*Bergen. A city that is proud to host big festivals, international sporting events, concerts and conferences.*

Flexible indoor and outdoor arenas make Bergen a preferred choice for big occasions.



The Grieg Hall offers flexible solutions for meetings and events. © Helge Skodvin/Ratio Arkitekt AS/Origo Arkitektgruppe AS



The Grieg Hall is home to Bergen Philharmonic Orchestra and Bergen National Opera. © David Zadig/Business Region Bergen

HISTORIC CULTURAL ARENAS

## Conferences in historic surroundings

*As a European City of Culture and World Heritage City, Bergen abounds in cultural arenas that demonstrate why Bergen deserves its UNESCO status. Arenas in unique settings that add a distinctive flavour to your meeting or event.*



Schotstuene Assembly Rooms. © Museum Vest



Haakon's Hall. © Eivind Senneset - visitBergen.com



Statsraad Lehmkuhl during the Tall Ships Races 2014 Bergen. © Eivind Senneset



Grieg's villa at Troidhaugen, Edvard Grieg Museum. © Dag Fosse



# Meeting experiences in a format of their own

Bergen is more than just Bergen. Bergen is more than just the city. It offers and shows you the way to even more experiences. Choosing Bergen as the location for your meeting gives you a chance to try something out of the ordinary – outside your comfort zone. From the city, you can explore the spectacular fjords, our number one attraction. No wonder Bergen is probably also number one city for meetings.



The University of Bergen's new Auditorium. © UIB

## BUSINESS AND INDUSTRY IN THE BERGEN REGION

### A meeting place for almost 1,000 years

*Ever since the Hanseatic era in the 14th century, Bergen has been a centre of knowledge and a place where different industries come together.*

#### RESEARCH AND DEVELOPMENT

Bergen currently has more than 30,000 students. Large educational institutions such as the University of Bergen, Bergen University College and the Norwegian School of Economics have given Bergen a strong and wide-ranging research community and leading expertise in important sectors. With several Centres of Excellence and as the only region with a Centre of Excellence in subsea technology, Bergen has academic and research communities that are recognised worldwide, communities that have hosted conferences for up to 3,000 participants.

#### MEDIA AND CULTURE

The Bergen region is a leading region for media, film, music and design. In addition to its rich popular musical scene and its trend-setting role since the 1970s, the region has played a leading role in media technology and media production for use in all sectors.

#### THE MARITIME AND MARINE INDUSTRIES

There is a long tradition in the Bergen region for harvesting and producing seafood, and the region has a dominant position in catching, producing, processing and selling seafood to the global market. The region is home to important national players in all parts of the aquaculture industry, which leads the field in developing efficient and sustainable production methods. With one of Europe's biggest ports, the city is also a centre for maritime industry.

#### OIL, GAS AND ENERGY

The Bergen region has a unique resource base in the petroleum sector, traditional hydroelectric power and new renewable energy sources. Over the past 40 years, local subsea, oil and gas enterprises have developed an expert community in Bergen that is now among the best in the world. The Bergen region is the biggest area in Norway in terms of bringing oil and gas ashore, and it is famous for its expertise in the production, operation and maintenance of onshore, offshore and subsea installations. The industry cooperates closely with the maritime industry and many players are expert in both fields.



Impressive view of Bergen from the viewing platform at Mt. Fløyen.  
© David Zadig/Business Region Bergen



Wave after wave out on the fjord. © Yngve Garen Svardal/Avisa Nordhordland

#### HIGH-SPEED THRILLS

### Action-packed activities

*High-speed thrills on the fjord. Soaring over majestic scenery. Or what about climbing one of the city's mountains? Bergen offers exciting experiences and challenging activities.*

In just a few minutes, the Fløibanen funicular or Ulriksbanen will take you to the city's «roof», where you can try mountain climbing, cycling or a zip-line. Down in the harbour, high-speed RIB boats are waiting to take you out to the fjords and the ocean, where a wide range of fjord and marine activities await you. Here, there is action from the fjords to the mountains.



DAY TRIP TO THE FJORDS

## A meeting with the kingdom of the fjords

*Lead your colleagues through the Gateway to the Fjords. Whether you choose to travel by boat, train or helicopter, you can spice up your event with a whole or half-day trip from Bergen. Spectacular activities and exciting encounters with extreme nature await you in the fjords. From gentle and mild to rough and wild – this is a land of contrasts. Easily accessible from Bergen.*



*Experience the fjords by helicopter from Bergen © Travel Planners of Scandinavia*



## Don't miss...



*A stroll among narrow streets. Take your colleagues on a guided walk around one of the largest areas of wooden houses in Europe, which add to Bergen charm and uniqueness.*

© Cole Rise/Matador Network/www.fjordnorway.com



*Open-air office on Bergen's roof. The Fløibanen funicular takes you up to one of Bergen's seven mountains for some outdoor team-building and activities. Enjoy a fine dinner at venerable Fløien Folkerestaurant, or eat outdoors among trees, mountains, paths and lakes.*

© Fløyen/Sverre Hjørnevik



*A local public speaker. Let the sea lion Mossy, Selma the seal and the penguin Pingrid Alexandra provide inspiration for your meeting or event.*

© Thor Håkønsen

## Explore the city of Bergen

### SIGHTSEEING AND SHOPPING

See Bergen from the air by helicopter, hire a boat and see the city from the sea, or roll around the city streets on a Segway. It is up to you to choose how you and your team explore Bergen. In the compact city centre, you will find cosy cafés and bakeries, and a wide range of shops that make Bergen a charming shopping town. Take home clothes and other goods from world-famous manufacturers such as Janus, Dale of Norway and Oleana.

### CULTURE AND NATURE

Bergen's unique cultural arenas such as KODE's art galleries, Den Nationale Scene theatre and the Grieg Hall enable you to combine meetings with magical cultural experiences. Bergen is also famous for its seven mountains. The Fløibanen funicular and Ulriksbanen cable car can take your team up to the mountains in a few minutes. Once up there, there is a wide range of activities on offer, and the exclusive Sky:Skraperen Restaurant & Bistro and Fløien Folkerestaurant are perfect for functions and dinner.

### HISTORIC BERGEN

As a UNESCO World Heritage City, Bergen has many meeting venues in historic surroundings. Historic Bryggen, Bergenhus Fortress with Haakon's Hall, the rococo-style Damsgård Country Mansion and the function rooms at Alvøen Country Mansion are all ideal for receptions, parties, banquets and dinners. A stroll around the wooden houses of Old Bergen or a visit to historic Bryggen are like travelling back in time, and the narrow cobbled alleyways give you an impression of what life was like in medieval Bergen.

### FJORD CRUISE AND FISHING

Let the fresh sea breeze and the unique combination of the sea, fjord and mountains inspire you to hold your meeting on board a boat out on the fjord. Learn what it feels like to catch a big fish out at sea, or what about combining your meeting with a RIB boat safari along the fjord coast? Bergen's coastline abounds in impressive nature experiences and exciting and challenging activities.

### UNESCO CITY OF GASTRONOMY

Fish and seafood have been a key part of Bergen's cuisine ever since the heyday of the stockfish trade. A genuine interest in seafood and the world-famous quality of its ingredients have put Bergen on the map as a seafood city. Thanks to the chefs at Bergen's gourmet restaurants, Bergen has achieved UNESCO status as a City of Gastronomy. They offer small groups and large parties culinary experiences based on local produce and beverages that stimulate guests' taste buds.



*Soaring high above Mt. Ulriken.*  
© David Zadtig/Business Region Bergen



*Alternative accommodation on one of Bergen's seven mountains.*  
© Espen Haagensen - visitBergen.com





Get the ultimate feeling of freedom on a tandem jump at Voss.  
© Voss Fallskjermklubb



Mountain walk to Vikafjellet from Myrkdalen. © Erik Østlie



From Norway's best off-piste skiing to broad prepared pistes at Voss resort and Myrkdalen Fjellandsby.  
© Sverre Hjørnevik



Whitewater rafting with sensational rapids and gorges in the Strandaelva and Raundalselva rivers.  
© Voss Rafting



# A wind-wind situation

Voss. Spring. Winter. Summer. Autumn. Extreme experiences. Beautiful experiences. Indoors. Outdoors. Challenges. Activities. Culture. Comfort. Variety. From inspiring solidarity to extraordinary solo performances.

From culinary extreme sport at Smalahovetunet to sky-diving in Norway's only wind tunnel. Voss is the perfect year-round destination and ideal for companies that really want to give their staff an experience that is both ordinary and out of the ordinary. Voss is an unbeatable combination of everything. It's true what they say: «Only Voss is Voss».



Contact us

[Destinasjon Voss](https://www.visitvoss.no)

info@visitvoss.no

Tel: +47 406 17 700

[www.visitvoss.no](https://www.visitvoss.no)



Bordalsgjelet ravine. Natural works of art with spectacular gorges and potholes. © Erik Østlie



Enjoy a complete free-fall experience without a parachute in the wind tunnel at VossVind. © Frøydis Asp Ormåsén

EXTREME EXPERIENCES AT VOSS

## On land, water and in the air as well!

*Voss ticks all the boxes as regards getting you and your team's adrenalin flowing. Whether you choose lake and river activities, wind activities, climbing, skiing or walking, this small town has lots to offer all year round.*

The extreme sports town of Voss is the place for big challenges. Get a sense of mastery by rafting down roaring rivers and rapids. Get a sense of complete freedom on a tandem jump or in the wind tunnel at VossVind. The ski lifts at Voss resort and Myrkdalen Fjellandsby offer you powder snow under your skis in Norway's wildest skiing terrain.



From extreme trails and mountain climbing to walks with spectacular views from the «roof of Norway» Grubbefjellet mountain at Voss with views of the Hardangerfjord. © Sverre Hjørnevik/Fjord Norge

Winter activities, Voss Resort and Myrkdalen. © Erik Østlie

MEETING AND CONFERENCE FACILITIES

## Ready and waiting

*Everything has to run smoothly if an event is to be a success. Whether it's just a small meeting or a big conference, it's all about the preparations.*

Whether you choose Fleischer's Hotel with its venerable atmosphere, scenic Myrkdalen Hotel beside the ski centre or historic Store Ringheim Hotel with its harmonic cultural landscape, you are guaranteed the quality and service you need to ensure a successful event in Voss.

The Seckmann Stuene rooms at Fleischer's Hotel, Myrkdalen Hotel and the room in the old bakehouse at Store Ringheim Hotell. © Frøydis Asp Ormåsén © Nils Petter Dale © Store Ringheim Hotell

SUGGESTED PROGRAMME

### «Water, snow and air»

4 days/3 nights

#### DAY 1 «Welcome to beer tasting»

- Arrive Bergen Airport Flesland
- Transport Bergen – Voss (1 1/2 hrs)
- Your hosts welcome you
- Tasting beer from Voss Bryggeri at the hotel
- Dinner at the hotel.  
Separate rooms available for dinner
- Overnight stay in hotel

#### DAY 2 «Climbing & Rafting or Skiing»

##### Summer/autumn/spring:

- Climbing at Voss Klatrepark (2–3 hrs)
- Guided rafting trip, Voss Rafting centre (3–4 hrs)
- Lunch at the rafting centre

##### Winter:

- Skiing at Voss Resort or Myrkdalen Fjellandsby
  - Lunch at the ski centre
- Dinner and overnight stay at hotel

#### DAY 3 «Parallel half-day activities»

##### Summer/autumn/spring:

*Extrem:* Tandem parachute jump

*Medium:* Tandem paragliding

*Easy:* Sky-diving in a wind tunnel

Lunch at the hotel

##### Winter:

- Guided sledging or tobogganing
- Lunch at the ski centre
- After lunch – try the wellness section at Fleischer's Hotel. Explore Voss on your own.

Dinner at Smalahovetunet and overnight stay at hotel

#### DAY 4 «Museum visit and local produce»

Morning meeting

##### All year:

- Sky-diving in wind tunnel (half-day)
- Guided tour of Voss Folk Museum (1–2 hrs)
- Lunch at Store Ringheim Hotell  
- local produced food
- Transport Voss – Bergen (1 1/2 hrs)
- Return from Bergen Airport Flesland





# Hardanger



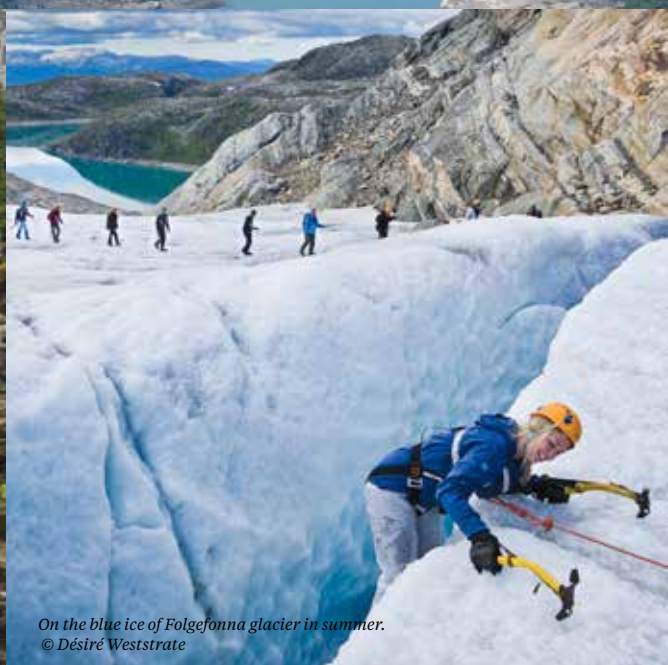
The reward for a hard and strenuous walk up to Trolltunga rock! © Stig Tronvold



In Amundsen's footsteps across the Hardangervidda plateau.  
© Konrad Konieczny



Zip-line. Adrenalin rush in majestic scenery.  
© Trolltunga Active



On the blue ice of Folgefonna glacier in summer.  
© Désiré Weststrate

Summer skiing on Folgefonna glacier. © FONNA Glacier Ski Resort





# Something to suit all tastes

Surrounded by a dramatic fjord and mountain landscape near Bergen, the Hardangerfjord region offers exciting outdoor activities and impressive experiences inspired by its rich cultural heritage.

Well-appointed hotels like Hotel Ullensvang, Brakanes Hotel and Thon Hotel Sandven are ready to welcome groups of active course and conference participants all year round. The fjord, mountains, waterfalls and Folgefonna glacier await you!



Contact us

[Reisemål Hardanger Fjord](#)

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Tlf: +47 56 55 38 70

[www.hardangerfjord.com](http://www.hardangerfjord.com)

## Business and pleasure by the fjord

*Get out on the fjord, up onto the glacier or up into the mountains. From easy to demanding, and from short programmes to all-day activities, professional activity companies guide you through the best nature experiences Hardanger can offer.*

Hotel Ullensvang has gone from letting a simple straw mattress in 1846 to become one of Norway's leading hotels. It has excellent course and conference facilities and a big, new wellness section. Hotels and guest houses in Hardanger have been welcoming guests from Norway and abroad for more than 150 years.



The water is 29 degrees Celsius all year round. © Hotel Ullensvang



Exciting activities all year.  
© Trolltunga Active



The Himmelstigen via ferrata route to Trolltunga.  
© Scott Sporleder/Fjord Norway



Hotel Ullensvang  
© Haakon Nordvik

### SUGGESTED PROGRAMME

## Trolltunga and Folgefonna

4 days/3 nights

### DAY 1 Check in and breathe out

- Arrive Bergen Airport Flesland Quay
- Chartered boat from Flesland to Lofthus (3 hrs) Lunch and meeting on board.
- Arrival at Lofthus and Hotel Ullensvang. Meet the hosts and enjoy the hotel's wellness section. Dinner and overnight stay at Hotel Ullensvang

### DAY 2 A meeting with nature – activities to suit all tastes

Parallele heldagsaktiviteter:

#### Extrem

- Via ferrata to Trolltunga rock (12 hours' activity, starts 45 minutes from the hotel). Cycling, walking and climbing the via ferrata
- The Queen's Path – one of HM Queen Sonja's favourite walks in Hardanger (8 hrs)

#### Medium

- Trolltunga Zippen (zip-lines) and kayaking on Ringedalsvatnet lake (from 5 hrs).

#### Easy

- Trip on the fjord, activities with Hardanger Basecamp in Osa, or a visit to one of the cider farms in Ulvik (from 4 hrs).

Dinner and overnight stay at Hotel Ullensvang

### DAY 3 Experience snow in summer

On Folgefonna glacier.

#### Alternative 1

- Guided glacier walk with Folgefonna Breførarlag and lunch on the glacier (4–5 hrs).

#### Alternative 2

- Summer skiing, alpine or cross-country, at FONNA Glacier Ski Resort

Boat trip from Lofthus to Agatunet in the evening. Banquet and Hardanger fiddle concert, with tasting of local cider in Lagmannsstova from 1250.

Stay overnight at Hotel Ullensvang

### DAY 4 Back to your comfort zone

- Departure by bus via the Hardanger Bridge and National Tourist Route Hardanger. Stop at Steinstå fruit farm, buy a taste of Hardanger to take home.
- Lunch at Thon Hotel Sandven in Norheimsund.
- Return from Bergen Airport Flesland

### CULTURE & TASTE

## Close encounters of the third kind

*Hardingasete, Utne Hotel and Dyranut Fjellstova.*

*Stay at one of these distinctive places and get to know Hardanger at first hand.*

In Hardanger, you can enjoy atmospheric cultural experiences and taste fruit in both solid and liquid form. Combine your event with creative meetings at museums, Hardanger fiddle concerts, a guided tour of a cider producer or a banquet in historic premises.

Hardingasete © Øystein Klakegg



Hardanger fiddle and cider in Lagmannsstova (from 1250) at Agatunet.  
© Nikolaj Lund



Fruit in solid and liquid form at Syse farm in Ulvik.  
© Reinhold Kager





GLACIER WALK ON FOLGEFONNA AND KAYAKING  
IN GLACIER LAKE

## From ocean to glacier

*From its thousands of islands out at the ocean's edge to Folgefonna glacier as the jewel in its crown, Sunnhordland is a varied and challenging region where history, culture and nature join forces. Give yourself and your team an unforgettable experience and let Folgefonna Breforarlæg take you on one of Norway's seven historic walks across the glacier in Folgefonna National Park. The walk includes impressive nature experiences, physical challenges and a taste of olden times in the form of stories from local history.*

Cooperating, sticking together and trusting in yourself, your team and the guide are decisive if you are to master the challenges of the glacier. Glacier activities are perfect for team-building in connection with meetings, courses and conferences.

*A blue ice walk on Folgefonna with Folgefonni Breforarlæg.  
© Morten Falch Sortland*

*Kayaking on Møsevatnet glacier lake with Folgefonni Breforarlæg.  
© Ståle Sundford*



*The reward for walking up Mt. Melderskin. View of Rosendal,  
the fjord and mountains. © Espen Haagensen*





# Seduced by a glacier

Sunnhordland offers magical experiences from fjords to mountains and is definitely the place to come to if your company wants to see the whole range of what Western Norway has to offer. Come on a culinary journey that includes a cookery course and a meeting with a master chef in Bekkjarvik. Or be seduced by magical nature experiences and walks on Folgefonna glacier. Experience Viking history on stage at Moster Amfi or strengthen your team through team-building on the sailing ship Seladon, among other things. You'll want to stay. For a long time.



Contact us

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[www.visitsunnhordland.no](http://www.visitsunnhordland.no)

HISTORIC HOTELS, WORLD CHAMPION CHEFS AND LOCAL CUISINE

## A culinary journey in Sunnhordland

*Come on a fairytale culinary journey in the seafood paradise of Sunnhordland. The region is not just Norway's biggest seafood area, it also has the best seafood restaurants with world champion chefs like Geir Skeie and Ørjan Johannessen.*

Take your team back to nature's roots and meet fantastic hosts, traditions and local history at Bekkjarvik Gjestgiveri, Brygga 11, Geir Skeie or Haaheim Gaard.

SEE PAGE 20 & 21 FOR MORE FANTASTIC CULINARY DELIGHTS IN SUNNHORDLAND



A magical meal at Haaheim Gaard. © Thor Brodreskjft

SUGGESTED PROGRAMME

### Adventurous experiences

4 days/3 nights

**DAY 1 A culinary journey**

- Arrive Bergen Airport Flesland

#### Alternative 1

- Express boat from Flesland quay and bus to Bekkjarvik Gjestgiveri (1 1/2 hrs)
- Cookery course and lunch with world champion chef Ørjan Johannessen.
- Austevoll – Stord (1 1/2 hrs)

#### Alternative 2

- Express boat from Flesland quay direct to Stord (1 1/2 hrs)
- Lunch at Brygga 11 run by world champion chef Geir Skeie.

Check-in at Stord Hotell.

A magical evening with dinner and entertainment at Haaheim Gaard in Tysnes. (1 hour from Stord).

Stay overnight at Stord Hotell.

**DAY 2 A walk on blue ice**

- From Stord to Rosendal (2 hrs)

#### Alternative 1

- Kayaking on Møsevatnet glacier lake and glacier walk on Møsevassbreen with Folgefonna Breførarlag (7–8 hrs)

#### Alternative 2

- Blue ice walk on Botnabreen glacier in Mauranger with Folgefonna Breførarlag (5–6 hrs)

Dinner, local produce and tradition at Rosendal Turisthotell.

Stay overnight in Stord or Rosendal

**DAY 3 Magical fjord experiences**

- Sail from Stord to Skånevik on the sailing ship Seladon (2 hrs) Team-building, shanties and harmonica playing. Snacks.
- Skånevik Fjordhotell. Course in management/business development including lunch
- Gathering in Wilderness Camp. Team-building and dinner in Huldrehuset (4 hrs)
- Sailing ship Seladon to Stord / or stay overnight in Skånevik

**DAY 4 Viking history and a thousand islands**

- From Stord to Moster (30 min)
- Moster Amfi. Guided tour and Viking history
- Explore Bømlo. Team-building with the focus on fun and games, lunch in Grindabygget
- Bus (40 min) to Rubbestadneset. Express boat direct to Flesland (1 1/2 hrs)



Atmospheric evening camp-fire at Wilderness Camp.

WILDERNESS CAMP AND THE SAILING SHIP SELADON

## Adventures & team-building in Skånevik

*Explore the island and fjord kingdom of Sunnhordland on the authentic sailing ship Seladon from 1959, and take a magical sailing trip to Skånevik. The voyage between islands surrounded by mountains and fjords makes for a unique atmosphere and arena for team-building.*

Skånevik Naturoppleving takes you team-building out in the wilderness, where nature is utilised to the full in a broad range of challenging activities. End the evening with an excellent meal in Huldrehuset, and admire the fantastic sunset.



Magical sailing trip on the Seladon.



Fresh seafood in an authentic old building.



SECTACULAR STORIES AND NATURE EXPERIENCES

## Viking history & a thousand islands

Explore the islands up close. © Jon Olav Rolfsnes

*Bømlo has a unique history from the 11th century when the Christianisation of Norway started. Visit Moster Amfi by the abandoned limestone mine and Moster Old Church, and travel back to the era when the Viking kings Håkon the Good, Olav Trygvason and Olav Haraldson made their mark on Norway. Here you will learn about Norwegian history in historic surroundings.*

The island archipelago around Bømlo abounds in spectacular activities, beautiful nature experiences, the freshest of seafood and unforgettable moments.



Moster Amfi, Northern Europe's most beautiful open-air theatre. © Grethe Kjønsnes





A majestic sea eagle captured on a sea eagle safari in Telavåg. © Øystein Eriksen



See the coast up close – canyoning and abseiling with Klyva. © Gaute Hatlem



Enjoy a taste of luxury and well-being at Panorama Hotell & Resort.



Stimulate your senses with Sup yoga in Goltsundet. © Henriette Kalgraff



Eat the catch from your fishing trip as part of the banquet at Panorama Hotell & Resort.



Room for brilliant ideas at Marstein Lighthouse. © Johanne K. Holm Andersen



# Take your team to new hunting grounds

Sotra and Øygarden. Coast Adventure offers a wonderful variety of accommodation, attractions and activities. Spectacular sea eagle safaris. Magical seafood experiences. Walks in beautiful coastal scenery. Exciting history of the German occupation. Accommodation with panoramic views of the ocean – in modern hotels or in historic lighthouses. Team-building and physical activity. Comfortable and idyllic. If your company wants to really explore the heart of Western Norway, no one will be disappointed by a trip to Sotra and Øygarden. The Coast Adventure is a true adventure. You are heartily welcome to tell and experience it as you see it.



Contact us

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**Tourist Information at Straume**  
Sartor Storsenter  
- customer service  
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Explore the wet element on a sea kayaking trip west of the island of Algøy. © Northernexposure.no

The Strilaman Triathlon at Glesvær. © Torbjørn Aasheim

IN HARMONY WITH NATURE

## Ocean, sky and coastal landscape

*The Coast Adventure is the place to come for an active, invigorating and exciting journey through the best the coast of Western Norway has to offer. Just half an hour's drive from Bergen city centre, you can get a taste of the coast – with first class culinary experiences and unforgettable activities.*

Get the ultimate kick while hanging from one of Norway's most spectacular climbing walls, or see sea eagles up close on a sea eagle safari on a RIB boat. On the Coast Adventure, you will discover what it's like to be in harmony with nature.



The elements rule in the Coast Adventure. Golten after a storm. © Ronny Sangolt



Stay in comfort in an ocean suite at Panorama Hotell & Resort.



Let your taste buds run wild with the freshest of scallops from Cornelius Seafood Restaurant.

PANORAMA HOTELL & RESORT

## Base camp for exploring the coast

*Indulge yourselves with a stay in a luxury rorbu or an ocean suite at Panorama Hotell & Resort the next time you organise a meeting, seminar or function. Here, you can enjoy comfort in the tasteful interior while the forces of nature rule outdoors. Panorama offers optimal premises and tip-top facilities for everything from small meetings and functions to big seminars.*

The hotel offers exclusive facilities such as a spa, sauna, jacuzzi and solarium in a state-of-the-art indoor wellness section. In the restaurant, you can enjoy a delicious and exquisite meal while admiring fantastic views of the fjord. Outdoors, you can explore the coast up close by hiring a boat or kayak, or try deep-sea fishing and a number of other activities.

SUGGESTED PROGRAMME

### Active, invigorating and exciting

4 days/3 nights

#### DAY 1 Stay overnight in a lighthouse

- From Bergen Airport Flesland or Bergen city centre, by boat via Cornelius Seafood Restaurant for lunch or dinner.
- Boat, RIB boat or helicopter from Cornelius Seafood Restaurant to Marstein Lighthouse where you stay the night. Seafood on the menu!

#### DAY 2 Sea eagle safari

- Sea eagle safari to Telavåg by RIB boat after breakfast, passing through Goltasundet sound. In Telavåg, you can walk from the quay to the North Sea Traffic Museum.
- Lunch at Glesvær Kafé at Handelsstanden Glesvær.

You will have some time to yourself in the afternoon:

- A summit walk for those who want some exercise or a walk on your own to the highest hill in Sund. Vetem, 284 m
- Relax in the hotel's wellness section
- Sea kayaking or SUP yoga

Stay overnight at Panorama Hotell & Resort

#### DAY 3 Spoiled for choice

Breakfast and a visit to the Coastal Museum in Øygarden, where you can choose between two different excursions:

- RIB boat safari to Øygarden Aquaculture Centre
- Trip to Kollsnes and Herdlevær
- Lunch at Fjell Gard at Urtemakeriet Kulturbakeri on the way back to Panorama Hotell & Resort
- Fishing trip before dinner, prepare a meal from your catch afterwards.
- Other activity options: Team-building on Sotra The Wilderness Centre is one alternative.

#### A more active alternative:

**Trip to Øygarden and Turøy in Fjell.** Here, we first go canyoning and exploring cliffs with Klyva in Øygarden, or go on a walk to see the smashed remains of the wave-power station on Toftøy. En route, we stop at Urtemakeriet bakery to pick up a delicious packed lunch that we eat before donning suits and equipment for coasteering. Then, you just jump into the sea!

Stay overnight at Panorama Hotell & Resort

#### DAY 4 Shopping and the journey home

The journey home goes via Sotra Kystby and Sartor shopping centre, the big new regional centre at Straume. Here, you can shop and enjoy lunch at Skikkelig Mat before heading home.





BRYGGA 11, STORD

## Melts in your mouth

*Whether you plan on eating a fish burger dressed in shorts and slippers together with colleagues, or a more formal dinner with a complete food and wine menu put together by a former world champion chef, Brygga 11 is a place you will feel welcome.*

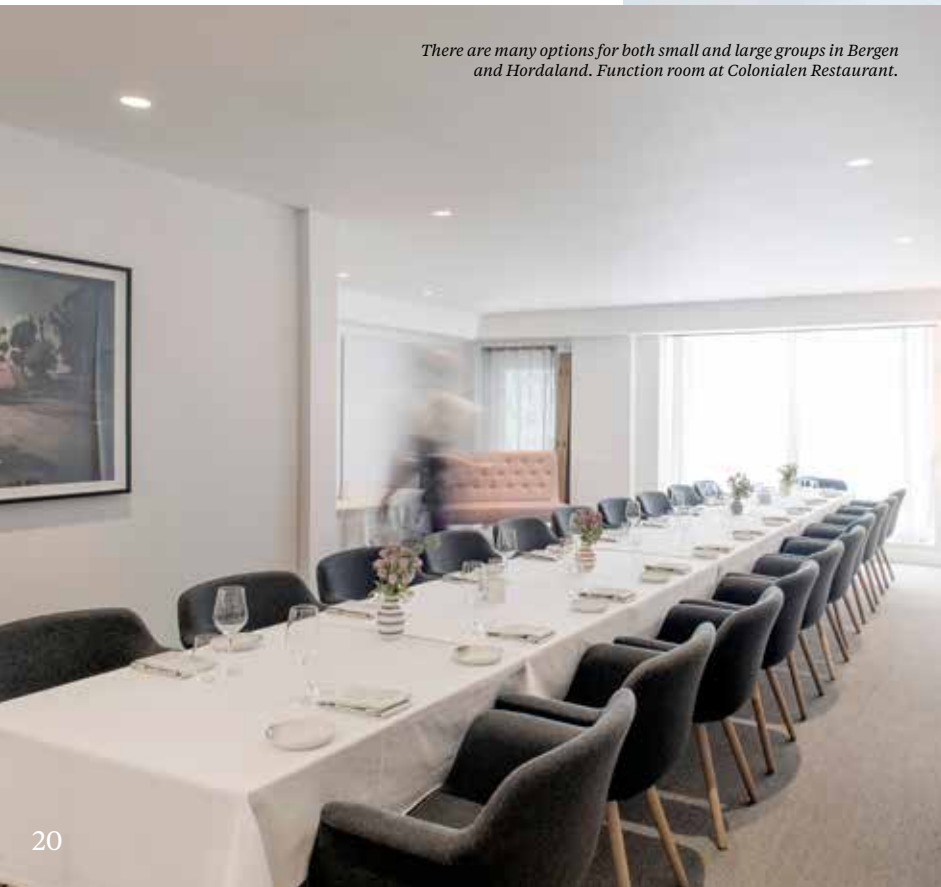
At Brygga 11, Geir Skeie teaches you that the joy of fishing doesn't stop at the quay, but is taken to new heights in the kitchen of this former Bocuse d'Or winner. Here, you can enjoy exciting delicacies from the ocean served in an informal and down-to-earth atmosphere on the wharf at Leirvik in Stord. You can enjoy exquisite seafood with a glass of something delicious down at the waterfront, while the beautiful evening sun and the sea air stimulate your taste buds. After your meal, you can stop at the delicatessen and take home ingredients that you can impress family and friends with in your own home.

Staff who are experts in food and wine are ready to take you on a world-class culinary journey.

*At Geir Skeie's restaurant Brygga 11, you are served world-class seafood at the waterfront in Stord.*



*There are many options for both small and large groups in Bergen and Hordaland. Function room at Colonialen Restaurant.*



*Brygga 11, Stord*



*Bare Restaurant in Bergen*



# Competition for your taste buds

At its best, Western Norway's cuisine is of a very high standard. Here, you will find traditional fare taken to a whole new level or combination of tastes that have won gold in the Bocuse d'Or. Your taste buds are guaranteed to appreciate an evening meal at Smalahovetunet at Voss or a lunch buffet at Bekkjarvik Gjestgiveri, among others. Just promise us to steer clear of uninspired airport food and vacuum-packed Vestlandslefse pastries. If you do, we can promise you culinary highlights that will enhance your overall travel experience. Here are some sure-fire winners.



© Cornelius Sjømatrestaurant

BEKKJARVIK GJESTGIVERI, AUSTEVOLL

## Team talk with a world champion

*Let world champion chef Ørjan Johannessen teach you how to prepare world-class seafood. Challenge your friends and colleagues to a cooking competition with fish you have caught yourself and seafood straight from the ocean. Open up your senses to new culinary experiences with sensational tastes at Bekkjarvik Gjestgiveri in Austevoll, south of Bergen.*

Head out to the ocean's edge and find out what it feels like when a big fish bites. The coast of Western Norway has seafood of outstanding quality and, at Bekkjarvik Gjestgiveri, you can help to catch the ingredients for the evening's dinner yourself. Let the fresh sea air and the sight of Western Norwegian scenery charge your taste buds before world champion chef Ørjan Johannessen takes you into the kitchen together with his twin brother and head chef Arnt.

On this exclusive cookery course, you learn how to prepare seafood to an elite standard. You will also have a chance to challenge your colleagues to a cooking competition and impress them with delicious food. The restaurant's wine waiters take you on a journey with specially selected wines and explosions of taste that add that little bit extra to your meal.



World champion chef Ørjan Johannessen and Chef of the Year Arnt Johannessen are the hosts at Bekkjarvik Gjestgiveri. © Matbyrået Impuls, www.impuls.no



Få en ekstrem matopplevelse på Smalahovetunet på Voss. © Matprat.no/Mari Svenningsen

SMALAHOVETUNET, VOSS

## A head on a plate

*The most far-out meal of the year*

*Enjoy traditional, authentic 19th century fare at a banquet in the old storehouse at Smalahovetunet. Come into the kitchen to watch them preparing sheep's head, a delicacy from Voss, and take a guided tour of the premises of Norway's only sheep's head producer.*



LYSVERKET, BERGEN

## Bergen City of Gastronomy

*Bergen is a member of UNESCO's Creative Cities network, and thanks to gourmet chef Christoffer Haatuft at Lysverket, Bergen can proudly call itself Norway's only official City of Gastronomy.*



CORNELIUS SJØMATRESTAURANT

## From fjord to table

*Nature and culture on Holmen island*

*This culinary journey starts the moment you embark on the boat at the historic Bryggen wharf in Bergen city centre. Let your taste buds mature on the 20-minute boat trip out to Holmen, during which you can admire the best of Bergen's mountain, fjord and ocean scenery. Cornelius offers the most exotic food the coast of Western Norway has to offer, with exquisite fresh ingredients and its famous Meteorological Menu, inspired by the weather and how your team are feeling. Innovative cuisine prepared by chefs with a genuine passion for seafood.*



# The coastal gem north of Bergen

*Nordhordland. Rich in culture and history – from coast to fjord and mountains – all the way back to Viking times. Just 25 minutes’ drive from Bergen you will find conference facilities and activities in scenic coastal surroundings. In Nordhordland, we take you through heathlands, past drystone walls, out into the coastal landscape and through narrow sounds, up fjords toward high mountains.*

Not far from the noisy city, you can combine meetings and events with fishing, kayaking, golf, climbing or walking – invigorating activities that bring colour to your cheeks, with the wind in your hair, laughter and joy. Experiences that awaken all your senses!



*Whether you like kayaking* between small islands, or prefer rougher conditions out on the ocean, Nordhordland is a marine sports paradise. A marine sports festival is held in the region every year. It includes courses, equipment hire and guided trips along the coast. © Eivind Senneset



*Lygra and the Heathland Centre* are just 40 minutes by express boat north from Bergen. Set in an open heather-clad coastal landscape where wild sheep graze, the centre offers outdoor activities in addition to good course, meeting and conference facilities. The centre has been awarded UNESCO’s global cultural landscape prize for its landscape conservation work.



*Stordalen Fjellstove lodge* offers team-building that brings out the best in people and forms the basis for a good gathering. Activities are adapted to suit your group, whether you choose to go on walks, try snowshoes, randonnée skiing, clay pigeon shooting or abseiling. Modern meeting facilities provide an excellent setting for your event. © BergFritid

## 7 good reasons to meet in Hordaland

### 1. Easy to get to and near spectacular nature experiences

Bergen is the Gateway to the world-famous Fjords. Easy to get to from the whole of Europe and the most important cities in Norway. From Bergen, it is not far to the most exciting and varied experiences in fjord, coast or mountain scenery.

### 2. Distinctive local character with authentic traditions and history.

The destinations in Hordaland have a proud history in everything from seafaring and trade to cultural heritage and WW II history. Long-standing traditions give character and authenticity to activities, attractions, hotels and guest-houses in the region.

### 3. The city of Bergen – a cultural melting pot

Bergen is a city with a big heart. The city’s history, charm and character make it easy to give any event that little bit extra, whether it is just a stop en route or your whole programme takes place here. With its City of Culture status, Bergen is a spearhead for the region in innovative music and design. A unique combination of nature, culture and vibrant city life.

### 4. Western Norwegians are good hosts

Bergen and Hordaland have proud traditions and long experience of hosting large and small events. Generosity and hospitality are second nature to the people of Western Norway, and unique facilities with a distinctive history and enthusiastic local hosts create the ideal setting for your event.

### 5. Local food traditions

Bergen and Hordaland offer a varied menu of food and local ingredients. From small farm restaurants to gourmet restaurants run by world champion chefs out at the ocean’s edge. The region is world-famous for its fish and seafood culture, and local meat and fruit specialities also make for great culinary experiences.

### 6. Activities all year round

With a wide range of year-round activities available, Bergen and Hordaland are worth a meeting all year. With good facilities, the region can offer tailored experiences that will build your team. It is perhaps at its most beautiful in spring and autumn when nature changes colour.

### 7. Inspiration guaranteed!

From calm and relaxing to extreme and challenging. In urban surroundings or in untouched nature. No matter what you and your team are looking for, you can put together a programme that inspires, strengthens and energises them.



© Hygienegruppen Norge

We offer wonderful meetings and events



# Perfect for appraisal interviews

Experiencing something new recharges your batteries and gets you thinking positively. You have to lift your gaze and see things in a new way. Go somewhere new and take a break from humdrum routine. In Bergen and Hordaland, you will find what you need to create new, optimal conditions to break out of your usual habits. Here, you will find places, activities and attractions that will help you to see things in a different light. Welcome to us – whether you want to bring nature experiences into the conference hall or take your work outside to see things from a new perspective.

You are looking for the perfect setting for conversations. Facilities that have found their natural place and are in harmony with the surroundings. An atmosphere that gets you thinking, shuts out the ordinary and makes you surprise yourself and your colleagues with creativity and enthusiasm you hardly knew you had in you. Bergen and Hordaland abound in these arenas. Arenas that will make your next meeting the best meeting ever.

## Facts about facilities

There are 115 hotels in Bergen and Hordaland, with 17,000 beds in 7,900 rooms.

[www.visitBergen.com](http://www.visitBergen.com)

Bergen Airport Flesland will open a new domestic terminal in autumn 2017. With more than 30 direct routes from European cities and as many daily arrivals from Oslo, Flesland is Bergen's main entry point.

[www.avinor.no/flyplass/bergen](http://www.avinor.no/flyplass/bergen)

Every year, more than 9,000 meetings, conferences and events with hotel stays are held in Bergen and Hordaland.

[www.visitBergen.com](http://www.visitBergen.com)

The Bergen region has several venues for large-scale conferences, including the Grieg Hall, which can accommodate 2,200 participants.

[www.grieghallen.no](http://www.grieghallen.no)



Hold an appraisal interview out of the ordinary at Hardingasete in Hardanger. © Oystein Klakegg



ong luxurious facilities and beautiful scenery. © Panorama Hotell & Resort



Griegsalen is Bergen's biggest venue with room for 2,200 guests. © Eilif Stene



Many possibilities for waterfront eating in Bergen and Hordaland. © Hanne Cathrin Olsen/Cornelius Sjømatrestaurant



Out of your comfort zone,  
submerge yourself in the experience.

Diving into experience. Langoy  
Coastal Culture Centre in Fjell on Sotra near Bergen.  
© Gaute Hatlem

[www.visithordaland.no](http://www.visithordaland.no)

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**Publisher and editorial responsibility**  
Bergen Tourist Board  
**Concept and art direction**  
MK Norway  
**Printed by**  
Molvik Grafisk AS  
**Print-run**  
12,000 in Norwegian  
5,000 in English  
Editing was completed in January  
2016 and we disclaim responsibility  
for any subsequent changes

