

Traveling Scandinavian Cooking

a guided trip in TV-chef Andreas Viestad's footsteps

- summer 2007 -



DAY 1 ARRIVAL STAVANGER

Meet and greet at the airport. Transfer by private motorcoach to the hotel in the city center. Stavanger, the country's 4th largest city, is located on the southwest coast of Norway. Stavanger was a canning and fishing city in the last century and is now turned into the oil capital of Norway. It was officially recognised as a city in 1125 and is a pleasant blend of new and old - a large but friendly provincial town with around one hundred thousand inhabitants. *Andreas visits Stavanger in both the first and third seasons of "New Scandinavian Cooking" - joining the fishermen in catching sardines and paying a visit to the canning museum.*

Overnight at the Radisson Sas Atlantic Hotel.

DAY 2 STAVANGER

Breakfast buffet at the hotel.

Meet a local city guide at the hotel and set off on a walking tour of Stavanger. Visit the old part of the town with the Canning Museum, stop at the Stavanger Cathedral and view the city and surroundings from the Valborg Tower.

Lunch at a local restaurant.

Afternoon free at leisure.

Dinner is served at the unique Flor & Fjære Restaurant located in an exotic garden on an island just outside Stavanger. *In season one, Andreas prepares a main course from Stavanger with herbs and spices from this "Garden of Eden".*

Overnight at the Radisson Sas Atlantic Hotel.

DAY 3 STAVANGER - SAND

Breakfast buffet at the hotel.

Morning departure by private boat from the Skagen pier for a memorable trip in the Stavanger archipelago and into the Lysefjord. In the fjord is the location of one of Norway's spectacular wonders, Preikestolen - the Pulpit Rock. The rock formation is just over 597 meters (2000 feet) above sea level and the boat passes directly under it. *Andreas prepares a local variation of the classic Salad Nicoise in these spectacular surroundings - on the top of the rock in episode 13 of season 1.*

Leave the Lysefjord and proceed north along the coast and into the Årdalsfjord. Arrive in the small village of Årdal. Pay a visit to the old wooden Årdal Church from 620.

Lunch is served in peaceful surroundings at the nearby Høiland Gard - the Farmers Hotel.

After lunch travel by boat up the coast and into the Sandsfjord to the village of Sand.

Andreas and his cooking skills are portrayed twice from this region of Norway in the current season.

Dinner is served in the hotel's restaurant overlooking the harbor, the fjord and the mountains - a beautiful setting for a homemade traditional Norwegian meal.

Overnight at the Ryfylke Fjordhotel.

DAY 4 SAND - LOFTHUS

Breakfast buffet at the hotel.

Today the bus will bring you to the Mo Laksegård. *This is the place where Andreas, in this season's episode 11, attempts to catch a salmon with his bare hands - cooking the fish over open fire just minutes later.*

Prepare for an action-packed morning followed by lunch. You have earlier signed up for one of the following activities; Salmon or River Safari.

Salmon Safari: float in the river wearing a survival suit, snorkel and mask. See the wild salmon darting by.

River Safari: travel down the river in rubber rafts and stop for coffee around a campfire.

After lunch drive to the Hardanger region - the Garden of Fjord Norway - passing the Røldal Stave Church and the mighty Låtefoss Waterfall on the way. Visit the Norwegian Hydropower and Industrial Museum in Tyssedal and then continue to the hotel in Lofthus.

Visit one of the local fruit farms for a taste of their home-made cider before checking-in at the hotel.

Dinner and overnight at the Ullensvang Hotel; a state of the art and first class hotel - where tradition and quality comes first.

DAY 5 LOFTHUS - Os

Breakfast buffet at the hotel.

Today's program is dedicated to many of the local food producers in the Hardanger area. Pay visits to a small producer of a type of garlic ("Viking garlic") and a goat farm. *Andreas is fond of this onion and uses it to flavor many different dishes.* Lunch is served at the goat farm. Hardanger is the home of interesting goat cheese traditions. *In one of the shows Andreas gives a couple of ideas about how one can use goat cheese in different recipes - at this very goat farm in Hardanger.*

After lunch follow the Hardanger Fjord about 30 km south and then via Eikelandsosen and along the shore to Venjanaset. A ferry brings you over to Hatvik and then there is only a short drive to your hotel for the next two nights.

Dinner and overnight at the Solstrand Hotel - a lovely hotel with a delightful location on the edge of the Bjornefjord only 30 km from Bergen.

DAY 6 Os

Breakfast buffet at the hotel.

After breakfast drive to the nearby pearl of Lysøen (the island of light). Lysøen was the summer residence of Ole Bull (1810-1880), the renowned violin virtuoso who inspired Edvard Grieg and other contemporary artists. The villa is now a museum and a guide will tell interesting and amusing stories of Bull's life. Return to the hotel in time for lunch.

Spend the afternoon in the relaxing ambiance and surroundings of the Solstrand Hotel.

The hotel is surrounded by a large garden facing the fjord. Enjoy a walk along the footpaths in the garden and along the coast or visit the hotel's spa and wellness area. A culinary course will be provided for those who are interested.

Dinner and overnight at the Solstrand Hotel.

DAY 7 Os - BERGEN - COASTAL STEAMER

Breakfast buffet at the hotel.

Drive in to Bergen this morning. Bergen is often called "the Capital of the Fjords" and is Norway's second largest city. *In episode 2 in the first season Andreas introduces the viewers to beautiful Bergen with its traditional fish market.*

Visit the Troidhaugen Museum - home of composer Edvard Grieg, enjoy the Bryggen area of old wooden houses that is a part of the UNESCO World Heritage, walk around in the fish market and have a guided tour of the Hanseatic Museum showing the living conditions of merchants in the early 1700's .

After the guided tour the afternoon is free to explore Bergen on your own.

Board the ship which will bring you on a 3-night cruise up the coast to Tromø.

Dinner and overnight onboard.



DAY 8 COASTAL STEAMER

Breakfast onboard the ship.

This morning you can enjoy the magnificent, wild and beautiful Geiranger Fjord - with its lovely waterfalls, majestic, snow-covered mountain peaks, lush, green vegetation and deep blue water. *In both the current and the previous season of "New Scandinavian Cooking" Andreas travels north on this modern cruise liner. In one of the shows, on the deck of one of the ships with the stunning coastline as a backdrop, he prepares a smoked salmon baked in eggs with truffle oil.*

Have lunch onboard before arriving in the little village of Geiranger at the heart of the fjord. *In the current season Andreas brings his mobile kitchen to this famous fjord.*

Enjoy a scenic drive by bus to Ålesund. Drive on the Trollstigen road with its hair-pin curves, steep mountain sides and thundering waterfalls. Ålesund is internationally famous for its Art Nouveau architecture. From the Aksla mountain you will have a magnificent view of the town and surroundings. Board the ship at dinner time. Dinner and overnight onboard.

DAY 9 COASTAL EXPRESS

Wake up in Trondheim. Breakfast onboard the ship. Spend a couple of hours on a guided tour of Trondheim including the Ringve Museum and the Nidaros Cathedral, built in the memory of St Olav - the viking that made Trondheim and important European city and introduced Christianity to Norwegians.

Episode 8 in the second season of "New Scandinavian Cooking" is from Trondheim. Here Andreas makes mulled wine in the middle of the city and he also visits the Nidaros Cathedral where he gets to conduct the Trondheim boy's choir.

You will have an hour to walk around on your own before returning to the ship.

Lunch onboard. Pass Munkholmen, with its history dating all the way back to 1028 and then out into the wide Trondheim Fjord.

Dinner and overnight onboard.

DAY 10 COASTAL EXPRESS

Breakfast onboard the ship.

Pass the Arctic Circle and arrive in Bodø at lunch time. At the pier a nice warm bowl of fish soup awaits you! *In the current season Andreas prepares a special fish soup right here on the quay in Bodø.*

Then spend a couple of hours exploring Bodø on your own.

Sail across the Vestfjord and admire the 100 km long Lofoten mountain range rising from the sea. A seemingly solid, jagged mountain range which shelters the many fishing villages.

Andreas has paid numerous visits to the spectacular northern archipelago of Lofoten. You will surely recognize the quaint fishermen's cabins and the breathtaking scenery.

Dinner and overnight onboard.

DAY 11 ARRIVAL TROMSØ

Breakfast onboard the ship.

Pass by the island of Senja, Norway's second largest island, into the Malangfjorden, past Kvaløya and through Rystraumen before catching sight of Tromsø, the city which has many names to live up to - the Paris of the North, Gateway to the Arctic and Gateway to the Arctic Ocean to name but a few.

Lunch onboard before leaving the ship in Tromsø. Transfer by private motorcoach to the airport.

