- Special advantages for families with children

Pssst! Want to do something exciting in the holidays? Take the Adventure Journey along the Adventure Road! THE ADVENTURE CARD entitles vou to DISCOUNTS or GIFTS at more than 30 activities for young and old. The card is FREE at tourist offices and places for overnight accommodation along the Adventure Road or at www.adventureroad.no. Information, opening hours, prices, discounts, trip suggestions and holiday packages can be found at www.adventureroad.no.



CHILDREN'S FAVOURITES - on the Adventure Journey

Flå

Vassfaret Bearpark NEW IN 2009: The Vassfar Hall - an indoor activity centre

Here you can get close to bears, elk and roe deer, and there are guided tours every day. Children may feed the animals, solve riddles or follow the nature trail that has tracks and signs of animals.

Adventure Journey advantage: Free feeding bag Prices: Adults NOK 150. Children NOK 120 (3-14 yrs). Family NOK 450 (2 adults with own children under 15). Opening hours: Daily 11-18.

Guided tours 12 & 16 www.vassfaret-bjornepark.no Tel: +47 32 05 35 10

Nesbyen

E.K.T. Langedrag Nature Park This is a wilderness park with app. 25 different species of animals. Experience wolves and lynx up close. Visit the mountain fox, elk and reindeer! A 'must ee'attraction! Adventure Journey advantage: Free track riding or voltage balancing on horseback **Prices:** Adults NOK 160. Children (3-15 yrs) NOK 100. Family NOK 500 (2 adults and 2 children u/16)

Opening hours: Daily 10-18. Feeding time 13 and 14

www.langedrag.no Tel: +47 32 74 25 50

Gardnos Meteorite Park

Gardnos Meteorite Park is the result of a meteorite that hit the earth about 650 million vears ago. Guides will take vou along the trails in the crater and show you the traces from the impact. Adventure Journey advantage: 10 % discount on admittance ticket Prices: Adults NOK 75. Children NOK 40 (3-15 yrs). Family NOK 200 (2 adults with 3 children under 16) **Opening hours:** 07.06-31.08: Daily 10-17

www.gardnos.no - Tel: +47 32 07 10 70

Hallingdal Museum

Every Wednesday at Hallingdal Museum you can take part in several fun activities. The "Staveloft play" is performed every Wednesday. It is a Storyteller play about the little girl who survived the plague. Adventure Journey advantage: A great childrens CD

Prices: Adults NOK 50, Children NOK 20 Opening hours: 01.06-31.08: daily 11-16.

www.hallingdal-museum.no Tel: +47 3207 1485

Gol

Tropicana Badeland

Tropicana has Norway's largest combined in- and out-door swimming facilities with two super-slides with a spiral tunnel and intense light effects. Adventure Journey advantage: 10% discount on admission tickets. Prices: Adult NOK 200. Child (4-15 yrs) NOK 120 (Children under 4 w/swimming diapers free of charge). Family card NOK 520 (2 adults + up to 3 children) **Opening hours:** 22.06-16.08 Daily 10.30-19.30

www.pers.no Tel: +47 07377/(0PERS)/+47 3202 3100

HallingGlass

Blow your own artistic glass, it makes a fine memento of a visit to Gol. A certificate will be issued when the object is picked up the following day.

Adventure Journey advantage: 10% discount on glass blowing

Prices: NOK 145 **Opening hours:** Open: Glass blowers' atelier: Mon-Fri 10.30-15. 27.06-10.08: Sat 10-14 Sales outlet: Mon-Fri 9-16. Sat 10-14 27.06-10.08: Sun 10-14

www.hallingglass.no - Tel: 3207 5311

Children's Farm, Golsfiellet

Every day at 10 and 16 you can take part in feeding the animals at the Childrens's Farm by Oset Høyfiellshotell. You'll get to meet alpacas, mini Shetland ponies, goats, bottle fed lambs, rabbits and chickens. Adventure lourney advantage: 10% discount on boat hire **Prices:** Free entrance Opening hours: 20.06-17.08 daily 10 and 16. 18.8-28.09 only weekends

www.oset.no - Tel: +47 3207 9500

Summer farm experiences at Lauvsiøstølen, Golsfiellet

Visit Ola and May-Britt at their summer farm. Meet the animals, take part in tending them, or sample some traditional farm food. Adventure Journey advantage: Evening tending 10% discount. Prices: Adults 50. Children 25 Opening hours: 25.06-29.08. Wedensday and Thursday, 11-18

Tel: +47 4502 1704/+47 9209 7939

Riding trip, Storefjell, Golsfjellet Imagine the mountains from the back of a horse, under a clear sky. Starting point from and around Storefjell Resort Hotel. Adventure Journey advantage: free admission ticket to the swimming pool at Storefjell Hotel. Prices: Riding for children: NOK 80 Hourly riding: NOK 200/hr 2 hours: NOK 550 4 hours: NOK 700 **Opening hours:** 04.07-16.08

www.storefjell.no - Tel +47 9951 3014

Ceramics workshop Witteveen

Ål

Wouldn't you like to use a plate or mug that you have decorated yourself? Visit the ceramics workshop and paint a fine memento of your holiday! Adventure Journey advantage: 10% discount Prices: Adult NOK 225, Child NOK 175, Family pass NOK 625, ceramics from NOK 50 **Opening hours:** Monday-Saturday, but please book in advance. The activity will take about 2 hours.

www.tilbordskeramikk.no Tel: +47 9187 6928

Fivind the outlaw

An exciting walk and storyteller theatre about Eivind the Outlaw. Walk in his footsteps and immerse yourself in this dramatic story, with the fantastic Reineskarvet as a background drop.

Adventure Journey advantage:

10% discount Prices: Adult NOK 350, Child NOK 300 (incl. boat trip, guiding and some food) Times: Saturdays and Sundays from 11 (meetingplace Toviken)please note that you must register in advance for the trip

www.kulturstreif.no Tel: +479758 9394

Geilo

Find the Huldra

An excellent walk to the cave up under Hallingskarvet, and all the way up both young and old will wonder ... has Huldra been here? Listen to stories of the huldra while we look for her.

Adventure Journey advantage: A present from Huldra!

Prices: Children 11-15 yrs: NOK 150, Adult NOK 295

Times: Saturdays from 10-14 and please note that you must register in advance for the trip.

www.fjellguiding.no Tel: +4797541860

> 10% discount (family trips about 2 hrs.)

> > www.dagaliopplevelser.no Tel:+4732093820

Geilolia High rope Course **NEW IN 2009**

- an adventure for the whole family A special course of ropes fixed to tree trunks offers many diverse exercises above the ground. Countless ropeways with various challenges like trapes, climbing net and Tarzan swing make moving around the high rope course an unforgettable experience. Adventure Journey advantage: 10% discount Prices: From NOK 250! Opening hours: Every day from 12.00-18.00

www.geilolia.no Tel: +47 3209 0000



and Huldra in Hahaug"

Read more about where and

when you can meet me at:

www.adventureroad.no

Come and see me in this summer's family show! "Prins Hadding

Down Hill Mountain Biking

Challenge yourself, test your limits and have a great time the entire day. Mountain bicycle riding in the pink bicycle park at Geilo is definitely something for

Adventure Journey advantage:

10% discount

19.08

from

request.

Price: Off-road bicycle including lift pass NOK 580 3 hrs. Prices on lift pass 3 hrs NOK 125, 1 day NOK 225 Opening hours: daily 10-17 from 23.06 -

www.pinkpark.no Tel:+4732095900/+4791779220

Serious Fun, rafting

Rafting at Dagali in Numedalslågen. Based on our previous experiences regarding familytrips, we now offer a variety of alternatives for your familty to choose

Adventure Journey advantage: Incl. DVD

of your rafting experience Price: From NOK 350 to NOK 650 pr pers **Opening hours:** 10.05-01.10 Time: daily 11.00 and 16.00. Transport from Geilo by

Duration: 3-4 hrs

Age limits: Normal trips 15 yrs, 12 yrs with parent or quardian's written permission. Family trips 8 yrs accompanied by parent or quardian.

www.seriousfun.no Tel +474000 5786 / +479509 3969

Dagali Opplevelser, rafting

If you are interested in a real challenge, try rafting on Numendalslågen. Adventure Journey advantage:

Price: From NOK 350 to NOK 650 pr pers Opening hours: 20.05-15.10. Departure times: 10 and 15 daily, transport from Geilo on request. Duration: About 3 hours Age limits: Normal trip 15 yrs, 12 yrs with a parent or guardian's written permission. Family trips 8 vrs accompanied by parent or quardian.



Summerlift

Take a ride on the ski lift to Kikut in summer. Included is a hiking map with fishing hot spots.

Adventure Journey advantage: 10% discount

Prices: Adult: one way NOK 49. return ticket NOK 65. Children: one way NOK 28. return ticket NOK 44 **Open:** man-ons-fre fra 26.6-17.8 from 15.00-18.00

www.geilolia.no Tel: +47 3209 0000

Geilosmiu NEW IN 2009

Come and join the black smith and make a hulder steel lucky charm to chase away Huldra. One for yourself and one for your best friend

Adventure Journey advantage: 10% discount Prices: NOK 200. Family price 2Ad. + 2Ch. NOK 500 Open: Monday and Friday: 11.00 and 14.00. The activities last 30-45 min.

www.hovestott.no Tel: +47 3209 1410

Vestlia Resort Golf

NEW IN 2009

Try out Vestlia Resort Golf course in idvlic surroundings by Ustedalsfjord Adventure lourney advantage: 10% discount on green fee. Free driving range. Prices: Green fee NOK 200 (Weekdays) NOK 250 (Weekends)

Open: Every day from lune.

www.vestlia.no Tel:+47 32 08 72 00



Hemsedal

Summer farm

Opening hours:

see the website

www.ulsaakstolen.com

food and a nice atmosphere. Adventure Journey advantage: Free

greenfee for Children

NOK 140

Tel: +47 92231413

experiences at Ulsåkstølen

Ulsåkstølen is located high up in the

Adventure Journey advantage: on

pastry) with jam... mmm, delicious

shop with traditional farm food.

mountains beneath Skogshorn. Come and

pet calves, rabbits and goats! Café and

baking day Thursday free kvikaku (local

Activities: 02.07-22.08: Evening chores

Wedensday and Friday; at 5 p.m. Baking

Prices: Adult NOK 20, Child NOK 20, Eve-

Golf and tennis – Grøndalen

Challenge your family to a tennis match

has a cosy café with good homemade

play at the tennis court. 50% discount to

hire tennis equipment. 10% discount on

Prices: Tenniscourt NOK 90 pr hr. Tennis

equipment NOK 50. Greenfee children

Opening hours: All days kl 10- 20

www.golfhemsedal.no

Tel: +473206 2377

or try out the beautiful golf course! It also

ning chores: Child NOK 50, Adult NOK 100

day Thursday 13.00. For more information

Via Ferrata, a climbing route

An incredible experience in the Hemsedal mountains. With a climbing harness, helmet and safety lines, some expert guidance and you will master the mighty Røggjin. Our experienced guides will take you safely up the steep mountain cliffs along a prepared climbing route that leads you up to an altitude of 1.260 metres above sea level. Adventure Journey advantage: 10 % discount

Price: NOK 595 including guide and all safety equipment. Opening hours: Wed, Sat and Sun from 10.6 to 18.10 at 3 p.m. NB! Weather-dependent activity. The climbing route cannot be used in rain or snow.

www.norskeopplevelser.no Tel:+473206 0003

Trout safari in Hemsila

Drift with the trout down Hemsila river – one of Norway's best trout rivers! Join us for one of our new, exotic experiences - swimming with the trout down the river Hemsila. A wetsuit, snorkel, diver's mask and floatation vest enable you to swim with the trout and experience their world Adventure Journey advantage: 10 % discount Price: NOK 650 **Opening hours:** Wed, Sat & Sun from 10.6 - 18.10 at 10 a.m. This is an activity suitable for all those over the age of 12 who can swim

www.norskeopplevelser.no Tel: +473206 0003

Are you as environmentally conscious as the Huldra?

Visit www.adventureroad.no and support the Huldra's environmental fund!

Hardanger

Hardangervidda Natur centre, Eidfiord

An entire three floors of striking exhibitions of the plants and animals of Hardanger vidda. There is also a non-traditional aquarium and interactive stations.

Adventure Journey advantage: 10% discount

Price: Children 50/Adults NOK 110, Family Dass NOK 240 **Opening hours:** Every day from 15 June to 31 August. 9-20. Opening hours at other

www.hardangervidda.org Tel: +47 53 67 40 00

times

Mikkelparken, Kinsarvik

The family park has water skis and a bathing pool, jumping tent, race course and crash boats. You might even meet Mikkel, a crafty and kind fox who is our mascot. But do watch your shoes. Mikkel is famous for stealing them. Adventure Journey advantage: 10%

discount **Price:** Children/Adults NOK 135

Opening hours: Every day from 22 June to 17 August. Opening hours at other times.

www.hardangertun.no Tel: +475367 1313

Family trip to the Buer glacier - Odda NEW IN 2009

A guidet walk for the whole family in the Buer Valley to the unique Buer glacier. Adventure Journey advantage: 10% discount Prices: NOK 150 Open: Wednesday from 15th of June to 31th of August. at 12 P.M. Duration 3,5 hrs.

www.oppleve.no - Tel: +4753641600

Hardanger Akvasenter **NEW IN 2009**

The first exhibition facility for Norwegian fish farming has been established. The exhibition describing the life of the salmon from it is small (smolt) until it finally arrives at a gourmet restaurant in Paris or Tokyo. Underwater cameras have been installed to enable the visitors insight into the life on the farm. Guided tours.

Adventure Journey advantage: 10% discount

Prices: Adults NOK 80. Children NOK 30. Family price 2 Ad. untill 3 Ch. NOK 200 **Open:** Every day but Monday.1.6 – 15.8. 13 hrs-19 hrs

www.akvasenter.no - Tel: +4756555540

White Water Kavaking, Eidfiord

Eidfiord has excellent rivers for White Water Kayaking, for all levels of difficulty. Adrenalin kick for active people is guaranteed! Adventure Journey advantage: 50 NOK Price: NOK 450

Opening hours: From 1.7-1.9. 9.30 AM and 1.30 PM. Meet at the Flat Earth Centre, Øvre Eidfiord. Min age 12 vrs.

www.flatearth.no - Tel:+47 47606847

White water jump NEW IN 2009 Aurland/Lærdal/Flåm Test your fear level and throw yourself over

the edge towards a waterfall- secured with

Adventure lourney advantage: A carabin

Open: Every day from 1.7-1.9, 10.00AM and

www.flatearth.no - Tel: +4747606847

Are you one of those people who look for

snow, even in the summer? If so, Folge-

fonna is definitely the place for you. Ski

jumps, rails or newly prepared hills await

Adventure Journey advantage: Family

pass NOK 400, maximum 6 people mini-

mum 1 adult. 10% discount on lift passes

Price: 7-15 years old NOK 210, 16 years or

Opening hours: daily 9-16, 1.5-31.8. For

Experience the fantastic blue ice in the

middle of summer. For some there will be

ice climbing and adrenaline, for others an

easier trip through the otherworldly blue

Opening hours: daily at 10:30, duration 5-6

hours during the period from 15.6 to 31.08.

For times outside these, see the Internet

Tysso Via Ferrata climbing routs

In 1906 the building of the powerstation

leaded into pipes. This was the starting

point for power production and the indus-

tial town of Odda. Experience Odda invites

you to a spectacular climbing tour up the

Adventure Journey advantage: 10%

Open: Reservation one day in advance

Tysso1 started and lakes and waterfall was

site. Meet at the Folgefonna ski centre.

www.folgefonni-breforarlag.no

ice of deep cracks and high ice towers.

Adventure Journey advantage:

other times of the year, see

www.folgefonn.no

Tel: +47 9163 3234

Blue ice trip over

Juklavassbreen

10% discount

Price: NOK 490

Tel:+479511 7792

discount

Prices: NOK 590.

www.opplevodda.com

Tel:+47 90824572

- Odda NEW IN 2009

from the climbing company Cassin. Value

ropes and harness, and naturally under

thorough instructions/observance!

NOK 105

Prices: NOK 350

and ski rental

older, NOK 280

2.00 PM. Min. age 10 vrs.

Skiing on Folgefonna

Norwegian wild salmon centre, Lærdal

Watch wild salmon and sea trout in the river currents outside the large glass windows. You can almost touch the fish. Join us for 20 minutes to watch the award-winning documentary film on the life of salmon – from egg to fully grown fish.

Adventure Journey advantage:

15% discount Prices: Children 3-15 NOK 65, Adults NOK 80 **Opening hours:** June/July/August from 10-19, other opening hours at other times

www.norsk-villakssenter.no Tel: +47 57666771

Boat and fishing trip on Soanefiord

Take a boat and fishing equipment out on Sognefiord - a beautiful fiord that has Nærøyfjord as a side arm. Try your luck fishing and enjoy the day on beautiful Sognefjord. If you are lucky, perhaps you'll catch a fat salmon or trout.

Adventure Journey advantage: 10% discount

Price: Motor boat rental from 150 NOK/hrs. Opening Hours: From 15 June to 31 August. For other times of the year see:

www.laerdalsport.com Tel: +47 57666695

Undredal Gudvangen Flåmsbana Kjosfossen Finse Prestholtseter 🦀 ardang Granvin ²Bruravik iøkule Haugastela Kvanndal 7 Brimnes Vøringsfossen Øystese_ Utne Kinsarvik 😭 Norheims Lofthus 🚹 Tørvikbygd Jondal Bardøla www.drholms.com Odda 🔒 Tlf. 32 09 41 00 Tlf. 32 09 57 00

FjordSafari on Nærøyfjord

An exciting safari on which you explore the magnificent Nærøvfjord, which is at the top of UNESCO's World Heritage List. Keep an eve open for seals and sea eagles - and perhaps you might even see the huldra ... Adventure Journey advantage:

10% discount Price: MiniSafari Child (5-15) NOK210, Adult NOK 430, Standard FiordSafari Child NOK 320 Adult NOK 640 Opening hours: MiniSafari 10.15 & 15 and 15.15. duration 1.5 hrs Standard FiordSafari 12, duration 3 hr

www.flamguide.no

Tel: +47 5763 3323

The Flåm railwav

Discover the Flåm Railway - an incredible train journey from the mountain station Myrdal on the Bergen Railway down to Flåm station nested in the innermost corner of the Aurlandfjord. The train takes about one hour to cover the 20-kilometer long track. Adventure Journey advantage: A small bag to hang around your neck in which you can place your small treasures. Prices: Child 4-15 NOK 220 round trip, Adult

NOK 330 round trip. Family ticket for 2 children + 2 adults, NOK 800. Timetables: See

www.flaamsbana.no and www.visitflam.com Tel: +47 57632100

10% discount Family price 2 Ad. + 2 Ch. www.rallartoget.no Tel:+ 47 99372338

The eldhus



The Rallar Train NEW IN 2009

Take your children on a enjoyable ride with the Rallar train in Flåm! Adventure Journey advantage:

Prices: Adults NOK 80, Children NOK 40, Open: All days from 1 June to 31th of August

- the farm house where cooking and baking takes place - offers many exciting activities and tastes, among others of the well-known Undredal cheese. Join your children and take part in making cheese from goat milk, followed, of course, by a taste of the product.

Adventure Journey advantage: 10% discount

Prices: Family pass for 2 adults NOK 330. Family pass for 1 adult NOK 150, child over 6 NOK 40, under 6 free of charge! **Open:** From 22 June to 20 August. Children's programme every Thursday at 13 00

www.undredal.no - Tel:+47 57633099

Flåm Panorama NEW IN 2009

Welcome to an unforgettable film experience about life by the fjord. Adventure Journey advantage: 10% discount Prices: Adults NOK 55. Children 6-12 yrs. NOK 30. Family price 150 2Ad. + 2Ch. **Open:** Every day

www.flampanorama.net Tel: +47 47462727

