

# EL CORAZÓN DE NORUEGA

## Newsletter no. 5 - 2019



*The Heart of Norway is a network of companies working together with the goal to get more international guests to the region. To reach this goal one of the instruments is developing and presenting a set of proposals for new roundtrips with an extended stay in the heart of Norway. The region stretches from Hamar in the south to Trondheim in the north and westwards to Åndalsnes, Skjåk and Valdres. Most of the area is known as the Inland of Norway.*



### #1 VISITORS FROM SPAIN



Last week of May 5 tour operators from Spain visited the heart of Norway. Big thanks to the participants at this FAM trip. We are looking forward to future cooperation and are very happy that we could introduce some hidden treasures from the heart of Norway to you.

A nice walk to Viewpoint Snøhetta at Dovrefjell was topped when we realised that we spotted musk oxes (at a safe distance). In a few days the tour operators experienced local cuisine, traditional dishes, cultural and historical highlights and some breath-taking views to Norwegian nature.

The first week of June we had the pleasure of welcoming two journalists from Spain as well. We are excited to see the results published.

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### #2 THE MILLENNIUM TRAIL OPENS JULY 1ST



Pilgrim center Dale-Gudbrand has in collaboration with the municipality of Sør-Fron and Oppland county developed a cultural path telling the story of Dale-Gudbrand gard. You get an insight into the farm's history, and the meeting between Olav the Holy and Dale-Gudbrand as the historical highlight that brought Christianity to Gudbrandsdalen.

As part of the millennium trail, there is also a piece of art inspired by Hereford Mappa Mundi (a medieval map of the known world) which shows the pilgrims' religious maps of the world.

Read more about the [pilgrimage trail in Gudbrandsdalen](#) here.

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### #3 PREPARING FOR THE 1000TH ANNIVERSARY OF THE START OF THE CHRISTIANIZATION OF NORWAY



Dale-Gudbrands Gard and Pilegrimcenter Dale-Gudbrand is preparing for the 1000<sup>th</sup> anniversary of the start of the christianization of Norway. Along with other national players the project "Norway in 1000 years" focuses on this part of the Norwegian history. There will be events and exhibition from 2021 to 2030 in different parts of Norway, ending with the 1000<sup>th</sup> anniversary of the Battle of Stiklestad.

At Dale-Gudbrands Gard we are preparing an exhibition that will be ready for this anniversary. Follow [www.dale-gudbrandsgard.no](http://www.dale-gudbrandsgard.no) for news.

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#### #4 GUDBRANDSGARD HOTEL – NEW HOTEL IN FRICH'S



Finally! We can proudly present Gudbrands gard hotel in Kvitfjell as one of the hotels in Frich's. We are really looking forward to welcoming our guests in autumn and winter. We are aiming at keeping this cosy hotel open also during summer 2020. Do not hesitate if you are looking for a place to stay for your group. Take a look [here](#).



Follow [www.frich.no](http://www.frich.no) for news

#### #5 NATURE EXPERIENCES IN TROLLHEIMEN



Kårvatn. Photo: Martha Torvik

Finally, summer is here. Now is the peak season for hiking, climbing, fishing and other nature related activities in Trollheimen and Surnadal. The salmon fishing started on June 1<sup>st</sup> and there is increasing traffic towards the natural pearl of Trollheimen. Kårvatn is the gateway to Trollheimen and is an excellent starting point for many trails into the mountains. The beautiful Nauståfossen is well worth a trip. The waterfall has a fall of 110 metres and is 1 km from Kårvatn. You also find a special sports shop offering equipment for activities in the mountains here.

See [www.thonhotels.no/surndal](http://www.thonhotels.no/surndal) for accommodations close to Trollheimen.

#### #6 ST. OLAV'S DAY (29<sup>TH</sup> JULY)



Since the Middle Ages the Norwegian Saint Olav has been an important character to Catholics all over Europe. The day of his death in the Battle of Stiklestad in 1030 was on July 29<sup>th</sup>, and throughout history the night before this day has become important for remembering and worshipping this Viking king who became a saint.

At Domkirkeodden the day is highlighted with lectures, ecumenical worship in the glass cathedral, a concert and hourly prayers throughout the night. This is actually the only time of the year when one can stay overnight in the ruins

of the Medieval cathedral! [www.domkirkeodden.no](http://www.domkirkeodden.no).

#### #7 PEAK SEASON AT DOMKIRKEODDEN / ANNO MUSEUM IN HAMAR



From June 24th to August 12th we have what we call «high season» in the museum at Domkirkeodden. This means that the museum is open every day from 10:00 am to 5:00 pm, and there are as many as five scheduled guided tours included in the entrance fee!

If you choose to visit during high season, you may join the Medieval Tour learning how the bishop and his men lived here 800 years ago. You may get a tour inside a selection of the traditional Norwegian houses in the Folk Museum and the Herb Garden Tour will take you through almost 400 species of blooming beauty.

We offer a special tour focusing on the darker sides of the history where you get to enter 800 years old underground cellars.

And the final option is our famous Musical Tour in the glass cathedral where our singing guides perform Gregorian chanting, Norwegian folk songs and other tunes – all in one day and at the same ticket!

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



Hildur Hauksdottir, Anno Domkirkeodden

## #8 HØYT & LAVT VALSØYA



Challenge yourself in the climbing park at Valsøya. New challenges are ready for you this summer.

Experience an exciting world in the top of our trees!

We have expanded our climbing park with one more trail. Now there are even more experiences for all, grown ups and kids and our 280 metres long zip-line is well worth a try!

Read more at [www.hoytlavt.no/en/valsoya](http://www.hoytlavt.no/en/valsoya)



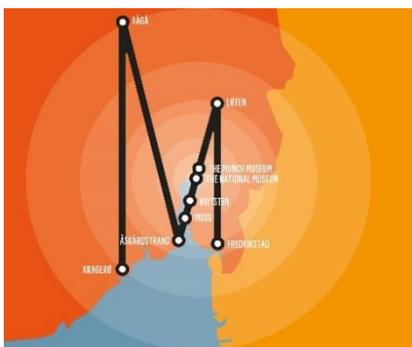
## #9 LUNCH WITH ATMOSPHERE IN THE OLD BARN



Between Kristiansund and Trondheim you find the pearl Valsøya. A perfect stop for lunch or rest for your group on your way to visit the west coast of Norway with the Atlantic road as one of the highlights.

At Valsøya you will be served tasty food according to local Norwegian traditions. The restaurant called Saltrøfjøsset was originally built in 1760 and was re-constructed here in 1999. In this old barn we have seating for 70 people. We serve traditionally rich food in a cosy atmosphere. See more at <https://www.valsoya.no/restaurant-english>

## #10 EDVARD MUNCH – BORN IN LØTEN



Edvard Munch was born at Ådalsbruk in Løten, where he lived his first year of life. An exhibition focusing on the young Edvard Munch has been established at Klevfos Industry museum; The Munch Centre. The exhibition is devoted Edvard Munch's relation to his birthplace, Løten, and the role it played in his art.

As a child, Edvard was already good at drawing, and there are many drawings of people from the district whom he knew and drew while he was here on holiday. Listen to the letters that Edvard Munch wrote to his father and aunt during his visits to Løten, read correspondence between the Munch family and their good friends at Ådalsbruk, and experiment with face colours, as Munch

himself did. You also can see (from a distance) his birthplace. There is a photo point where one can stop and take pictures of the house and the farm where he was born. Read more [here](#).

## #11 EDVARD MUNCH'S FAMOUS PAINTING "THE SUN" AS A VR EXPERIENCE



With VR glasses and headphones, you are suddenly in Kragerø's archipelago and see the sunrise that inspired Edvard Munch to paint the "Sun". THE SUN is a VR experience that tells the story behind Edvard Munch's iconic series of paintings, and plays on what you actually see, in relation to what your brain fills in. Enjoy this unique 8-minute experience at the Munch Center in Løten. Read about it [here](#).

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Get inspired! [www.intheheartofnorway.no](http://www.intheheartofnorway.no)