



## NORWEGIAN CUISINE, LOCAL TASTES AND TRADITIONS



Hovelsrud gård, sommerfjøset, breakfast. Photo: Rakel Berg

*Join us for a journey in lush landscapes, with green meadows and abundant gardens where you experience tasty and delicious Norwegian ingredients directly from the farmer himself. Our journey to Norwegian farms, local producers and charming hotels gives a valuable break in a busy everyday life. For five days you can enjoy yourself among large farms on Helgøya on the shores of Lake Mjøsa and enjoy the fresh air and quietness under the steep mountains of Jotunheimen.*

### Day 1

Arrival at Oslo airport from your home country. We drive directly to the Hamar-region 1 hour north of Oslo. Check in at Wood Hotel by Frich's, newly opened in 2019. The hotel is the world's tallest wooden building with its 18 floors. In beautiful surroundings by the shores of Lake Mjøsa, you wake up refreshed and ready for good experiences. Dinner at the hotel in the evening. Aquavit tasting after dinner.

### Day 2

Today, local tastes and cultural experiences are in focus. We start the day by visiting the Atlungstad Distillery. This is a unique cultural site where you get to experience Norwegian industrial architecture, the distillery history and Norwegian aquavit production for the past 150 years. We follow the process from the moment the potato enters the building and until the precious drops are bottled. Guide tour. The beautiful farms are our next destination, and we go to Helgøya in Ringsaker for a visit to Hoel Gård. This farm is like a fairy tale, you enter the world of farm luxury. We get a tour of the farm, and a delicious lunch. We also stop by Hovelsrud farm for a visit to the farm shop and Skafferiet on Hovinsholm. We get a local guide on Helgøya.

### Day 3

We travel from Brumunddal via Gjøvik to Valdres. Valdres has become the center for Rakfisk production in Norway. Rakfisk is fermented fish. The history of the rakfisk dates to the Middle Ages. Rakfisk is part of the old, Norwegian food culture that made it possible to preserve fish for the winter. We visit the



producer Noraker Gård and their neighbour Små Vesen microbrewery. We have lunch in the Prison, before we check in at Gomobu Fjellstue. At Gomobu we enjoy high mountain views and delicious fresh mountain air before we go to the table for an exciting dinner. Gomobu's chef has a penchant for traditional food. The menu varies according to the season and the chefs combine traditional dishes with modern flavours.

#### Day 4

We travel through beautiful mountain scenery from Vaset in Valdres to Hallingdal. Where we visit Ostebygda Hol (the Cheese Village). We visit two of the producers and have lunch here in the cheese village. We will make a stop in Hønefoss, at Humbar for a taste of their local beer, brewed in their own brewery, Humbrygg. The trip continues to Helgaker Gård in Gran for accommodation. The silence, the farm environment and the open landscape make room for reflection and a good setting for finalizing your trip. Dinner in the evening.

#### Day 5

Wake up to the sounds of garden life, refreshed and satisfied after good days and experiences. From Helgaker farm we return to Oslo Airport Gardermoen for your travel home. If departure times allow us, we will visit the famous Hadeland Glassverk in the morning before travelling to the airport.

#### FACTS:

**Duration:** 5 days – 4 nights

**Hotels:** Wood Hotel by Frich's  
Gomobu Fjellstue  
Helgaker gård

#### The tour includes:

- Transportation in comfy tour bus/coach,
- 4 nights in double room incl. breakfast
- 4 dinners
- 3 (or 4) lunches depending on arrival/departure.
- Entrance to attractions mentioned.
- Guided tours as described.
- Aquavit tasting

#### Additional costs:

- Single room
- Flights