

2007/2008



sognefjord

- Jotunheimen
- Jostedalbreen



Balestrand - Vik - Leikanger - Sogndal - Luster

www.sognefjord.no



How to get here?

Distances by car (to Sogndal)

From	Via	Km	Driving time
Oslo	Gol / Hemsedal	330	5 h
Oslo	Fagernes / Filefjell	350	5,5 h
Oslo	Lillehammer / Lom / Sognefjellet	495	7 h
Bergen	Voss / Lærdalstunnelen	235	3,5 h
Bergen	Gudvangen / Nærøyfjorden (ferry to Kaupanger)	162	4 h
Bergen	Voss / Vikafjellet	220	4 h
Bergen	Lavik / Balestrand	255	4 h
Trondheim	Otta / Lom / Sognefjellet	420	6 h
Trondheim	Otta / Stryn / Skei	550	7 h
Kristiansand	Haukeli / Odda / Voss	540	8 h

You can find maps and road descriptions at www.gulesider.no



The expressboat to Sogn

By air

Daily direct flights from Bergen (30 min.) and Oslo (45 min.). Timetable: www.wideroe.no

Express boat

Daily departures from the centre of Bergen to the centre of Sogndal. The boats also call at Vik, Balestrand and Leikanger.

Timetable: www.fjord1.no

Express buses

Several departures per day from Bergen, Oslo and Trondheim. Buses from Oslo and Trondheim go via Otta/

Sognefjellet in the summer. Timetables: www.fjord1.no

Train

Several daily connections between the Oslo-Bergen line and the steep and thrilling Flåm railway. Bus connection to Sogndal etc. Timetables: www.nsb.no or www.flamsbana.no

To Norway:

Plain: www.sasbraathens.no, www.norwegian.no, www.wideroe.no

Ferry: www.colorline.no, www.dfds.no, www.fjordline.com, www.stenaline.no



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Sognefjord - major national attractions

LONGEST – BIGGEST – HIGHEST – OLDEST

The Sognefjord, **the longest fjord** in the world, lies in the heart of Fjord Norway and extends to the foot of the Jotunheimen and Jostedalbreen National Parks. The area is both dramatic and hospitable, with exciting and invigorating activities for the whole family.

The Jostedalbreen National Park is home to **the biggest glacier** in mainland Europe, whose spectacular arms of blue ice extend down into fertile valleys. The Jotunheimen National Park contains **the highest mountains** in Norway. The Sognefjellsvegen Road, the national tourist road that passes through the park, is the highest mountain pass in Northern Europe. The Sognefjord is also home to some of the highest waterfalls in Norway.

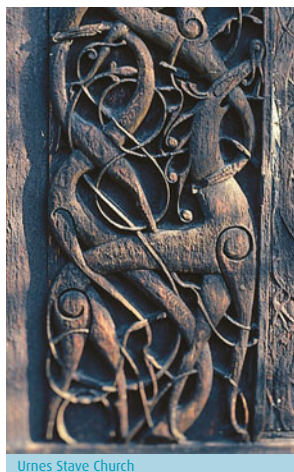
Vibrant local communities offer genuine cultural experiences. You will find unique visitor centres and museums, such as the Norwegian Glacier Museum, the Breheimsenteret (the Jostedal Glacier Visitor Centre), Sogn Folk Museum, the Sognefjord Aquarium and the Norwegian Book Town. You will also find some of Norway's most

famous stave churches here. Urnes Stave Church is **the oldest** in Norway and is a UNESCO World Heritage site.

There are many major **interesting events**, such as the Norwegian Mountain Film Festival, the Gamalost (traditional Norwegian cheese) festival, Tinderittet (the "peak race" – a skiing competition), Tour de Jotunheimen (cycle race), the Balejazz jazz festival, Kjeringi Open (triathlon), Blue Tunes beneath the Blue Ice (music festival), Fanaråken Opp (Fanaråken Duathlon), the Norwegian uphill running championships and plenty more.

The biggest selection of activities!

Glacier walking • Mountain walks • Kayaking on glacier lakes and fjords • Rafting • Helicopter trips • Summer skiing • Caving • Cycle trips • Boat trips • Climbing • Horseback riding • Horse and carriage • Canyoning • Farm visits • Dog-sledding • Ice climbing • Alpine skiing and much more.



Urnes Stave Church



Skjolden - at the end of the Sognefjord



Sognefjellsvegen – Jotunheimen National Park

Contact us

The area is covered by two destination companies, Destination Sogndal and Luster, which covers the municipalities of Luster and Sogndal, and Sognefjord Reiseliv BA, which covers the municipalities of Balestrand, Leikanger and Vik. We also have seven tourist information offices that are open in the summer season.

Reisemål Sogndal og Luster

Pyramiden Kontorfellesskap
N-6868 Gaupne
(+47) 976 00 443
info@visitsogn.info
www.sognefjord.no
Season: all year
Opening hours: 10-15 (Mon-Fri)

Sognefjord Reiseliv BA

Balestrand – Leikanger – Vik – Fjærland
Postboks 53, N-6898 Balestrand
Tel: (+ 47) 57 69 16 17
reiseliv@sognefjord.no
www.sognefjord.no
Season: all year
Opening hours: 10-15 (Mon-Fri)



Glacier walk – Jostedalbreen National Park

Sogndal Tourist Office

Location: Sogndal Kulturhus (Hovevn 2)
Tel: (+47) 976 00 443
01.05-17.06: 10 - 16 (Mon-Fri)
18.06-19.08: 09 - 18 (Mon-Fri)
10 - 16 (Sat)
20.08-30.09: 10 - 16 (Mon-Fri)

Luster Tourist Office

Location: Pyramiden senter, Gaupne
Tel: (+47) 976 00 443
18.06-19.08: 10 - 17 (Mon-Fri)

Jostedal Tourist Office

Location: Breheimsenteret, Jostedal
Tel: (+47) 57 68 32 50
01.05-17.06: 10 - 17
18.06-19.08: 09 - 19
20.08-30.09: 10 - 17

Skjolden Tourist Office

Location: Fjordstova, Skjolden
Tel: (+47) 976 00 443
10.06-30.06: 14 - 19
01.07-12.08: 11 - 19
13.08-31.08: 14 - 19

Balestrand Tourist Office

Location: Holmatunet
Tel: (+47) 57 69 12 55
01.05-30.05: 10 - 17 (Mon-Sat)
01.06-01.09: 08 - 18 (Mon-Sat)
10 - 17 (Sun)
01.09-30.09: 10 - 17 (Mon-Sat)

Vik Tourist Office

Location: Vikøyri
Tel: (+47) 57 69 56 86
01.05-30.05: 10 - 17 (Mon-Sat)
01.06-01.09: 08 - 18 (Mon-Sat)
10 - 17 (Sun)
01.09-30.09: 10 - 17 (Mon-Sat)

Fjærland Tourist Office

Location: Den Norske Bokbyen / Mundal
Tel: (+47) 57 69 32 33
28.04-30.09: 10 - 18



The Sognefjord

- and the beautiful fjord arms

The more than 204 km long Sognefjord lies in the heart of Fjord Norway, and is the longest fjord in the world. At its deepest, the fjord plunges to more than 1,300 m and the mountains along the fjord rise to more than 1,700 m.

The Sognefjord has several distinctive fjord arms winding their way between steep mountains to end in small, picturesque villages. One of the most well known branches of the Sognefjord is the narrow Nærøyfjord, which has now been included on UNESCO's World Heritage List. You can choose between different **boat trips** to experience the beauty of the fjords all year round. Other tempting fjord activities are **kayaking, fjord rafting, angling, rowing, swimming** and much more.

The Sogn Fjord Museum at Kaupanger tells the story of life beside the fjord, and the **Sognefjord Aquarium** gives you a picture of life in the fjord itself.



The Lusterfjord

Highlights

Nærøyfjord - narrow and dramatic

The Nærøyfjord is the narrowest, wildest and most famous of the fjord arms. The surrounding mountains rise steeply to reach towering heights and create a unique magical atmosphere. A ferry trip on the Nærøyfjord, from Kaupanger to Gudvangen, will take you through some of the most spectacular scenery in Norway.

Fjærlandsfjord - inland towards the Jostedalbreen Glacier

This beautiful fjord arm extends almost all the way up to the glacier tongues that reach down to the village of Fjærland, and most of the year the fjord has a beautiful bright green colour because of the meltwater from the glaciers that flows into the fjord.

Lusterfjord - inland towards the Jotunheimen, Breheimen and Jostedalbreen

The landscape around the Lusterfjord is very picturesque, and many great artists have been inspired by the unique beauty of its scenery. The Lusterfjord extends all the way to the foot of the Jotunheimen and Breheimen mountains and the Jostedalbreen glacier, and from Skjolden in the East to Solund in the West the Sognefjord measures an impressive 204 kilometres.

Finnafjord - roadless and exotic

At the head of the distinctive Finnafjord, the mountains are steep and the scenery is spectacular. The famous cheese-maker Synnøve Finden was born and brought up beside this lovely fjord.

Explore the fjords by boat and ferry

Fjærlandsfjord

(Vangsnes – Hella – Balestrand – Fjærland)

Season: 1 May – 30 Sept.

Nærøfjord

(Kaupanger – Gudvangen)

Season: 1 May – 30 Sept.

Sogndal – Bergen

(via Leikanger, Balestrand and Vik etc.)

Season: All year round

Balestrand – Leikanger – Flåm

Season: 1.mai – 30.sept

NOTE! TICKETS ON SALE AT TOURIST INFORMATION OFFICES

Regular ferry services many times a day, all year round. The Mannheller - Fodnes ferry (the RV 5 road), for example, runs every half-hour during the day and hourly at night.

For online booking and timetables etc., visit www.fjord1.no

For charter boat trips and other boat trips see www.fjordcruise.no

Purchase **day excursions** from the tourist information offices!

Experience:

- The Nærøfjord and the Flåm Railway
- The Fjærlandsfjord, Norwegian Glacier Museum and Bøyabreen
- The Glacier bus (Jostedalsbussen): Breheimsenteret and Nigardsbreen, included glacier walks
- Urnes Stave Church
- Bergen city
- Island hopping in outer Sogn

We also sell tickets for other ferries, boats and activities in the area.



Family walk at Nigardsbreen



Ferrytrip at the Nærøfjord

The Bus Company Near the Sognefjord

www.gasta.no
Foto: oskar-andersen.no

Express services to/from: Oslo, Bergen,
Ålesund and Lillehammer.

Tour busses of high standard
Scheduled services

Route information: Tel 177 / www.ruteinfo.net / SMS 2177

Fjord1

Sogn Billag

www.fjord1.no

Vi skal same vegen

NOR-WAY
BUSSEKSPRESS



National Geographic Magazine
voted the fjords of Norway
as the world's most beautiful
destination in 2004

Inform Media | www.inform.no

Our most popular holiday routes,
departing from Bergen or points in Sogn & Fjordane:

- Express boat Bergen-Balestrand-Flåm
- The world's most beautiful ferry route Lærdal-Kaupanger-Gudvangen
- Fjord and Glacier tour to Fjærland, including
The Norwegian Glacier Museum and a bus trip to the glacier

Combine your fjord adventure with an overnight stay and explore Sognefjord and the coast!

Schedule and bookings on: fylkesbaatane@fjord1.no or phone +47 55 90 70 70

Waterfalls

There are several places in the Sognefjord region where you can see majestic waterfalls cascading down steep mountainsides, and some of **these waterfalls are among Norway's highest.**

When the snow thaws in May many of the waterfalls are so big that you can hear their mighty roar a long way off, and it is a refreshing experience on a hot summer's day to get so close to one of the waterfalls that you can feel the spray of cool mountain water on your skin.

Highlights

Feigumfossen, Kroken / Luster

The 218 metre high Feigumfossen waterfall is in an idyllic setting on the southern side of the Lusterfjord. You can take the short walk in to the falls or admire the view of it from the National Tourist Route on the northern side of the fjord.



Kvinnafossen

Kvinnafossen, Hella / Leikanger

Kvinnafossen falls 120 metres and is situated right beside the main road between Leikanger and Hella. During the spring thaw, the spray from the waterfall reaches across the road.



Feigumfossen

Drivandefossen, Mørkridsdalen / Luster

Drivandefossen waterfall is found in beautiful and lush Mørkridsdalen in Skjolden, only a 15-20 minutes walk from the road. This is also the route to Åsetevatnet and the DNT-cabin at Fast.



The Jostedalsbreen National Park - and the beautiful glacier arms

At 500 square kilometres, Jostedalsbreen is the largest glacier in mainland Europe. This gigantic mass of ice covers mountain peaks and deep valleys in the National Park and its spectacular arms of blue ice extend down to the lush valleys near our fjords. Many people are amazed when they realise how accessible these glacier arms are, and discover that it can be almost as warm by the ice as it is down by the fjord.

In Jostedalen, Fjærland and several other places, you can enjoy glacier walks, led by experienced guides who know the area like the backs of their hands. On the Nigardsbreen glacier in Jostedalen, daily family walks are among activities organised throughout the summer. Visit the Norwegian Glacier Museum and the Breheimsenteret (Jostedal Glacier Visitors Centre) to learn more about the Jostedalsbreen National Park.



Norwegian Glacier Museum, Fjærland



Breheimsenteret, Jostedal



Breheimsenteret, Jostedalen

Highlights

Nigardsbreen Glacier, Jostedal / Luster

This is one of the most accessible glaciers, where you can peer into the blue ice at very close range, and everyone above the age of six can join guides on glacier walks

Bøyabreen Glacier, Fjærland / Sogndal

You can see Bøyabreen at quite close range from the main road in Fjærland, or admire it from the Brevasshytta restaurant, even closer to the ice.

Bergsetbreen Glacier, Jostedal / Luster

The spectacular Bergset glacier, only an hour's easy walk from the road, is one of the most beautiful and impressive glacier arms.

Austerdalsbreen Glacier, Veitastrom / Luster

"The finest ice scenery in Europe", said the English mountaineer W.C. Slingsby about Austerdalsbreen and the three ice falls called Loke, Odin and Tor.

Flatbreen / Supphellebreen Glacier, Fjærland / Sogndal

The Flatbreen glacier can be seen from the fjord, and can be reached on foot. The beautiful walk up to the glacier and the Flatbrehytta cabin takes about 3 hours.

Tunsbergsdalsbreen, Leirdalen / Luster

This beautiful glacier is the longest glacier branch in Norway. You can join guided glacier walks from Leirdalen.

Be aware that the glacial ice is always in motion, and that blocks of ice can break off from the glacier front, so you must never hike on the glacier without a local guide or venture past the barriers that have been erected.



Transport to the Glacier

Jostedalsbussen – the Jostedalsbreen glacier bus

- Daily departures Sogndal - Nigardsbreen (Jostedal) in July and August, with connections from Balestrand, Leikanger, Vik, Flåm, Lærdal, Årdal and other places.
- A good solution if you want to do some glacier walking, kayaking, horseback riding, rafting or just admire the glacier and visit the Breheimsenteret.
- Return tickets (including glacier walk, glacier museum and bus) are on sale at the tourist information offices.

Brebåten - the glacier boat - Jostedal / Luster

- Provides a daytime shuttle service (usually from 10.00-18.00) in the summer season between the car park at Nigardsbrevatnet lake and the Nigardsbreen glacier.

Brebussen – the glacier bus - Fjærland / Sogndal

- Daily service starting from the ferry landing in Fjærland and going via the Norwegian Glacier Museum to the Bøyabreen and Supphellebreen glaciers, with connections from Sogndal, Flåm, Balestrand and other places in the summer season.
- A good solution if you want to see the glacier and visit the Norwegian Glacier Museum etc.
- Return tickets (including the boat trip, bus and glacier museum) are on sale at the tourist information offices.





The Jotunheimen National Park - and other beautiful mountain areas

Jotunheimen National Park – the highest mountains in Norway

The whole of the Jotunheimen National Park consists of high mountains and glaciers, and it is here that you find Norway's highest mountains. The three highest peaks are Galdhøpiggen (2,469 m), Glittertind (2,465 m) and Store Skagastølstind (2,405 m).

A drive along the national tourist road over the Sognefjell mountain between Lom in the East and Luster in the West gives you a close up view of Store Skagastølstind (Storen) and many other impressive peaks. In the summer season there is a bus service twice a day across the Sognefjell Road from Otta to Sogndal.

Jotunheimen is one of the most popular areas in Norway for walking and skiing, summer and winter alike. And the Hurrungane range in the western section of Jotunheimen is a

Mecca for climbers and other mountain sports enthusiasts, with more than 20 peaks above 2,000 metres. Turtagro in Luster, at the foot of the Hurrungane range, with its long history of climbing, is sometimes called the "cradle of mountaineering". Mountain guides offer climbing expeditions in the peaks, guided glacier walks and other activities.

Around Easter, long stakes are driven into the snow along several of the tracks in Jotunheimen, Breheimen and other mountainous areas to help skiers find their way more easily. At the Sognefjellet Summer Ski Centre you can enjoy cross-country skiing on prepared tracks in the summer.

Breheimen

Breheimen is the mountain area between the two national parks of Jotunheimen and Jostedalbreen, and it has now been proposed to make it a conservation area. The walk through the Mørkridsdalen valley is regarded as one of the most beautiful in Norway, and the Norwegian Trekking Association has voted it the walk with the richest flora. There are many summer pasture farms and large fishing lakes in the area, which are used extensively by both the locals and visitors.

Stølsheimen

The Stølsheimen landscape preservation area is a mountain area with many summer pasture farms in hilly terrain bordering on a spectacular fjord landscape. Within the protected area you will also find the roadless and exotic Finnafjord in the municipality of Vik.

Jostedalbreen National Park – the largest glacier

Almost half of the Jostedalbreen National Park is covered by the Jostedalbreen glacier, which is the largest glacier in mainland Europe. For more information, see special chapter, page 12.

There are plenty of other attractive mountain areas around the fjord. Contact the tourist information offices for more information.



Saurdalen, Balestrand



Store Skagastølstind

Scenic mountain passes

The Sognefjord is surrounded by spectacular steep mountains. You can drive through the mountain areas on scenic mountain routes and go hiking, climbing, summer skiing and fishing, or just sit back and relax while enjoying the fresh air and the stunning scenery.

Sognefjellsvegen - The National Tourist Route

Route 55 across the Sognefjell mountain area between Luster and Lom is the highest and most impressive mountain pass in Northern Europe (highest point 1430 meters), and it has been awarded the status of National Tourist Route because of the spectacular and wild mountain scenery it passes through in the Jotunheimen National Park.

Gaularfjellsvegen (Rv13)

The Gaularfjellet mountains lie to the north of Balestrand, and the road between Dragsvik and Moskog (near Førde) passes through them. On the Balestrand side, the road twists and turns through nine hairpin bends. There are many beautiful rivers and waterfalls along the route. At the top there is a magnificent view.



Sognefjellet

summer) Årdal and the Sognefjell mountain road. This rather narrow and winding toll road is not suitable for large buses.

Most roads are open all year, but some are closed during the winter months. For information about current road conditions, please call (+47) 815 48 991 (hold for information in English). For information on bus services across the mountains, please call (+47) 57 65 95 12 or visit www.fjord1.no

Vikafjellsvegen (Rv13)

The road through the mountain area between Vik and Vinje/Voss (route 13) provides an ideal base for hikes in both the Vikafjellet and the Stølsheimen mountains, where there are many old summer pasture farms set in hilly terrain. All of the old mountain pasture farms are characteristic for Stølsheimen.

Other mountain passes

It is a good idea to include the mountain road between Aurland and Lærdal (RV 243) in a round trip to (for example) the Nærøyfjord and the Flåm Railway. Other good roads to include in round trips are the Tindevgegen (peaks road), joining (in

Walking and climbing

The Jotunheimen National Park, the Jostedalbreen National Park and the Breheimen and Stølsheimen mountains are the most popular areas for mountain walking around the Sognefjord, although every village along the fjord also has great walks to choose from.

You can ramble beside the fjord, follow culture trails and historical roads or head for the mountains and enjoy unique views of the fjord, mountains and glaciers. Many places also offer guided treks, walks, glacier walking and climbing (see page 26).

Large network of paths and mountain cabins

The Norwegian Trekking Association (DNT) has many waymarked trails and welcoming staffed lodges and cabins in the mountains around the fjord, and Luster is the municipality in Norway with most DNT cabins. The standard ranges from rather luxurious staffed lodges that serve meals to simple self-service cabins. You can walk from cabin to cabin or use the cabins as a base for day hikes in the mountains.

Seasons and weather

The Sognefjord is a great area for outdoor pursuits all year round, but July, August and September are the very best months for walking in the mountains. Remember that the weather changes faster in the mountains than in the lowlands and that you may be surprised by sudden storms and mist.

Equipment and information

Prepare for all kinds of weather when you set off on a long walk. Equip yourself with a map and compass/GPS, waterproof clothing etc. Topographic walking maps are on sale in bookshops and tourist information offices in the area. The tourist information offices can also give you local information about good hikes that are not to be missed!

Find more information at www.sognefjord.no and www.turistforeningen.no



Vikafjellet



Molden



Mountain walk suggestions:

Mountain walk	Place	Total walking time	Level of difficulty	Highlights
Fannaråken	Turtagrø	6 h	Strenuous	Peak in Jotunheimen, Alpine landscape, wonderful view
Fuglesteg	Fortun	3 h	Easy / medium	Lovely stone building and view of Skjolden and the fjord
Bergsetdalen	Krundalen/ Jostedalen	2-3 h	Easy	Glacier view, one of Norway's loveliest walks for families
Molden	Mollandsmarki/ Hafslo	3 h	Medium	Lovely fjord view
Austerdalsbreen	Tungestølen/ Veitastrond	3 h	Easy	"The finest ice scenery in Europe", (W.C. Slingsby)
Nuken	Sogndal centre	5-6 h	Medium	Popular walk. Views of summer pasture farms and villages
Storehaugen	Sogndal Airport Haukåsen	3-4 h	Medium	Great view to Sogndal and the fjord
Flatbrehytta	Supphelledalen/ Fjærland	5 h	Strenuous	Great view of glacier and fjord
Kjerringafjell	Kleppa / Leikanger	5 - 6 h	Medium	View to the fjord
Tjuatoten	Lunde / Dragsvik	4 h	Medium	Panoramic view of many fjord communities
Sværeskaret	Gaularfjellet by Torsnesstølen (NB! Stop in Sværen / the Sværefjord)	3 h	Easy	Mountain to fjord. Great view

NB: Buy maps and tour descriptions at the tourist offices

Events 2007

Here is a list of events registered at the time of going to print. A complete list of events is available on our web site www.sognefjord.no or you can contact one of our tourist information offices for further information.



Opening of DNT-cabin at Fuglesteg

April

1. **Hafslovatnet Around**, ski race, Hafslo / Luster www.sognskisenter.no
7. **Easter ski race**, Sogn Skisenter / Hafslo / Luster www.sognskisenter.no
17. **"Helt Besatt av Becky Mode"** – solo performance by Bjarte Hjelmeland, Sogndal www.sogndal.kulturhus.no
21. **Kjeringi Open**, Triathlon, Leikanger www.kjeringi-open.no
- 27 **Concert** with Eva & the Heartmaker, Meieriet / Sogndal www.meieriet.no
28. **Tinderittet**, ski race (1,200 m downhill from Dyrhaugsryggen), Turtagrø / Luster www.tinderittet.com

May

10. **Cultural evening with Edvard Hoem at Munthehuset**, Kroken / Luster, www.munthehuset.no
- 10.-13. **High Camp**, Turtagrø / Luster www.highcamp.no
- 11.-13. **Balejazz**, jazz festival, Balestrand www.balejazz.no
13. **"Nåde"**, theatre performance, Sogndal www.sogndal.kulturhus.no
- 23.-28. **Gamalostfestivalen**, old cheese, food and music festival, Vik
- 25.-27. **Kulturdagane**, culture days, Skjolden / Luster

June

- 6.-10. **Lustramarknaden fair**, Gaupne / Luster
- 19.-24. **Norwegian Glacier Festival**, Jostedal www.brefestivalen.no
23. **Book night**, Fjærland www.bokbyen.no
- 25.-29. **Mountain activity courses**, Turtagrø / Hurrungane / Luster www.norgesguidene.no
- 29.06-01.07 **Sognefjord Lerum Cup**, football tournament, Sogndal, Luster www.sognefjordcup.no

July

- 2.-6. **Peak climbing week**, Turtagrø / Hurrungane / Luster, www.norgesguidene.no
6. **Tour de Jotunheimen**, cycle race, Lærdal, Luster, Sogndal www.jotunheimenrundt.com
- 21.-27 **The Viking Tour**, cycle race, Vik, www.vikingtour.no
- 28.-29. **St Olaf's day market**, Fortun / Luster



Tour de Jotunheimen

August

5. **Sognefjellsmarsjen**, march on the Sognefjell mountains, Sognefjellet / Luster www.fanaraaken.com/sognefjell.html
- 10.-12. **Sognefjord Swim Festival**, Leikanger / Feios / Balestrand, www.fjordswim.no
11. **Turtagrø - Fanaråken Opp**, the Norwegian uphill running championships, www.fanaraaken.com
18. **Sogn Gamaldansfestival**, dance festival, Parken / Gaupne
- 24.-26. **Blåtonar**, musical weekend (Blue yunes beneath the Blue Ice), Jostedal www.blaatonar.no



Sognefjord Swim Festival

September

- 7.-9. **The Nordic Mountain Film Festival**, Turtagrø / Luster www.fjellfilm.no

Other events lists:

Football matches in Sogndal, Fosshaugane Campus www.sogndalfotball.no
Cinema, concerts and theatre in Sogndal, Sogndal Culture Centre www.sogndal.kulturhus.no
Concerts at Meieriet in Sogndal www.meieriet.no

*In addition there are plenty of local events in the Sognefjord area, for example in connection with 17th May (Norwegian Constitution Day), Midsummer's Day, St Olaf's day etc. Contact the local tourist office for more information about these events.

Attractions

The wonderful Sognefjord landscape, with its cascading waterfalls, blue glaciers, fertile valleys, narrow fjord arms, massive mountain ranges and idyllic villages has been a magnet for explorers, mountaineers and artists for more than 150 years. It has an abundance of interesting culture and is home to many national cultural treasures. Vibrant communities offer genuine cultural experiences, unique visitor centres, museums, art galleries, stave churches and historical sites. Urnes Stave Church, the oldest stave church in Norway, is a UNESCO World Heritage site.



Product: Glacier museum
Breheimsenteret
 6871 Jostedal
 Tel: (+47) 57 68 32 50
 www.jostedal.com
 Season: 1 May - 30 Sept

Visitors Center at the entrance of the Jostedalsbreen National Park. In the Center you can visit our museum to learn more about the National Park, enjoy a meal in our restaurant. They have also souvenirshop and provide general tourist information



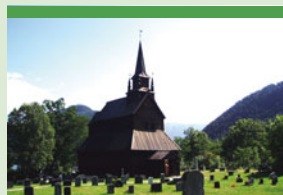
Product: Glacier museum
Norwegian Glacier Museum
 6848 Fjærland
 Tel: (+47) 57 69 32 88
 www.bre.museum.no
 Season: 1 Mai - 31 Oct (Nov - April: reservation required)

The museum is a visitor centre about ice, glaciers and the landscape. You can carry out your own experiments on ice from the Jostedalsbreen glacier that is a thousand years old. The museum also features interactive models that communicate information in a new and exciting way. A new exhibition about climate change will open in summer 2007.



Product: Stavechurch
Urnes Stave Church
 Fortidsminneforeninga
 Pb. 437, 6853 Sogndal
 Tel: (+47) 57 67 88 40
 www.stavechurch.com
 Season: 1 June - 31 Aug

The oldest stave church in the country (1132) and the only stave church to be included on UNESCO's World Heritage List. The church contains ornament dating from the 1060s and is unusually ornately decorated. It stands in a beautiful situation on the southern shore of the Lustrafjord. The area also contains the oldest traces of church building in Norway.



Product: Stavechurch
Kaupanger Stave Church
 Fortidsminneforeninga
 Pb. 437, 6853 Sogndal
 Tel: (+47) 57 67 88 40
 www.stavechurch.com
 Season: 9 June - 18 Aug

The biggest stave church in Sogn (c. 1150), it has been in continuous use as a parish church for more than 850 years. Its medieval design has been preserved, and the body of the church is supported by 22 staves, the largest number of staves found in any stave church. Most of the interior dates from the 17th century.



Product: Stavechurch
Hopperstad Stave Church
 Fortidsminneforeninga
 Pb. 437, 6853 Sogndal
 Tel: (+47) 57 67 88 40
 www.stavechurch.com
 Season: 18 May - 14 Sept

Dates from the first half of the 12th century and is one of our oldest stave churches. This is a popular tourist attraction, with its characteristic appearance of timber upon timber several storeys high. The richly carved western portal is believed to be one of the oldest Romanesque portals in the country. The 14th century altar canopy is the only one of its kind in Norway.



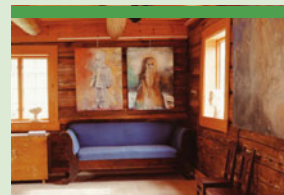
Product: Akvarium
Sognefjord Aqvarium
 6899 Balestrand
 Tel: (+47) 57 69 13 03
 www.kringsja.no/akvarium.htm
 Season: May - Sept

A fjord centre situated in the centre of Balestrand and devoted to information about the Sognefjord. Here, you can study more than 100 different species from the fjord and study models and exhibitions. Film to the accompaniment of local folk music. Fishing activities, rowing boats and canoes. Gallery. Quayside restaurant.



Product: Gallery
Det Gylyne Hus
 Kaien 1 Balestrand
 Tel: (+47) 91 56 28 42
 Season: 15 April - 10 Oct

Balestrand's artist duo welcome you to wander around their house at your own pace. Here you can see stunning artwork from both artists in their respective galleries and see Balestrand of yesteryear in their village museum. Pop into Golden Moments artstore while you are there.



Product: Gallery
Gallery Walaker 300 Walaker Hotel
 Solvorn
 Tel: (+47) 57 68 20 80
 www.walaker.com
 Season: May - Sept

The building as it stands today was built in 1883 using materials from the old timber-built church in Solvorn, which was constructed in approximately 1600. The old building, well worthy of preservation, has housed exhibitions of works by both local and national artists.



Product: Museum
De Heibergske Samlinger – Sogn Folkmuseum
 Vestreim, 6854 Kaupanger
 Tel: (+47) 57 67 82 06
 www.dhs.museum.no
 Season: 1 May - 30 Sept

This is one of the oldest and biggest folk museums in Norway. It consists of a large open-air museum with a working farm and extensive exhibitions. Sogn Fjord Museum is the branch of the museum devoted to fjord culture. Admission is free. The museum, which is open in June, July and August, includes a unique collection of boats from Sogn.



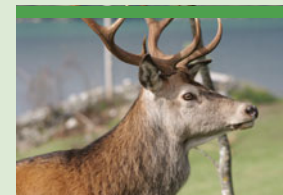
Product: Book town
The Norwegian Book town
 6848 Fjærland
 Tel: (+47) 57 69 22 10
 www.bokbyen.no
 Season: 28 April - 30 Sept

The Norwegian Book Town in Fjærland, the first book town in Norway, has 250,000 second-hand books in several different languages. Old byres and bathhouses have been converted into bookshops. Some of the bookshops also double as small cafés and art galleries, or handicraft outlets.



Product: Museum
Munthehuset
 Kroken/Luster
 Tel: (+47) 57 68 37 25
 www.munthehuset.no
 Season: May - Sept
 Guided tour for groups

Munthehuset (the Munthe House), is a more than 200 years old, unique building that has played a key role in the history of art, cultural life and in the building of Norway as a nation in the 19th century. Guided tour for groups.



Product: Farm visit
Urnes Deer Farm
 Tel: (+47) 90 60 02 18 /
 (+47) 48 03 99 93
 www.urnes.no
 Season: May - Oct

At Urnes Farm just a stone's throw from the World Heritage-listed Urnes stave church, you can take part in a red deer safari. You can get close up to these magnificent animals, help to feed them and learn interesting things about them. A great activity for the whole family, and for groups and school outings.



Product: Museum
Satthuset,
"The Juice House"
 Sørheim/Luster
 Tel: (+47) 90 13 73 02
 www.lerum.no
 Season: May - Sept

In 1909, Kari and Nils H. Lerum started juice-production at Sørheim, between Skjolden and Urnes. They built a small factory, the so called «Satthuset» (the juice house), and started production on an industrial scale. Lerum is today Norway's leading jam and juice producing company. Guided tour for groups. NOK 30 pr person.



Product: Statue
Fritjov den Frøkne
 6894 Vangsnes
 Season: all year

The statue of Fritjov the Bold is 22 metres tall, making it a dominant and highly visible landmark. The statue was gifted by Kaiser Wilhelm II in 1913, because he was so enthusiastic about the area and the story of Fritjov.



Product: Church
The English Church
 6899 Balestrand
 Season: May - Sept

The English church, which was built in 1897, is a copy of the old stave churches. It is under the authority of the Archbishop of Gibraltar. In summer, Anglican mass is held here by English vicars.



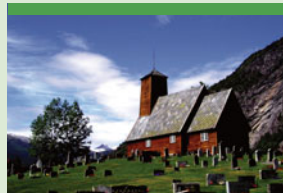
Product: Church
Dale Stone Church
 Luster
 www.sognefjord.no
 Season: 1 June - 31 Aug
 Sept - May: reservation required

In the village of Luster there is a distinctive stone church built around 1200. The architecture is Gothic and the church contains frescoes dating from the 15th century. Open to visitors.



Product: Church
Hove Stone Church
 Fortidsminneforeninga
 Pb. 437, 6853 Sogndal
 Tel: (+47) 57 67 88 40
 www.stavechurch.com
 Season: 21 June - 10 Aug
 (Wed-Sun)

Dating from c. 1170. Rich grave finds from Roman times indicate that Hove was an early chieftain's residence. In the 1880s, the church was bought and restored by architect Blix, who saved it from demolition. The church's medieval interior is beautiful and richly decorated. Architect Blix was buried under the floor of the church.



Product: Church
Gaupne Old Church
 Fortidsminneforeninga
 Pb. 437, 6853 Sogndal
 Tel: (+47) 57 67 88 40
 www.stavechurch.com
 Season: 28 June - 03 Aug
 (Wed-Sun)

Gaupne old church, which dates from 1647, contains several traces of the older stave church, including planks from the portal with dragon carvings dating from the 12th century. The interior testifies to a great love of painting, and it is rich in detail and old fixtures and fittings.

Other attractions:

Product			
Museum	Kristianhus Båt & motormuseum	Vik	57 69 56 86
Gallery	Haukaas Emaljeverksted	Balestrand	57 69 14 19
Church	Kvamsøy kyrkje	Balestrand	57 69 15 48, call for reservation
Statue	Kong Bele statuen	Balestrand	
Statue	Baldersteinen	Leikanger	
Statue	Runesteinen from the 1100	Sogndal	
Statue	Gjest Baardsen statue	Sogndal	

The Stave Churches are Norway's oldest surviving wooden buildings and the country's most significant contribution to architecture

Borgund Stave Church
 ca 1180
 Season: 02.05 - 30.09
 Closed: 17.05
 Open: 02.05 - 10.06 and
 21.08 - 30.09: 10.00 - 17.00
 11.06 -20.08: 08.00 - 20.00
 Entrance: 65/55/45

Hopperstad Stave Church
Vik, ca 1130-1140
 Season: 18.05 - 14.09
 Open: 18.05 - 18.06 and
 14.08 - 14.09: 10.00 - 17.00
 19.06 - 13.08: 09.00 - 19.00
 Entrance: 45/40/30

Urnes Stave Church ca 1132
 Season: 01.06 - 31.08
 Open: 10.30 - 17.30
 Entrance: 45/40/30

Kaupanger Stave Church
 ca 1150
 Season: 09.06 - 18.08
 Open: 09.30 - 17.30
 Entrance: 35/30/25

Hove Stone Church ca 1170
 Season: 21.06 - 10.08
 Wed-Sun open: 11.00 - 16.00
 Entrance: 35/30/25

Gaupne old church
 ca 1647
 Season: 28.06 - 03.08
 Wed-Sun open: 11.00 - 16.00
 Entrance: 35/30/25

Hestad Chapel
 ca 1805
 Season: 03.07 - 01.08
 Wed-Sun open: 11.00 - 16.00
 Entrance: 35/30/25



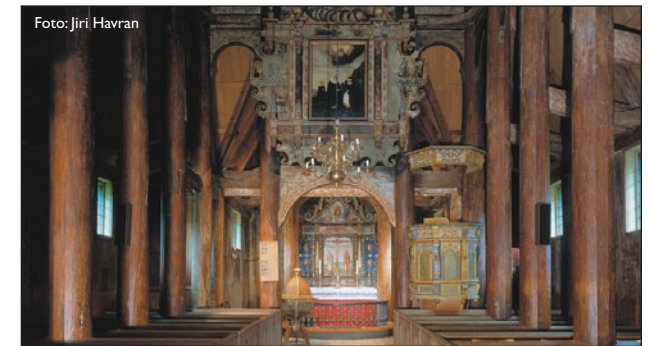
Hopperstad Stave Church

Foto: Jiri Havran



Urnes Stave Church

Foto: Jiri Havran



Kaupanger Stave Church



Activities

The Sognefjord landscape is full of contrasts, making it an ideal place to enjoy breathtaking nature experiences and invigorating activities. There are few places in the world that can offer such a large selection of activities in such a small area! Regardless of whether you are looking for relaxation or physical challenges, you are sure to find an activity that will bring you into close contact with nature. Expert guides lead organised activities that are adapted to suit all age groups.



Product: Guided glacier walks
Jostedalens Breførarlag
 6871 Jostedal
 Tel: (+47) 57 68 32 50
 www.bfl.no
 Season: May - Sept

The experienced glacier guides at Nigardsbreen offer a wide range of well-organised glacier hikes on the blue ice, both for children as young as 6 years old and for those who are looking for something more challenging. Daily tours from May to September. Buy tickets at Breiheimsentret glacier museum, Jostedal.



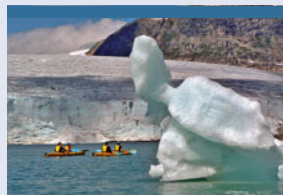
Product: Guided glacier walks
Leirdalen Bre og Juv
 Leirdalen, 6868 Gaupne
 Tel: (+47) 91 76 37 54 /
 (+47) 47 02 78 78
 www.breogjuv.no
 Season: 1 June - 30 Sept

The glacier walk on Tunsbergdalsbreen glacier, the longest glacier arm in Norway, starts with a boat trip through magnificent Western Norwegian scenery. We then walk through easy terrain into the Jostedalsbreen National Park. After an exciting glacier walk between tall ice towers and along deep crevasses, we return the same way we came.



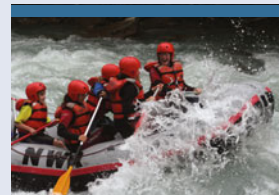
Product: Sea Kayak
Moreld – Fjord & Mountain Adventure
 in Kroken, Balestrand, Sogndal, Solvorn.
 Tel: (+47) 97 19 57 40
 www.moreld.net
 Season: May - Sept

Unspoilt nature, panoramic views, wildlife, waterfalls, stave churches – experience the fjord landscape from a sea kayak or on foot. Short, easy walks or unforgettable hikes including overnight stays - from Balestrand, Sogndal or Kroken. You can book by e-mail, by phone or with the local tourist information office.



Product: Glacier lake kayaking
Ice troll Glacier Lake kayaking
 6871 Jostedal
 Tel: (+47) 57 68 32 50
 www.icetroll.com
 Season: May - Oct

Offer kayaking and glacier hiking tours in remote glacier valleys in Jostedal. The tours include day trips, an overnight tour and a 2-day tour. There are no limits on age or fitness, on individuals or groups. Prices from NOK 750,- (daytour).



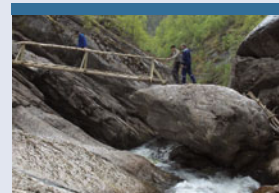
Product: Rafting
Skjolden Rafting
 6876 Skjolden
 Tel: (+47) 47 39 24 60
 www.skjoldenrafting.no
 Season: 1 June - 31 Aug

Offers whitewater rafting on the Mørkridselva river, which flows into the Lusterfjord at Skjolden, and guided walks on request. Duration 3 - 5 hours. If desirable, we can serve local food in an idyllic setting during the trip. Prices from NOK 400.



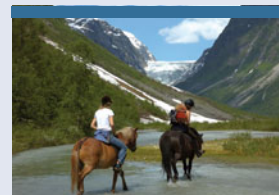
Product: Guided mountain walks
Fimbul Jostedal
 6871 Jostedal
 Tel: (+47) 99 45 09 21
 www.fimbuljostedal.no
 Season: Winter (spring and autumn)

Thinking of a proper winter holiday this time? Fimbul is based in the middle of winter time Norway, in the calm and quiet Jostedal. Without crowds and queues we give you top backcountry skiing, ice climbing, avalanche courses etc.



Product: Canyoning
Leirdalen Bre og Juv
 Leirdalen, 6868 Gaupne
 Tel: (+47) 91 76 37 54 /
 (+47) 47 02 78 78
 www.breogjuv.no
 Season: 1 June - 30 sept

The trip starts in idyllic woodland terrain before descending to the bottom of the gorge, where the Leirdøla river runs. This is a great family walk which includes activities such as fishing, swimming, jumping from rocks and climbing through caves and over boulders. Sturdy shoes are required.



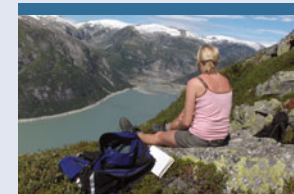
Product: Horseback riding
Raudskarvfjellet Turriding
 6871 Jostedal
 Tel: (+47) 57 68 32 50
 www.jostedal-horseguiding.no
 Season: May - Sept

Experience unique Jostedal on horseback. Ride over the largest active sandur on the European mainland, Fåbergstolsgrandane. A ride for anyone who appreciates untouched nature and a very special landscape made by the glacier.



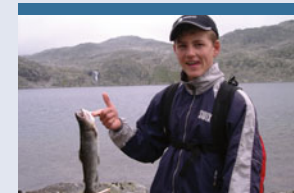
Product: Rafting
Moreld – Fjord & Mountain Adventure
 Tel: (+47) 97 19 57 40
 www.moreld.net
 Season: May - Sept

The Jostedalselva river runs through the wild and beautiful Jostedal valley. Here, whitewater rafting is both an adventure and a breathtaking nature experience. Trips can be booked at the Breiheimsentret visitor centre, by phone or by e-mail. Two trips a day in summer.



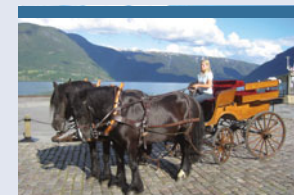
Product: Guided mountain walks
Leirdalen Bre og Juv
 Leirdalen, 6868 Gaupne
 Tel: (+47) 91 76 37 54 /
 (+47) 47 02 78 78
 www.breogjuv.no
 Season: 1 June - 30 Sept.

Join a mountain hike in the mountain area between the Jostedalsbreen National Park and Jotunheimen National Park. There are terrific views of both national parks as well as of the Sognefjord, down below. We offer walks that will suit everyone regardless of physical fitness.



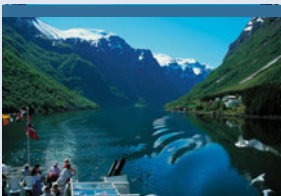
Product: Mountain fishing
Leirdalen Bre og Juv
 Leirdalen, 6868 Gaupne
 Tel: (+47) 91 76 37 54 /
 (+47) 47 02 78 78
 www.breogjuv.no
 Season: 1 June - 30 Sept

Why not join a fishing trip on Tunsbergdalsvatnet, a glacial lake surrounded by mountain peaks that tower 1,000 metres above the water level and with Jostedalsbreen National Park as its nearest neighbour. The lake is teeming with fish, so you have an excellent chance of catching something.



Product: Horseback riding
Solvorn Hest
 6879 Solvorn
 Tel: (+47) 41 51 08 38
 www.solvornhest.com
 Season: June - Sept

Horse and carriage and riding in wonderful scenery along the Sognefjord. Idyllic trips with horse and cart for the whole family. Experience the landscape on horseback! Daily horse-riding trips on reliable 'dølahest' drays for riders with some experience. Pony riding for children. See Highland cattle on the farm.



Product: Boat trips
Fjord 1 Fylkesbaatane
 Tel: (+47) 55 90 70 70
 www.fjord1.no
 Season: all year (tourist routes May - Sept)

If you want to experience the beauty of the fjord, there is no better way of doing so than by taking one of the boats or ferries that sail on the narrowest and most picturesque fjord arms, such as Fjærlandsfjord and Nærøyfjord.



Product: Heritage walk
Balestrand Tourist office
 Tel : (+47) 57 69 12 55
 Season: May - Sept

Guided walks around the village and its cultural heritage. A thorough explanation and description of what you see along the route. The walk can be concluded with a visit to Sognefjord aquarium. The tourist information office has brochures that describe the route.

Other activities

Guided glacier walks, mountain climbing, cave trips, guided skiing trips and ice climbing, Norgesguidene AS, Luster,
 Tel: 92 05 40 57 www.norgesguidene.no

Guided glacier walks, Bre og Fjell, Fjærland, Tel: 57 69 32 33,
 www.breogfjell.no

Guided glacier walks, Breporten, Veitastrand, www.breporten.no

Summit trips, skiing and avalanche course and ice climbing
 Fimbul Jostedal, Tel: 99 45 09 21, www.fimbuljostedal.no

Summit trips, skiing the glacier ("Josten på langs") Jostedalen
 Breførarlag, Jostedal, Tel: 57 68 32 50, www.bfl.no

Cliff climbing, summit trips, guided cycle trips and glacier trip with ice climbing, Sognatur, Sogndal, Tel: 90 08 55 09,
 www.sognatur.no

Guided trips, Molden Rundt, Sogndal / Luster, Tel: 48 24 41 74,
 www.sogneguide.com

Guided mountain walks and kayaking, Sogn Adventure, Vik,
 Tel: 48 27 84 69, www.sognadventure.no

Charter boat / Sightseeing, Sognefjord Charter Cruise, Vik,
 Tel: 57 69 65 55, www.chartercruise.no

Summer skiing, Sognefjellet Summer Ski Centre, Sognefjellet / Luster, www.skjolden.com/sommarski

Farm visit, Naustvoll Gard, Kvamsøy, Tel : 57 69 29 32 / 99 22 72 40, www.naustvollgard.no

Farm visit, Henjatunet, Leikanger, Tel: 57 65 40 14,
 www.henjatunet.no

Sightseeing, fishing, cruise, safari, sailing tours, Norway Fjord Cruise, Leikanger, Tel: 57 65 69 99, www.fjordcruise.com



Product: Heritage walk
Vik Tourist Office
 Tel: (+47) 57 69 56 86
 Season: May - Sept

Guided walk around Strandsitjarstaden and Hopperstad stave church. Strandsitjarstaden is the name of an area of old houses at Vikoyri with a unique history. The people who lived in these houses made their living from fishing on the fjord and from handicrafts. Parts of Vikoyri are now conserved and its distinctive character preserved.



Product: Nature walks
Balestrand Tourist office
 Tel : (+47) 57 69 12 55
 Season: May - Sept

Guided walks from the centre of Balestrand on nature trails with a lot to offer in terms of experiences. Ideal for families. A map and information available at the tourist information office.



Product: Heritage walk
Leikanger Fjord Hotel / Balestrand Tourist Office
 Tel: (+47) 57 69 12 55 / (+47) 57 65 36 22
 Season: May - Sept

Guided walk that starts at Leikanger Fjord Hotel and takes in Baldershagen, Prestegardshagen, Leikanger church and old officials' residences. On the walk, you also pass an old oak called Skrivareiki. It is probably more than 250 years old, is about 25 metres tall and five metres in circumference.

Tunsbergdalsbreen

Longest glacierarm in Norway!

Mountain fishing • Glacier hike • Canyoning

Leirdalen
Bre og Juv

Contact: (+47) 91763754
 (+47) 47027878
 www.breogjuv.no

Experience unique Jostedal on horseback

RAUDSKARVJELLET TURRIDING

Raudskarvfjellet Turridding will take you on a memorable ride into Jostedalsbreen National Park. A rugged and untouched area surrounded by high mountains. Fåbergstølsgrandane is the largest active sandur on the European mainland. The rivers from the glaciers have formed this landscape and we cross them to get into this unique area.

For further information or booking:
Breheimsenteret Jostedal, ph: 57 68 32 50.
Or visit us at www.jostedal-horseguiding.no

Visit the Flåm Railway

– one of the world's most stunning railway journeys

Visit Flåm
 THE FJORD NORWAY RESORT
 www.visitflam.com

Flåmsbana
 THE FLÅM RAILWAY
 Tel.: (+47) 57 63 21 00
 Fax.: (+47) 57 63 23 50
 e-mail: flaamsbana@visitflam.com
 www.flaamsbana.no

Fishing

There is a great variety of lakes, streams and rivers in the Sognefjord region. Most of the lakes are in the mountains, and the region is therefore ideal for visitors who like to combine fishing and hiking. The mountain trout you can catch in these clear, freshwater lakes is considered a delicacy.

There are several rivers along the fjord where you can fish for salmon or sea trout. The area has a long tradition of fishing, and salmon rivers have enjoyed high status among anglers for more than a century. Fishing in the fjord is free throughout the year, and you may catch sea trout, cod, haddock, whiting and more.

There are some organised fishing trips you can join or you can rent a boat or fish from shore. Many accommodation sites along the fjord and lakes also have boats for their guests.

Fishing regulations

Fishing rights in the Sognefjord area are administered by individual landowners or landowner associations. Fishing permits must therefore be obtained locally, and can usually be purchased at places like tourist information offices, hotels or campsites.

Fishing permits

In most cases you can choose between permits valid for from one day up to a year. Prices differ from place to place, and the cost of a one-day permit starts at 50,- (NOK). Children under the age of 16 can fish without a permit (from 1 January to 20 August) in lakes or rivers where there are no salmon or sea trout.

Norwegian fishing licence fee

Before purchasing a permit for a lake or river containing salmon and sea trout, you have to pay the Norwegian fishing licence fee at a post office or at internet (www.inatur.no/fiskeravgift). Salmon are protected in some places, but you can nevertheless fish for sea trout in these lakes and rivers.

Season

You can normally fish in the mountain lakes as soon as the ice on the lakes has melted in spring, and in most lakes and rivers containing salmon and sea trout the fishing season is from approx. 1 July to 15 September.

Fishing in the fjord

Although fishing in the fjord is free, remember not to fish closer than approx. 100 m from the mouth of a river containing protected salmon or sea trout, and note that special regulations apply to the use of fishing nets.

Please contact the tourist information offices for more detailed information about guided fishing trips, local fishing regulations, permits, renting boats and fishing gear etc.



The Lusterfjord

All you need to know about the FJORD

plankton - sealife - environment - fishing - history -
landscapes - fjordactivities



Slideshow

Fish from the fjord

Rowboats CANOES

GALLERY MUNKEN

RESTAURANT

SOGNEFJORD AQUARIUM

AT THE CENTRE OF BALESTRAND
PHONE 57 69 13 03 www.kringsja.no

Sognefjellet - Jotunheimen

- paradise for outdoor enthusiasts!



Hurrungane, Jotunheimen

Sognefjellsvegen Route 55

- The highest mountain pass in Northern Europe
- Norway's first National Scenic Route
- Voted one of the most beautiful bike rides in the world
(The Guardian, January -07)



Refreshing activities:

Glacier walks • Ice climbing • Tyrolertravers (rope crossing) • Summit trips • Guided climbs to Store Skagastølstind • Sunrise trips • Glacier guiding to Mount Galdhøpiggen • Cave trips • Whitewater rafting • Riding • Canyoning • From cairn to cairn • Kayaking on mountain lakes, glacial lakes and the fjord • Summer skiing at Northern Europe's highest Alpine ski centre • Cross Country Summer Ski Centre etc.

Major cultural attractions:

Lom Stave Church • Urnes Stave Church • Breheimsenteret Visitor Centre • Norwegian Mountain Museum / Jotunheimen National Park Centre • Fossheim Steinsenter (rock centre)

New product 2007

From cairn to cairn. 300 cairns between Krossbu and Turtagrø. Marked path from the Sognefjellslytta mountain cabin.

Local culinary specialties

Pleasant places to stay:

Almost 50 different enterprises offering accommodation in all price categories.

More information:

Jotunheimen Reiseliv - tel (+47) 61 21 29 90 - www.visitlom.com
Sogndal & Luster Tourist Office - tel (+47) 976 00 443 - www.sognefjord.no



Sognefjellet/Jotunheimen

Climate/seasons

Situated on the border between Eastern and Western Norway, with a combination of coastal and continental climate, the inner reaches of the Sognefjord enjoy a very good climate with relatively mild winters and little rain in the summer. The main tourist season is from mid-May to mid-September, but **the fjord is beautiful in all seasons.**



Spring

Spring comes to the Sognefjord around Easter and the landscape is probably at its most beautiful in May - with full-flowing, cascading waterfalls, green hillsides and meadows, snow-capped mountains and exhilaratingly clear air. At the end of May the orchards around the villages are a sea of apple blossom. Conditions can vary from cool spring air to mild summer weather. Most mountain passes open again in May.



Summer

Summer usually lasts from June until the end of August. Daytime temperatures can vary from 10 to 30 degrees Celsius, but you can normally expect between 15 and 25 degrees. Long, sunny days, light summer nights and fresh air all help to make the fruit and berries unusually good in this area. The area has most visitors during the last three weeks in July (the peak holiday season in Norway), and it is a good idea to book accommodation and activities for these weeks in advance.

Autumn

In autumn, the Sognefjord takes on its mantle of lovely colours, first in the mountains and then down by the fjord. A lot of people consider this the best time for mountain walking. The snow has gone, the rivers are low and the ground is dry and firm underfoot in most places as you walk among the red, orange and yellow hues of the autumn heather and bushes.



Winter

Light snowfalls are not unusual from the beginning of November, but the snow does not usually lie in the lowlands before December. The trees lose their leaves and the days are at their darkest until the snow paints the landscape white. The ski lifts and ski tows by the fjord usually open for the Christmas holidays and stay open until the end of the Easter holidays. January and February can be dry and cold, with temperatures sometimes falling to 10-15 degrees Celsius below zero.



SKISOGN

Winter

- where the Sognefjord meets the Jotunheimen mountains and Jostedalsglacier!

Experience THE JOYS OF SKIING!



SOGN SKISENTER BA

Heggmyrane • 6869 Hafslo

www.sognskisenter.no

- Norway's longest ski tow (2,000 m)
- Highest point. Altitude 875 m. Height difference 550 m
- Four downhill runs. 9 km of prepared Alpine pistes (2,000 m floodlit)
- 13 km machine-prepared cross-country trails, 5 km with floodlighting
- Ski school
- Service building with café. Hot meals served. Great view of ski slopes
- Ideal area for paragliding
- Free parking with plenty of space!
- Open in the evenings, ski bus to the ski centre from the centre of Sogndal.



Hodlekve Skisenter

Sogndal

www.hodlekve.no

- 1,200-metre-long ski tow, height difference 290 m
- Four downhill runs. 3.5 km prepared Alpine pistes (900 m floodlit)
- 3 km of floodlit skiing trail (5 km prepared cross-country trails)
- Prepared mountain trails (approx. 10 km)
- Café/Kiosk (SIL cabin)
- 200 parking spaces
- Special "Ski bus" to the ski tow from Kaupanger and Sogndal
- Hodlekve is a great skiing area for the whole family!

Tel 976 00 443 WWW.SKISOGN.NO

Fjærland



Turar - 12 merka turar

- Hikes - 12 major hiking routes
- Wanderungen - 12 Touren mit Markierungen

Bøyum Camping****

- Hytter • Cabins • Hütten
- Tel: (+47) 57 69 32 52

Den norske bokbyen

- 250 000 brukte bøker for sal
- 250 000 second-hand books for sale
- 250 000 gebrauchte Bücher zum Verkauf

Tel: (+47) 57 69 22 10

Fjærland Fjordstue Hotell

- Familiedreve • Family run hotel
 - Familienbetrieb
- Tel: (+47) 57 69 32 00

Hotel Mundal

- Familiedreve sidan 1891
 - Family run since 1891
 - Familienbetrieb seit 1891
- Tel: (+47) 57 69 31 01

Norsk Bremuseum

- Opplevingssenter for bre og klima
- Experience centre on glacier and climate • Erlebnismuseum über Gletscher und Klima

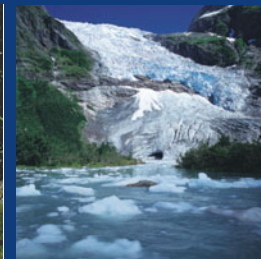
www.fjaerland.org

Tel: (+47) 57 69 32 33



You won't believe it until you've been there!

Das muss man mit eigenen Augen gesehen haben!



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COMPLEX AT ØVRE ÅRDAL
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Heated water, 28°C
• 3 pools • Water slides
• Newly refurbished changing facilities • Kiosk. The main pool is 50 m. long.

COMPLEX AT ÅRDALSTANGEN
Open daily. Heated water, 25–28°C • 3 pools • High diving platform (3m)
• Changing rooms.
The main pool is 25 m. long.



Where the Sognefjord goes ashore

Welcome to the Klingenberg Hotel – a hotel, surrounded by beautiful nature at the inner part of the Sognefjord. Since 1861 we have offered our guests a nice atmosphere and exciting activities. How about a hike to Vettisfossen – the King of Norway's waterfalls or a Fjordcruise on the Sognefjord.

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E-mail: post@klingenberghotel.no

www.klingenberghotel.no

Explore Utladalen and Jotunheimen

UTLADALEN NATURHUS

Exhibition - Film - Café
Season: 20th June – 20th August
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Tyinvegen 3, NO-6884 Øvre Årdal
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Fax +47 57 64 75 20

E-post: sitla@klingenberghotel.no

An excellent, reasonably-priced B&B



REISEMÅL ÅRDAL
FRÅ SOGNEFJORDEN TIL JOTUNHEIMEN

post@visitardal.no

Tel. +47 57 66 30 10

+47 57 66 35 62



Accommodation

We offer a wide range of accommodation in all price classes. You have a choice of apartments, cabins and holiday homes, campsites with chalets, youth hostels, guest-houses, tourist cabins, B&B, hotels, farm stays and other types of special accommodation. You also have the option of historical hotels, which are steeped in tradition and have their own special atmosphere.

The tourist information offices and websites (www.sognefjord.no) can help you to find accommodation. If you are planning to visit the area in the high season (July/August) it is best to book in advance to make sure you get the type of accommodation you want.

= hotel
 = cabins/holiday homes
 = camping
 = room

SOGNDAL

Fjærland

Fjærland Fjordstue Hotell		57 69 32 00	www.fjaerland.no
Hotel Mundal		57 69 31 01	www.hotelmundal.no
Anders T. Mundal hytter		57 69 32 58	
Flatbrehytta		57 69 32 29	www.fjaerland.org/flatbrehytta
Hamrum Fjord og Naturhytter		57 69 32 05	
Jordal Hytter		57 69 32 51	
Øvre Mundal hytte		57 69 31 51	
Bøyum Camping		57 69 32 52	www.fjaerland.org/boyumcamping
Alma Haugen		97 63 78 70	
Rauboti leiligheit		91 30 51 88	home.c2i.net/rauboti

Kaupanger

Vesterland		57 62 71 00	www.vesterland.no
Timberlids Hytter		57 67 87 64	www.timberlid.no
Amble Gård		41 24 53 51	www.amblegaard.no
Havnebakken Feriehus		91 75 10 16	www.havnebakken.no

Slinde

Lunden Ferieleiligheter		57 67 91 88	www.lundenferie.no
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Sogndal

Best Western Læg Reid Hotell as		57 62 88 88	www.lag Reid.no
Hofslund Fjord Hotel		57 62 76 00	www.hofslund-hotel.no
Quality Hotel Sogndal		57 62 77 00	www.sogndal-hotel.no
Lems Bungalows		91 14 62 72	www.lemsbungalows.no
Litlabø Hytter		90 78 82 20	jolitlab@start.no
Loftesnes Hytter		95 20 65 74	www.loftesneshytter.no
Selseng Hytter		90 66 87 03	www.selseng.no
Svedal Nils Hytter		57 67 99 20	nsvedal@online.no
Ønes Fjordhytter		57 67 11 43	ingaraa@hotmail.com
Kjøernes Camping		57 67 45 80	www.kjornes.no
Stedje Camping		90 07 10 12	www.scamping.no
Sogndal Vandrarheim		57 62 75 75	www.vandrerhjem.no/sogndal
Loftesnes Pensjonat		57 67 15 77	
Sogndal Bed & Breakfast		91 30 09 46	www.stayinnorway.com

LEIKANGER

Leikanger

Leikanger Fjord Hotel		57 65 36 22	www.leikanger-fjordhotel.no
Sognefjord Hotell		57 65 11 00	www.sognefjordhotel.no
Hella Fjordhytter		57 65 29 21	

LUSTER

Fortun

Turtagrø Hotel		57 68 08 00	www.turtagro.no
Bjork Gard		41 33 83 86	www.bjork-gard.no
Nordstedsalseter turisthytte		95 07 63 82	www.turistforeningen.no/nordstedsalseter
Fortuna Kafé og Pensjonat		57 68 61 51	

Gaupne

Pluscamp Sandvik		57 68 11 53	www.pluscamp.no/sandvik
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Hafslø

Eikum Hotel		57 68 06 00	www.eikum.no
Gløtten Hytter		57 68 44 44	www.hafsløhytter.no
Hafsløtun Kro & Hyttesenter		57 68 41 78	www.hafsløtun.no
Heggmyra Hyttegrend		92 81 06 30	www.heggmyrahyttegrend.com
Kvamshaugen Herberge og Hytter		57 68 41 57	www.kvamshaugen.no
Tang Hyttegrend		57 68 66 19	www.tang-hyttegrend.no
Beim Gard		92 21 47 13	www.beim-gard.no
Hafslø Hytteutleige Straumane		57 68 73 60	www.hafsløhytteutleige.com
Lyngmo Ungdomssenter og Camping		57 68 43 66	www.lyngmoinfo.com
Hafslø Gjestehus		57 68 65 75	www.hafsløgjestehus.com
Bestebakken		90 16 84 49	www.bestebakken.no

Høyheimsvik			
Luster Fjordhytter	🏠	57 68 65 00	www.luster-fjordhytter.com
Nes Camping	🏠🚐	57 68 64 24	
Viki Fjordcamping	🏠🚐	57 68 64 20	home.c2i.net/sanaess
Nes Gard, Bed and breakfast	🏠	95 23 26 94	www.nesgard.no
Jostedalen			
Jostedal Hotell	🏠	57 68 31 19	www.jostedalhotel.no
Nigardsbreen Camping	🏠🚐	57 68 31 35	
Jostedal Camping	🏠🚐	97 75 67 89	www.jostedalcamping.no
Luster			
Sogn Fjordhytter	🏠	93 83 25 53	www.sognfjordhytter.no
Solstrand Fjordhytter	🏠	57 68 73 50	www.solstrand-fjordhytter.no
Dalsøren Camping	🏠🚐	57 68 54 36	www.dalsoren.com
Marifjøra			
Marifjøra Sjøbuer	🏠	57 68 74 05	www.rorbu.net
Ornes			
Ornes Gard og hjortefarm	🏠	94 50 80 88	www.urnes.no
Skjolden			
Skjolden Hotel	🏠	57 68 23 80	www.skjolden.com/skjoldenhotel
Nymoen Leirplass	🏠🚐	57 68 66 03	www.skjolden.com/nymoen
Vassbakken Kro og Camping	🏠🚐	57 68 61 88	www.skjolden.com/vassbakken
Munthehuset (Kroken)	🏠	57 68 37 25	www.munthehuset.no
Solvorn			
Walaker Hotell	🏠	57 68 20 80	www.walaker.com
Eplet Bed & Apple	🏠🚐	41 64 94 69	www.eplet.net



Veitastrand			
Nesøyane Gjestegard	🏠	57 68 78 19	www.home.no/nesoyane
Tungestolen Turisthytte	🏠	41 40 46 55	
VIK			
Vik i Sogn			
Hopstock Hotell og Motell	🏠	57 69 65 50	www.hopstock.no
Ligtvor Gardsferie Hytter	🏠	57 69 51 51	
Otterskred Fjordhytter	🏠	57 69 61 16	www.otterskred.net

Fjordaferie	🏠	57 69 52 95	www.fjordaferie.no
Arnafjord hytteutleige	🏠	57 69 67 80	www.arnafjord-hytter.no
Tistel Camping	🏠🚐	57 69 54 79	
Vik Camping	🏠🚐	57 69 51 25	
Dampen Pub & Restaurant	🏠	57 69 58 06	www.dampen-vik.no
Vangnes			
Djuvik Camping	🏠🚐	57 69 67 33	www.djuvikcamping.no
Fjellheim Camping	🏠🚐	57 69 67 32	
Tveit Camping	🏠🚐	57 69 66 00	tveitca@online.no
Solvang Camping Hytter & Motell	🏠🚐	57 69 66 20	www.solvangcamping.com
Sognefjord Gjestehus	🏠	57 69 67 22	www.sognefjord-gjestehus.no
Finnabotn			
Findebotten Gjestehus	🏠	94 82 40 20	www.findebotten.no
Finden Gard	🏠	57 69 61 81	www.finden-gard.no
BALESTRAND			
Balestrand			
Kvikne's hotell	🏠	57 69 42 00	www.kviknes.no
Balestrand Hotell	🏠	57 69 11 38	www.balestrand.com
Dragsvik Fjordhotel & Hytter	🏠🚐	57 69 44 00	www.dragsvik.no
Kringsjå Hotell	🏠	57 69 13 03	www.kringsja.no
Midtnes Hotell	🏠	57 69 11 33	www.midtnes.no
Balestrand Feriehytter	🏠	57 69 13 74	www.fjordcabin.no
Battenhausen, Brigitte	🏠	(+49) 61 81 55 05	brattenhausen@t-online.de
Eitungjerde Hytter	🏠	57 69 11 15	cleyen@online.no
Grønlund Hytter	🏠	57 69 21 89	www.norwegenhauser.de
Hans P. Thue	🏠	57 69 13 31	
Menes Fjordhytter	🏠	57 69 14 13	www.menes.no
Kallestad Hytter	🏠	57 69 29 38	
Målsnes, Jomar	🏠	57 69 29 27	
Tjugum, Anders	🏠	57 69 12 59	
Ulvestad Helge	🏠	57 69 11 70	
Ulvestad Hytter og hus	🏠	57 69 21 30	
Ulvestad, Arild	🏠	97 69 95 06	arild-ul@online.no
Fjordhytter Wilker	🏠	48 11 65 61	http://home.online.no/~olaf-w
Ese camping	🏠🚐	57 69 11 61	
Esefjorden Camping	🏠🚐	48 26 28 78	
Sjotun Camping	🏠🚐	57 69 12 23	www.sjotun.com
Veganeset Camping	🏠🚐	57 69 16 12	www.veganesetcamping.no
Askelund Futegard	🏠	91 10 99 92	www.askelund.no
Balestrand Vandrerheim	🏠	57 69 13 03	www.kringsja.no
Thue Romutleige	🏠	57 69 15 95	
Flesje Gard B&B	🏠	57 69 14 28	flesje.gard@balestrand.online.no
Maristova	🏠	90 20 81 86	

🏠 = hotel 🏠 = cabins/holiday homes 🚐 = camping 🏠 = room

Where to eat & drink

All hotels not specified in this list, serve buffets in the evening. There are also numerous restaurants and party venues available. These require booking in advance. Contact the tourist information offices for more information.

Restaurants, a la carte

Sogndal

Compagniet restaurant	57 62 77 00	www.sogndal-hotel.no
Kafè Timber	57 62 71 00	www.vesterland.no
Dr. Hagen Cafe og Bar	57 62 77 00	www.sogndal-hotel.no

Fjærland

Fjærland Fjordstue Hotell	57 69 32 00	www.fjaerland.no
Hotel Mundal	57 69 31 01	www.hotelmundal.no

Jostedal

Jostedal Hotell	57 68 31 19	www.jostedalhotel.no
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Fortun

Turtagrø Hotel	57 68 08 00	www.turtagro.no
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Solvorn

Walaker Hotell Gjestgivergården	57 68 20 80	www.walaker.com
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Hafslo

Eikum Hotel	57 68 06 00	www.eikum.no
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Vik i Sogn

Dampen Pub & Restaurant	57 69 58 06	
Hopstock Hotell og Motell	57 69 65 50	www.hopstock.no

Balestrand

Gekken's Restaurant	97 51 29 26	
Kvikne's hotel og Balholm Bistro	57 69 42 00	www.kviknes.no

Café / Cafeteria / Snack bars

Fjærland

Bøyum Camping	57 69 32 52	www.fjaerland.org
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Sogndal

Big Bite	57 67 59 91	www.sogningen.no
Dolly Dimple Pizza, Quality Hotel Sogndal	04440	www.sogndal-hotel.no
Dolly Dimple Pizza	04440	www.sogningen.no
Sognagrillen	57 62 88 06	www.sogningen.no
Domus Café	57 62 99 90	www.sogningen.no
Dr Hagen Café og Bar	57 62 77 00	www.sogndal-hotel.no
Konditoriet	57 67 69 50	www.sogningen.no

Kaupanger

Sogn Folkemuseum	57 67 82 06	www.dhs.museum.no
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Gaupne

Pluscamp Sandvik	57 68 11 53	www.pluscamp.no/sandvik
Pyramiden Storkiosk/Post	57 68 53 71	www.pyramidensenter.no

Prix Café	57 68 14 61	
Pyramiden Senterkafé	57 68 14 61	www.pyramidensenter.no
Hafslo		
Hafslotun Kro	57 68 41 78	www.hafslotun.no
Ornes		
Ornes Gard	57 68 39 44	www.urnes.no
Jostedal		
Breheimsenteret	57 68 32 50	www.jostedal.com
Jostedal Hotell	57 68 31 19	www.jostedalhotel.no
Høyheimsvik		
Lustrafjorden Kro	57 68 18 80	
Skjolden		
Fjordstova	57 68 67 44	www.skjolden.com/fjordstova
Fortuna Kafé og Pensjonat	57 68 61 51	
Vassbakken Kro og Camping	57 68 61 88	www.skjolden.com/vassbakken
Fortun		
Nordstedselseter	93 00 56 06	www.turistforeningen.no/nordstedselseter
Veitastrom		
Tungestølen Turisthytte	41 40 46 55	
Solvorn		
Linahagen Kafé	57 68 18 00	
Vik i Sogn		
Brekkes kiosk	57 69 64 00	kjell@brekke.com
Café Viking	57 69 53 34	
Sognefjord Gjestehus	57 69 67 22	www.sognefjord-gjestehus.no
Balestrand		
Cafe Fløyfisken, Sognefjord Akvarium	57 69 13 03	www.kringsja.no

Pub / Disco

Fjærland

Hotel Mundal	57 69 31 01	www.hotelmundal.no
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Sogndal

Keiserinnen Dancing	57 62 77 00	www.sogndal-hotel.no
Lægreids puben	57 62 88 88	www.lagreid.no
SOHO - diskotek	57 62 77 00	www.sogndal-hotel.no
Dr Hagen Café og Bar	57 62 77 00	www.sogndal-hotel.no
Sherlocks Sigar Bar	57 62 88 88	www.lagreid.no

Høyheimsvik

Lustrafjorden Kro	57 68 18 80	
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Vik

Dampen	57 69 58 06	www.dampen-vik.no
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Jostedal

Jostedal Hotell	57 68 31 19	www.jostedalhotel.no
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www.gasta.no Foto: Espen Granli



Enjoy a few wonderful days beside the Sognefjord. Kvikne's Hotel in Balestrand is one of the most special hotels in all Norway. An atmosphere of cultural heritage, an international cuisine and a well stocked wine cellar will give your senses memories for life. The Nærøfjord and Urnes Stave Church, attractions on UNESCO's world heritage list which draw visitors from all over the world, are not far away.

The hotel offers you a variety of room categories in both the main and historical part of the building.

KVIKNES  HOTEL

For more information: + 47 57 69 42 00 or www.kviknes.no

De historiske
HOTEL & SPISEBETEDER



www.gasta.no

Walaker Hotell is situated on the waterfront, in the small village of Solvorn, offering a splendid view towards the Urnes Stave Church across the fjord. The hotel has a large, beautiful rose garden and 23 guest rooms with historical atmosphere. Good Norwegian cuisine.



Galleri Walaker 300

Art exhibits in our highly acclaimed gallery.



WALAKER HOTELL

Walaker Hotell • N-6879 Solvorn • E-mail: hotel@walaker.com • www.walaker.com • Tel: (+47) 57 68 20 80

De historiske
HOTEL & SPISEBETEDER

Vangsnes

Reasonably priced, good quality accommodation

*Centrally located in the heart of the Sognefjord district,
surrounded by fantastic scenery!*



Foto: Helge Noss



Sognefjord Gjestehus

Accommodation
Restaurant • Groceries
Boats and fishing rod for rent
www.sognefjord-gjestehus.no
e-post: vangpens@online.no
Tlf.: +47 57 69 67 22
Fax: +47 57 69 62 75
6894 Vangsnes



Solvang Camping Hytter & Motell

Heated swimming pool
Bed linen hire

www.solvangcamping.com
Tlf. +47 57 69 66 20
E-post: solvang.camping@sognapost.no
6894 Vangsnes



Djuvik Camping

Cabins, caravan and telt spaces
Beach • Boat hire
www.djuvikcamping.no
e-post: eivind.lidal@c2i.net
Tlf.: +47 57 69 67 33
Fax: +47 57 69 67 44
6894 Vangsnes



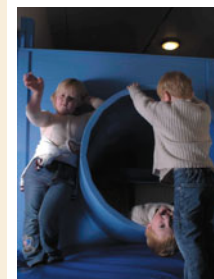
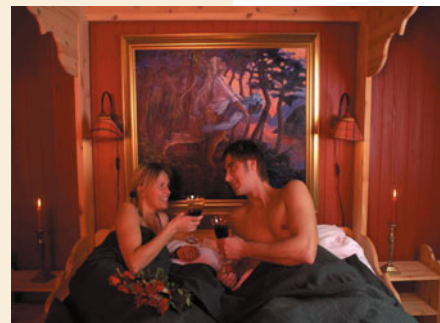
Tveit Camping

Cabins, caravan and tent spaces
Modern sanitary facility
Lounge with satellite TV
Boat hire
Tlf. +47 57 69 66 00
Fax/Privat.tlf: +47 57 69 66 70
E-post: tveitca@online.no
6894 Vangsnes



Fjellheim Camping

11 plain standard cabins
by the fjord
Modern sanitary facility
Tlf.: +47 57 69 67 32
+47 57 69 66 24
Fax: +47 57 69 67 32
6894 Vangsnes



Norlandia Vesterland Resort
is located 7 km from Sogndal city
centre, and 11 km from Sogndal
Airport.

- chalets
- apartments
- hotelrooms
- swimmingpool
- gym
- sportshall
- playground
- restaurant

www.vesterland.no
adm@vesterland.no
tlf: +47 576 27 100



**Norlandia
Vesterland Resort**

FJORDSTOVA

www.skjolden.com



Welcome to Fjordstova

Fjordstova at Skjolden is located idyllically down by the fjord, innermost in Sognefjorden.

The tourist information office is (tel. +47-976 00 443) and is open:
10.06-30.06: 14.00 - 19.00
01.07-12.08: 11.00 - 19.00
13.08-31.08: 14.00 - 19.00

Fjordstova also offers: sale of local handi-crafts, climbing wall, library, café, swimmingpool and fitness studio. Bicycles and kayaks for rent.

Swimming pool

Summer opening hours:
25.06-12.08
daily except Mondays:
15.00 - 18.00
Winter opening hours:
Tuesdays and Fridays:
18.00 - 21.00
Sundays 16.00 - 19.00

Please contact:

Arne Hauge / Anders Bolstad
Tel. (+47) 97 65 51 47 / (+47) 92 61 21 13

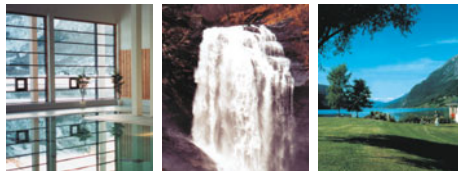
SKJOLDEN Hotel

Where fjord and mountains meet



Skjolden Hotel is located innermost in the Sognefjorden, where the sea ends and the mountains begin. The hotel has its own beach, pier and boats. There are a number of signposted trails in the surrounding area.

Short distance to Urnes Stave Church, the Nigardsbreen glacier and Sognefjellet. 55 rooms with a total of 100 beds. All rooms have bath, shower, WC, telephone, TV and radio. Lift. Excellent conference facilities. Solarium, indoor swimming pool and climbing wall, exercise room and sauna. Bikes for rent.



Skjolden Hotel • N-6876 Skjolden
Tel. +47-57682380 • Fax +47-57682381
E-mail: skjoldenhotel@skjolden.com
www.skjolden.com/skjoldenhotel

Welcome to Kjernes Camping

Kjernes Camping is idyllically situated on the Sognefjord, 3km from Sogndal centre

We have 9 cabins, 2 apartments, and a large area with room for 100 camping units with electrical power points for caravans and mobile homes. Our new reception centre includes separate sanitary facilities for wheelchair users and a mother and baby room.

The site is ideally situated in quiet, picturesque countryside with a beach extending more than 1 kilometre.



camping@kjernes.no • Tlf: +47 57 67 45 80 • www.kjernes.no

Hofslund Fjord Hotel Sogndal • Sognefjorden

Family run hotel with long traditions



Hofslund Fjord Hotel

Fjørevegen 37 • N-6856 Sogndal • Tel: +47 57 62 76 00 • Fax: +47 57 62 76 01
E-post: h-hotel@online.no • www.hofslund-hotel.no

www.gasta.no



QUALITY HOTEL SOGNDAL



Our main-restaurant for all occasions – a la carte, light meals, sandwiches and catering.



Our pizza-restaurant and take-away with more than 20 different pizza-menus. Quality Hotel Sogndal and Sogningen Storsenter.

- 108 rooms
- Swimmingpool
- Sauna



An informal meeting-place, serving light meals and refreshments. There is no obligation to order food, but you may become tempted by our interesting and varied a la carte-menu...



Today's menu – a la carte – homemade cookies – burgermenu – all served at Sogningen Storsenter.



www.gasta.no

www.sogndal-hotel.no

Fully furnished, with kitchen, WC and shower. Five beds in two rooms. Colour TV. All cabins with private balcony. Rowing boat included. Welcome!

LUSTER FJORDHYTTER

N-6875 HØYHEIMSVIK • Tel. +47-57 68 65 00 • Fax +47-57 68 65 40
E-mail: stein.naess@luster-fjordhytter.com
www.luster-fjordhytter.com

Eikum Hotell offers a quiet, relaxing atmosphere and good food. 100 beds – all rooms have shower, toilet, TV and telephone. Fjord pass. Alcohol served. Trout fishing. Welcome!

EIKUM HOTEL

N-6869 Hafslø
Tel. +47-57 68 06 00
Fax +47-57 68 06 01
E-mail: post@eikum.no
www.eikum.no

DALSØREN CAMPING

Dalsøren Camping Centre is ideally situated on Highway 55 at the water's edge by the beautiful Luster Fjord. In addition to a large and spacious camping area we can offer 5 modern chalets with 4/6 beds, sitting room, kitchen, shower and also a large family chalet, fully furnished and equipped. 14 other chalets are also available at varying rental rates.

Adresse : Dalsøren Camping,
6772 Luster, Noreg
Telefon : +47 576 85436
Internett : www.dalsoren.com

Welcome to a fascinating stay on a peninsula in the Sognefjord!

- Hotel
- Camping
- Cabins

www.gasta.no Foto: Finn Loftnesnes

DRAGSVIK
fjordhotell

N-6899 Balestrand • Tlf. +47 57 69 44 00
www.fjordhotel.com



Veganeset Camping

N-6899 Balestrand • Tlf. +47 57 69 16 12
www.veganesetcamping.no



Four nice cottages in «rorbu» style, right by the fjord at Marifjøra. Fine view over the fjord to Gaupne and out towards the mountains and the Feigumfossen waterfall. Sit on the terrace and enjoy the view, go fishing in the fjord (rowboat with outboard can be hired and fishing equipment borrowed) or take a car tour through the beautiful scenery.

Each cottage has sitting room with kitchen area, one twin bedroom, and tiled bathroom with shower; WC and under-floor heating on the ground floor. One bedroom with double bed upstairs. Parabol TV, wireless internet, radio, fridge with freezer, coffee-machine, In allroom, washing machine, drying machine and iron/ironing board. Each cottage has garden furniture and barbecue. Shopping center: 3 km. Parking by the cottages.

Marifjøra Sjøbuer

N-6873 Marifjøra
Tel. +47-57 68 74 05 / 48 14 43 09 • Fax +47-57 68 74 57
E-mail: post@rorbu.net • www.rorbu.net



The Tang chalets are beautifully situated by the Hafslo lake. The 4 chalets were built in 1992 and 1995. High standard, large living-room, kitchen, 3 and 2 bedrooms, bathroom and large veranda. 300 meters to shops, 50 meters to the lake.

TANG HYTTEGREND

N-6869 HAFSLO • TEL. +47-57 68 66 19
www.tang-hyttegrend.no

Feel like home!

- Læg Reid Hotell is located in the heart of Sogndal
- 35 renovated rooms
- TV, Internet, bathrooms and minibar
- High quality

Best Western

LH

LÆGREID HOTELL

www.lagreid.no

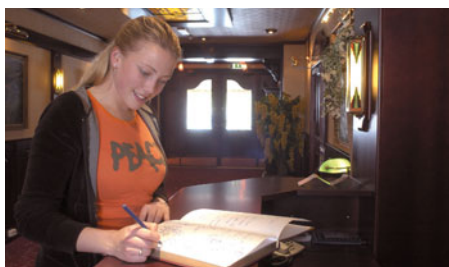


Foto: Oskar Andresen
www.gasta.no

Five high standard cottages, situated by the beautiful lake Straumvatnet at Hafslo. Built 1991-2000. 2 bedrooms (+ loft in one), terrasse, livingroom/kitchen, bathroom with floor heating. Playgrounds. Outdoor barbecue site by the lake. Boat rental. Trout fishing. Follow signs to «Straumane».

Hafslo Hytteutleige

Straumane • N-6869 Hafslo
Tel. (+47-) 57687360 / 92695402
Fax 57687202



Sognefjord Hotel

Sognefjord Hotel is pleasantly located on a peninsular stretching out into Sognefjorden, the longest and deepest fjord in Northern Europe. Norwegians call it the "King of the Fjords". For those wishing a "mountain and fjord" vacation, Sognefjord Hotel is ideally situated for day trips to some of the most beautiful scenery in Norway. Sognefjord Hotel is a modern hotel with comfortable rooms, a large dining room and a large outdoor area. For those interested in activities, we can offer tennis courts, rowing boats and cycles to hire, while indoor recreational facilities include a swimming pool, sauna, fitness studio and solarium.

Sognefjord Hotell as • Sognefjordvegen 20 • 6863
Leikanger • Tlf: 57651100 • Faks 57651101
www.sognefjordhotel.no • hotel@sognefjordhotel.no

www.gasta.no

Midtnes Hotel



*The place for you to stay
in Balestrand!*

Visit our website: www.midtnes.no



Midtnes Hotel • N- 6898 Balestrand
Tlf: +47 57 69 11 33 • Fax: +47 57 69 15 84
E-post: booking@midtnes.no

www.gasta.no



Loftesnes Hytter

"Loftesnes Hytter" offers 7 cabins, 6 of them one-bedroom cabins with 4 resp. 5 beds. In addition, we have "Naustet", the "boathouse". The "boathouse" has 3 bedrooms with altogether 7 beds. All cabins have a living room with fully equipped kitchenette, shower and WC. All cabins have TV. Quilts and bed linen are not included.

Do you want to rent?
Please contact us in the white house across
the road. Phone: 5767 2196 / 9520 6574

www.gasta.no

Balestrand Hotell

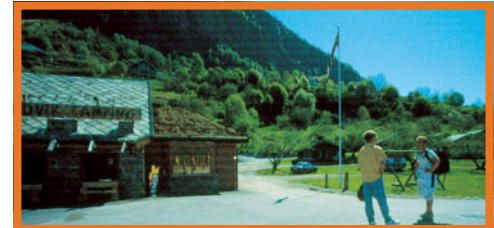


Quiet family-run hotel

- 30 rooms, all with shower/WC
- 15 with balcony and fjord view
- Ideal base for excursions

Balestrand Hotell • PO.Box.4 • N-6898 Balestrand
Tlf: +47 57 69 11 38 E-mail: epalmer@online.no
www.balestrand.com

www.gasta.no



Our camping-site is situated in the most lovely surroundings, next to the Sognefjord. In addition to a large and spacious camping area, we can offer 22 cabins of different sizes and standards. Well-equipped sanitary facilities, camping shop selling groceries. We also have a small restaurant and living room with satellite TV for our guests. Playground for the children. Boats for hire. Beach-volley. Fishing in the fjord or in the river. Open all year.

PLUSCAMP

★★★★★
Sandvik
GAUPNE

Tel +47-57681153
Fax +47-57681671
E-mail: sandvik@pluscamp.no
www.pluscamp.no/sandvik



Lyngmo Ungdomssenter & Camping



Bed & breakfast

Familyrooms – Nice prices
16 rooms, 2 – 7 beds
Scandinavian breakfast buffet

Camping

7 cabins, space for tents,
caravans and campers

Activities

Boat- and canoe rental
Beach at the campsite
Pool, table tennis and airhockey



Lyngmo Ungdomssenter
& camping 6869 Hafslø
lyngmo@lyngmo.info
Tlf (+47) 57684366
www.lyngmo.info.com



Nigardsbreen Camping



Close to the glacier
9 two-room cabins
Shop

N-6871 Jostedal
Tel. (+47) 57 68 31 35



Campsite by the fjord, near the town centre

Cabin and apartment rental.
Spacious areas for tents, caravans and mobile
homes in the shadows of fruit trees.
Secluded bathing area and rowing boat rental.
A great starting point for experiencing fjord,
mountain, glacier, museum and more.



Stedje Camping • Pb.1 • N-6851 Sogndal,
Tlf: +47 57 67 10 12 • Mob: + 47 90 07 10 12
Fax: +47 57 67 11 90 • E-post: post@scamping.no



Alongside road Rv 55, in beautiful
Fortunsdalen valley. 13 chalets, space for
about 50 tents or caravans. Guesthouse
serving traditional Norwegian food.



**Vassbakken Kro
og Camping** ****

N-6876 Skjolden • Host: Tordis Hauge
Tel. (+47-) 57686188 / 57686700 • Fax (+47-) 57686185
E-mail: vassbakken@skjolden.com
www.skjolden.com/vassbakken



Timber chalets at Hafslovatnet Lake. Livingroom, 2 bedrooms, well-equipped kitchen, bathroom / WC with shower, balcony. Own beach and free boat. Excellent trout fishing. Short distance to shops. Family friendly.

Gløtten Hytter

Hilde & Ivar Buskaker • N-6869 Hafslo
Tel. (+47-) 57 68 44 44 / 99 01 30 46
E-mail: post@hafsløhytter.no
www.hafsløhytter.no



Situated next to the Sognefjord. 8 two-star cottages with 4 beds each. Space for about 20 tents or caravans. New, modern sanitary facilities. Boats for hire.

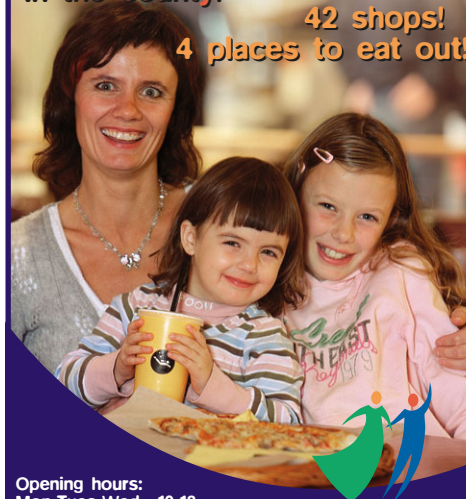


Nes Camping

N-6875 Høyheimsvik
Tel. (+47-) 57 68 64 74 / 57 68 64 24

Welcome to Sogndal
and the largest shopping mall
in the county!

42 shops!
4 places to eat out!



Opening hours:
Mon-Tues-Wed 10-18
Thurs-Fri 10-20
Sat 10-16

SOGNINGEN
www.sogningen.no



Gamalost-Cheese of the Vikings

Gamalost™

A thousand year old cultural treasure, with its roots in Viking times, is produced by "TINE Meieriet Vest" at Vik in Sogn. - The dairy with its own cheese bar, where you can enjoy a drink* as you sample our cheeses.



*The cheese bar is fully licensed.

TINE Meieriet Vest, Vik

Inge Menes Feriehytter



Sværefjorden • Balestrand

• Well equipped house and cabin with high standard.

• Boats rental

Tlf: +47 57 69 22 25

Mobil: +47 90 86 89 43

Fax: +47 57 69 24 63

E-post: joker.balestrand@ngbutikk.net



Dampen BAR & SPISERI

Dampen Bar & Spiseri, B & B
Tel: (+47) 57 69 58 06 / (+47) 478 40 000

info@dampen-vik.no

www.dampen-vik.no

Explore the Fjords



Sightseeing • Fishing • Cruise • Whalesafari • Sailing tours • Info and online booking:
www.fjordcruise.com

WE DISCOVER - YOU EXPLORE

NORWAY FJORD CRUISE

Tel. +47 57656999, N-6863 Leikanger • nfc@fjordcruise.no

Welcome to "Pyramiden" - your shopping centre in Luster!

The 14 shops of the "Pyramiden" shopping centre offers a wide choice of goods.

Here you will find tourist information, wireless Internet connection, café, catering, pub, hairdressers, pedicure, solarium, library with internet connection, flowers, kitchenware, paint store, jeweler, handicraft, glassware, sports equipment, optician, book store, toys, electrical equipment, radio and TV, and mens, womens and childrens clothing.

At "Pyramiden" you children can have fun in our playground, while you go shopping or relax at the café. The centre also offers a variety of services to both local residents and tourists.



PYRAMIDEN

Your meeting place in Luster, by the RV 55 road at Gaupne!

www.pyramidensenter.no • tel. +47-57 68 67 05 / 57 68 62 02 • fax +47-67 68 62 63

Tourist information tel. +47-976 00 443



Opening hours

Spar foods:

Freshly baked bread and cakes. Fresh meat and fish. Pharmacy.

Tel. +47-57 68 14 11

Mond-Frid 09.00-20.00 hrs

Saturday 09.00-18.00 hrs

Pyramiden Senterkafé:

Café/pub seating up to 150 persons
Tel. +47-57 68 14 61

Mond-Frid 10.00-18.00 hrs

Thursday 10.00-19.00 hrs

Saturday 10.00-15.00 hrs

Hot food is served up to 30 min. prior to closing time.

Kiosk - fast food, betting, post office:

Tel. +47-57 68 53 71

Mond-Frid 09.30-21.00 hrs

Saturday 09.30-20.00 hrs

Sunday 12.00-20.00 hrs

Other shops:

Mond-Frid 10.00-16.30 hrs

Thursday 10.00-19.00 hrs

Saturday 10.00-15.00 hrs



nettObank

- full service
- no fees!

Luster Sparebank
- your local bank in Luster

Gaupne 5768 27 00 • Hafslø 5768 42 02 • Luster 5768 51 05
www.luster-sparebank.no



- Banking
- Finance
- Insurance

Vik Sparebank pb. 184 6891 Vik i Sogn
Tlf: 57 69 88 50

www.viksparebank.no nettpost@viksparebank.no

Fly with us directly to Sogndal from Oslo and Bergen

Prices from NOK 300,-* one way.
Read more about our offers at wideroe.no

*The offer is only valid for bookings made on www.wideroe.no

Cycling in the Sognefjord Area

Despite the fact that the Sognefjord area is dominated by dramatic mountain scenery, it still offers many opportunities for cycling enthusiasts, young and old, to experience the natural and cultural landscape at close hand. There are several places where you can cycle on old, romantic roads alongside the fjord and in the valleys. The tourist information offices will provide information about the best places for cycling and where to rent a bike (see also page 64)

Popular Signposted Cycle Routes:

- The Sognefjord Cycle Route
- The Glacier Route - Veitastrand
- Rallarvegen – The Navvie's Road



Practical information

Internet access

		Wireless network	Computer hire	Price
Sogningen Storsenter	Sogndal	x		free
Library	Sogndal		x	free
Meieriet Internettkafé	Sogndal		x	NOK 20 for 30 min
Dalsøren Camping	Luster		x	NOK 30 for 30 min
Breheimsenteret	Jostedal	x		free
Turtagrø	Fortun	x	x	free
Balestrand Tourist Office	Balestrand		x	NOK 30 for 30 min
Pyramiden Senter	Gaupne	x	x	
Lustrafjorden Kro	Høyheimvik	x	x	free
Sandvik Camping	Gaupne		x	NOK 20 for 30 min
Eplet Bed & Apple	Sjolvorn		x	NOK 20 for 30 min
Fjordstova	Skjolden	x	x	NOK 20 for 30 min
Jostedal Hotell	Jostedal	x		free

* many other places have wireless network and computer hire only for their guests

Rentals

				Motor boats	Rowing boats	Canoes	Kayaks	Fishing equipment	Cycle hire
Sandvik Camping	Gaupne	57 68 11 53		x	x			x	x
Slinde Transport	Slinde	91 63 83 65		x					
Fjordmuseet, Kaupanger	Kaupanger	57 67 85 55			x				
Dalsøren Camping	Luster	57 68 54 36		x	x			x	
Lyngmo Camping	Hafslo	57 68 43 66			x	x			
Skjolden Hotell	Skjolden	57 68 23 80							x
Viki Fjordcamping	Høyheimsvik	57 68 64 20		x	x	x			
Rauboti Leiligheit	Fjærland	91 30 51 88			x				
Fjordstova	Skjolden	57 68 67 44				x	x		x
Moreld	Solvorn, Balestrand	97 19 57 40					x		
Balestrand Turistkontor	Balestrand	57 69 16 17							x
Sogndal Turistontor	Sogndal	976 00 443							x
Vesterland	Kaupanger	57 62 71 00							x
Erling Fardal Sport	Sogndal	57 67 12 88							x
Fjærland Turistkontor	Fjærland	57 69 32 33							x
Sognefjellshytta	Sognefjellet	61 21 29 34							x
Eplet Bed & Apple	Solvorn	41 64 94 69							x
Nes Camping	Høyheimsvik	57 68 64 24			x				

Fitness centre / spa

Vesterland	Kaupanger	57 62 71 00	www.vesterland.no
Fjordstova	Skjolden	57 68 67 44	www.skjolden.com/fjordstova
Bestebakken	Hafslo	90 16 84 49	www.bestebakken.no

Swimming pool / sauna

Vesterland	Kaupanger	57 62 71 00	www.vesterland.no
Quality Hotel Sogndal	Sogndal	57 62 77 00	www.sogndal-hotel.no
Fjordstova	Skjolden	57 68 67 44	www.skjolden.com/fjordstova
Sognefjord Hotel	Leikanger	57 65 11 00	www.sognefjordhotel.no

Indoor climbing wall

Fjordstova	Skjolden	57 68 67 44	www.skjolden.com/fjordstova
Idrettssenteret	Sogndal	57 62 90 00	www.idrettssenteret.no

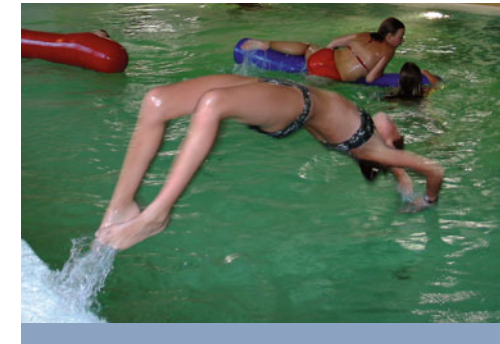
Many beautiful outdoor climbing areas, contact the tourist offices for more information.

Emptying facilities for camper vans

Statoil	Sogndal
Sjotun Camping	Balestrand
Statoil	Gaupne
Shell / Vik Bil	Vik
Djuvik Camping	Vangsnæs

Fuel filling from the quay

Statoil	Sogndal
Slindesenteret	Slinde/Sogndal
Farnesbui	Sværefjorden/Balestrand



Transportation

Bus companies

Fjord 1 Sogn Billag	Sogndal	57 67 66 00	www.sognbillag.no
Timetable Information:		177 or 57 65 95 12	www.fjord1.no

Airlines

Widerøe's Flyveselskap ASA		57 67 20 42	www.wideroe.no
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Car ferries / Passenger boats

Fjord 1	Booking:	55 90 70 70	www.fjord1.no
Norway Fjord Cruise/Charterbåt	Leikanger	57 65 69 99	www.fjordcruise.com
Carferry Solvorn-Urnes-Solvorn	Ornes	91 79 42 11	www.urnesferry.com

Taxi

	Area:		
Taxi Fjærland	Fjærland	90 92 65 82	
Taxisentralen	Sogndal	57 67 10 00	
Leikanger Taxi central	Leikanger	57 65 31 23	
Taxi Service Luster	Luster	57 68 16 20	
Vik Taxi	Vik i Sogn	57 69 52 15	
Balestrand Taxi	Balestrand	95 88 60 00	

Car rental			
Avis	Kaupanger	57 72 50 80	www.avis.no
Europcar	Kaupanger	57 67 66 70	www.europcar.no
Hertz	Kaupanger	57 67 99 70	www.hertz.no
Avis	Leikanger	57 72 50 80	www.avis.no
Rescue service			
NAF Redningsteneste		08505	www.naf.no
Viking Redningsteneste		06000	www.viking.no



Car repair shops

Balholm Auto AS	Balestrand	41 43 22 55	
Fortun Bensinstasjon	Fortun	57 68 61 57	
Gaupne Bilsenter AS	Gaupne	57 68 10 80	
Øiene Verkstad	Gaupne	57 68 16 40	
Ani Bil	Kaupanger	57 67 66 66	
Bil og Dekkservice	Kaupanger	57 65 70 60	
Indre Sogn Bil	Kaupanger	57 67 46 60	
Kaupanger Bil	Kaupanger	57 67 69 60	
Esso Hermansverk	Leikanger	57 65 34 16	
Leikanger Auto AS	Leikanger	57 65 31 00	
Luster Bilservice	Luster	57 68 52 02	
Berge og Co	Sogndal	57 67 57 00	
Sogn Bil & Fritid	Sogndal	57 67 67 00	
Sogn Bilservice	Sogndal	57 67 66 30	
Vik Bil AS / Shell	Vik	57 69 84 00	

Souvenir and other shops

Det Gylne Hus	Balestrand	91 56 28 42	
Eithungjerde Souvenir	Balestrand	57 69 11 15	
Farnesbui, Sværefjorden	Balestrand	57 69 22 25	
Haukaas Emaljeverksted	Balestrand	57 69 14 19	
Kvikne's souvenir	Balestrand	57 69 42 00	www.kviknes.no
Spindellev	Balestrand	57 69 14 94	
Den Norske Bokbyen	Fjærland	57 69 22 10	www.bokbyen.no
Mundal & Vangsnes m/ post	Fjærland	57 69 22 24	
Nynorsk Antikvariat	Fjærland	57 69 22 88	www.nynorskantikvariat.no
Teigen Gard	Fresvik	93 84 68 51	
Pyramiden Kjøpesenter	Gaupne	57 68 14 11	www.pyramidensenter.no
Hafslo Servicesenter	Hafslo	57 68 45 85	
Breheimsenteret	Jostedal	57 68 32 50	www.jostedal.com
Edvins Kolonial	Jostedal	57 68 31 12	
Thor Bakken's Eff.	Jostedal	57 68 31 17	

Henjatunet Gardskjøkken	Leikanger	57 65 40 14	www.henjatunet.no
Leikanger Bokhandel	Leikanger	57 69 32 26	
Spar Butikk, Øystein Høyheim	Luster	57 68 54 82	
Husflidsbua Skjolden	Skjolden	57 68 67 44	
Mango Design	Sogndal	57 67 29 88	www.sogn.as/mango
Skjeldestad Libris	Sogndal	57 67 65 40	skjeldestad@libris.no
Sogningen Storsenter	Sogndal	57 67 28 00	www.sogningen.no
Solvornsbui	Solvorn	57 68 32 80	
Brekkes kiosk	Vik i Sogn	57 69 64 00	
Coop Vik	Vik i Sogn	57 69 89 10	
JJ Design-Julehuset	Vik i Sogn	57 69 75 10	www.jj-design.no
Sogn Gullsmedforretning, Fjordsylv	Vik i Sogn	57 69 53 08	
TINE Meieriet Vest, osteutsal	Vik i Sogn	57 69 84 40	www.tine.no

Bank

Luster Sparebank	Hafslo	57 68 42 02	www.luster-sparebank.no
Luster Sparebank	Gaupne	57 68 27 00	www.luster-sparebank.no
Luster Sparebank	Luster	57 68 51 05	www.luster-sparebank.no
Vik Sparebank	Vik i Sogn	57 69 88 50	www.viksparebank.no
Indre Sogn Sparebank	Sogndal	57 64 85 10	www.indresognsparebank.no
Sparebanken Sogn og Fjordane	Sogndal	57 62 87 60	www.fylkesbanken.no
Sparebanken Vest	Sogndal	81 52 20 02	www.spv.no
Sparebanken Sogn og Fjordane	Leikanger	57 65 18 00	www.fylkesbanken.no
Sparebanken Sogn og Fjordane	Balestrand	57 69 48 50	www.fylkesbanken.no

* Bankbus in Jostedalen on Tuesdays and Fortun / Skjolden Thursdays.

www.luster-sparebank.no

Useful phone numbers

Veterinarian

Dyreklinikken	Sogndal	57 67 55 55	
Vakttelefon	Leik/Sogndal/Luster	97 58 86 29	
Veterinær	Vik	57 69 53 03	

Dentist

Sogndal Tannklinikk	Sogndal	57 62 71 80	
Tannhelseklinikken	Luster	57 68 54 79	
Tannhelsestenesta	Vik	57 69 52 00	

Doctor

Sogndal Legesenter	Sogndal	57 62 97 00	
Luster legesenter	Gaupne	57 68 56 00	
Balestrand legekantor	Balestrand	57 65 13 00	
Vik legekantor	Vik	57 69 87 00	
Leikanger legeteneste	Leikanger	57 65 56 66	

Emergency number

Fire: 110

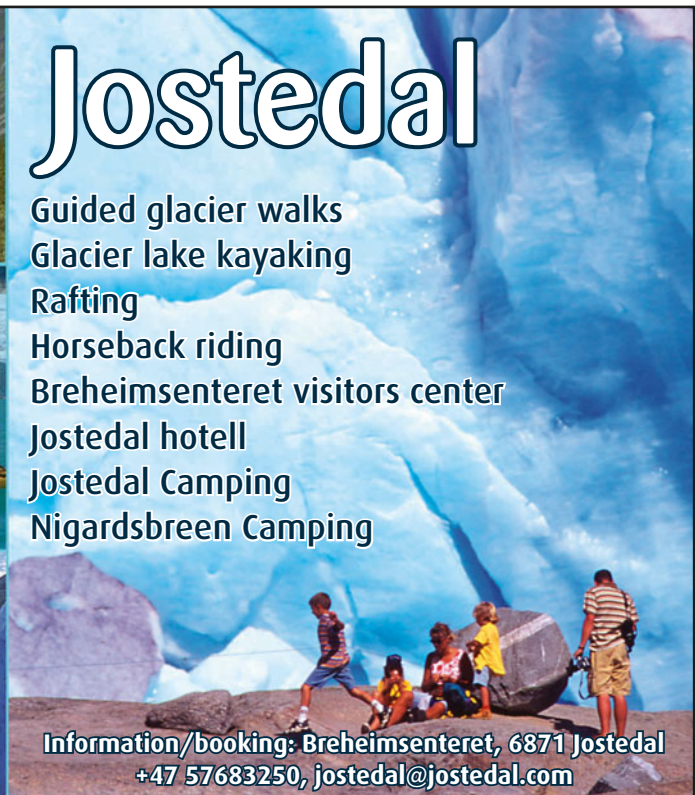
Police: 112

Ambulance: 113



Jostedal

- Guided glacier walks
- Glacier lake kayaking
- Rafting
- Horseback riding
- Breheimsenteret visitors center
- Jostedal hotell
- Jostedal Camping
- Nigardsbreen Camping



Information/booking: Breheimsenteret, 6871 Jostedal
 +47 57683250, jostedal@jostedal.com



Jostedal The Glacier Bus

from Sogndal every day in July and August

- from Sogndal 08.45,
- from Nigardsbreen 16.50
- connecting from Balestrand, Vik, Flåm, Årdal, Lærdal
- stop at the Breheimsenteret
- perfect for all activities
- combined tickets bus/glacier



Information:
 Sogndal og Luster, Turistkontor
 (+47) 97 60 04 43
www.sognefjord.no