

# Study Tour in Norway

Invitation to  
Study visit in the Counties  
of Sogn og Fjordane and Oppland

12.-14. May 2006



Euromountains.net, Theme 2: The role of regional authorities in the development and promotion of mountain quality products



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## Study tour through the counties of Sogn og Fjordane and Oppland May 12–14, 2006 - programme

### The study trip in brief – main content:

#### A 3-days bus tour starting in Flåm, Aurland and ending at Oslo Intl. airport Gardermoen

- Day 1:** Guided trip in Sogn og Fjordane, passing through the municipalities Aurland, Lærdal, Sogndal and Luster. Stops and study visits at different places in Luster municipality. Crossing over the Sognefjellet mountain pass into Oppland county.
- Day 2 :** Visits to study objects in Lom and Vågå municipalities in Ottadalen region. Visits will include different types of business - food, small scale industries, tourism based on cultural heritage, etc. In the afternoon travel via Valdresflya mountain pass over to the Valdres region.
- Day 3 :** Visits to study objects in the Valdres region, a region which still has an active living tradition of summer mountain farming. The region is also renowned for the production of “rakfisk” – brined/fermented trout, which is termed a delicacy amongst gourmants.

### The study trip more in detail:

#### Friday 12. May:

- 09:00 Departure from Fretheim Hotel in direction Aurland (centre of Aurland municipality)  
From Aurland municipality we travel through the world's longest road tunnel (24 km) into Lærdal municipality, passing its administrative centre, Lærdalsøyri, and continue to our first ferry crossing of the Sognefjord
- 10:00 Ferry Fodnes – Manheller
- 10:45 At Manheller we enter Sogndal municipality, which we travel through with guiding along and into Luster municipality, where we make a short stop in the hamlet of Solvorn. Here we will be joined by the development officer in Luster municipality, Olav Grov, who will be our local guide for most of the day.
- 11:45 Short sightseeing in Solvorn before our second crossing of the Sognefjord over to Urnes, where we will have a 3 hours programme. Urnes is famous for its stave church, the oldest preserved stave church (<http://www.stavechurch.com>). Urnes Stave Church is on Unesco's World Heritage list.  
Programme at Urnes will include:  
- briefing at Urnes farm which include many undertakings: local food production and processing, red deer farming, farm tourism, etc.  
- lunch at Urnes farm  
- guiding in Urnes Stave Church  
- information about the development project at Urnes and neighbouring communities
- 15:00 Departure from Urnes and travel in direction of Sognefjellet mountain pass
- 15:45 Short stop at Turtagrø Hotel (<http://www.turtagro.no/>) and at highest point of the mountain pass where we might get a magnificent view of the surrounding mountain ranges.  
The road across Sognefjellet mountain pass is designed as National tourist route (<http://www.turistveg.no/index.asp?lang=eng>). When we start our descent from the mountain pass we are also entering Oppland county and Lom municipality.
- 17:00 Visit at Storhaugen farm (<http://www.storhaugengard.no>), where two generations are running a comprehensive business of rural tourism, and traditional food production and processing. An important market is national alpine skiing teams from different European countries.
- 19:00 Arrival at Lom municipality centre. Accommodation and dinner at Fossberg hotell (<http://www.fossberg.no/en/index.htm>) In the evening possibility to visit the Fossheim Stone Centre (<http://www.fossheimsteinsenter.no>), stroll around the village and take a look at Lom Stave Church, one of the largest of Norway's stave churches.





Valbjør farm



### Saturday 13. May:

- 09:00- Programme with visits to some local businesses and institutions:
- 12:00 - Norsk Fjellmuseum/ Mountain museum (<http://www.fjell.museum.no/english/index.htm>)  
 - Stokk og Stein (<http://www.stokkstein.no/>) a company specializing in building and restoring log houses and timber work of different types  
 - a local bakery and baker Morten Schakenda, who is competing successfully with modern bakery chains
- 12:00 Departure from Lom, travel along the Otta river and lake Vågåvatnet to Vågå municipality
- 13:00- Programme at Valbjør farm (<http://www.valbjoer.no/>), which is on the list of protected farm sites under the Directorate for Cultural Heritage. The family runs the farm as a multi-business undertaking within the frame of the protected farm site (organic farming with dairy goats, processing of local food, farm shop, and tourism with serving of traditional food and accommodation in picturesque, old houses, cultural events, etc.)  
 15:00 - lunch meal with traditional food from the farm  
 - information about the farm and premises (history, farming system, business, etc.)
- 15:00 Departure from Valbjør, passing through centre of Vågå municipality and travel in direction of Valdresflya mountain pass
- 16:00 Short stop at Gjendeosen (outlet from lake Gjende and start of Sjoa river). The site is set up as a gateway to Jotunheimen National Park (<http://english.dirnat.no/wbch3.exe?p=3045>).  
 Briefing about the project "Nasjonalt parkriket" – the Kingdom of National Parks
- 16:30 Passing the highest point of Valdresflya mountain pass, which is also holding a designation as National tourist route (<http://www.turistveg.no/index.asp?lang=eng>).
- 17:00 Arrival at Beitostølen – a major tourist destination in Valdres region  
 - short stop and briefing about the site, the mountain community Beito and local food specialities
- 19:00 Arrival at Filefjellstuene (<http://www.filefjellstuene.no/>) where we are staying over night.  
 Dinner at 20:00 hours.  
 After dinner possible information about reindeer farming in the area.





*Vinter and summer landscapes in Valdres region*

**Sunday 14. May:**

09:00- 11:00 Departure for visiting Filefjell tamreinlag (<http://www.filefjell-reinlag.no/>), a reindeer farming company keeping a winter herd of about 3000 reindeers. Briefing about reindeer farming, migration between pastures, products, etc. (meat, milk, hides, antlers)



12:00- 14:00 Arrival at Nordaker farm (<http://www.nordaker.no>) and Valdres Rakfisk. Nordaker farm is an old farm which has been run by the same family for centuries. Production of rakfisk, brined/fermented trout, at the farm has long traditions. A forefather of present day owners started around 1800 systematic fish cultivation of smaller lakes belonging to the farm. He refined the process of making rakfisk and set up guidelines for how to handle the fish in order to get a high quality product. Rakfisk production, made according to the old recipes, is to day the main business and source of income at the farm. They have obtained the official quality label "Spesialitet" – special food, and have their own farm shop.

- information and briefing about the farm and some of the secrets of rakfisk production
- lunch with possibilities of tasting the delicacy

14:00 Departure and direct travel towards Oslo International Airport with guiding along the route

17:00 **Arrival at Oslo International Airport Gardermoen**

