

BACKGROUND

- 12 A Land of Fjords**
- 14 Facts**
- 15 Nature and Environment
- 22 **■ Infographic: Aurora Borealis**
- 24 Flora and Fauna
- 30 **■ Infographic: Facts and Figure**
- 32 Population · Politics · Economy
- 34 **■ Special: The Marsh People of the High North**
- 38 **■ Infographic: North Sea Oil and Natural Gas**
- 44 **■ Welcome to Everyday Life**
- 46 History**
- 47 From the Stone Age to the Oil Boom
- 48 **■ Special: The Vikings are coming!**
- 58 Arts and Culture**
- 59 Art History
- 64 Literature
- 66 Famous People**
- Trollstigen, a spectacular road

ENJOY NORWAY

- 80 Accommodation**
- 81 Something For Everyone
- 86 Children in Norway**
- 87 Paradise For Children
- 90 Festivals, Holidays and Events**
- 91 Midsummer and Other Events
- 96 Food and Drink**
- 97 Fish and Home Cooking
- 100 **■ Typical Dishes**
- 102 **■ Infographic: Wild or Farmed**
- 104 **■ Special: From the Lofoten to the Table**
- 106 Shopping**
- 107 High Quality Craftwork
- 108 **■ Special: A »Real« Norwegian Jumper?**
- 112 Sport and Outdoors**
- 113 Unlimited Sport Options
- 118 **■ Special: Den Norske Turistforening**
- 126 **■ Special: The Great Endurance Test**

TOURS

- 130 Tours through Norway
- 130 Travelling in Norway
- 133 Tour 1: From the South Coast to Telemark
- 135 Tour 2: Into the Wild Heartland
- 138 Tour 3: Always in Sight of the Sea
- 140 Tour 4: Off to Nordkapp

SIGHTS FROM A TO Z

- 144 Ålesand
- 150 **I** *Infographic: Cliffside Life*
- 152 Alta
- 155 Arendal
- 159 Bergen
- 172 Bodø
- 177 Borgand Stave Church
- 178 **I** *Special: Masterpieces in Wood*
- 183 Dovrefjell
- 188 Femandsmarka
- 192 Finnmark
- 195 Fredrikstad
- 199 Geirangerfjord
- 203 Gudbrandsdal
- 213 Hallingdal
- 217 Hamar
- 221 Hammerfest
- 225 Hardangerfjord
- 235 Hardangervidda
- 240 Harstad
- 242 Haukeli Road
- 247 **I** *Special: The World's Most Beautiful Voyage*
- 250 Jostedalubre

- 253 Jotunheimen
 259 Karasjok · Kárašjohka
 262 Kautokeino ·
 Guovdageaidnu
 264 **■ Infographic: Living with
 the Seasons of the Reindeer**
 267 Kirkenes
 270 Kongsberg
 273 Kristiansand
 277 Kristiansand
 280 Lillehammer
 285 Lofoten
 292 **■ Special: From Cod to
 Stoccafisso**
 293 Lyngenfjord
 296 Mandal
 299 Mjøsa
 301 Mo i Rana
 304 Narvik
 308 Nordfjord
 312 Nordkapp
 317 Nordland
 320 **■ Special: Art in the
 High North**
 322 Oslo
 346 **■ 3D: Oseberg Ship**
 352 Oslofjord
 358 Romsdal
 362 Røros
 365 Saltfjell-Gebirge
 368 Senja (Insel)
 369 Setesdal
 373 Sognefjord
 379 Spitzbergen · Svalbard
 380 **■ Infographic: Green
 Energy**
 387 Stavanger
 398 Sunndalen
 400 Telemark
 402 **■ Special: Telemark Skiing
 and Slalom**
- 406 **■ 3D: Heddal Stave
 Church**
 408 Troms
 411 Tromsø
 417 Trondheim
 429 Valdres
 431 Varanger Peninsula
 434 Vesterålen
 438 **■ Special: Whale Hunting**
 441 Voss
 444 **■ Special: A Train through
 the High Mountains**

PRACTICAL INFORMATION

- 448 Arrival · Before the Journey
 452 Electricity
 452 Emergency
 452 Etiquette and Customs
 454 Health
 454 Information
 456 Language
 464 Money
 465 Media
 466 National Parks
 467 Post and Communications
 469 Time
 469 Transport
 475 Travellers with Disabilities
 477 When to Go
- 478 Index
 484 List of Maps and
 Illustrations
 484 Photo Credits
 486 Publisher's Information
 488 **■ Norwegian Curiosities**