



Travel Tips Newsletter

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Travel Tips Newsletter

Passports

You don't need a visa to travel to Norway, but you do need to have a current and valid passport. If you already have a passport, the rule of thumb is that it should expire at least 6 months after your planned trip. That means that, for our Norway adventure, your current passport should expire during or after January, 2020.

Cost for your new adult passport (or to replace one that is lost or stolen) is \$110 application fee plus \$35 as an execution fee. You must apply in person and be prepared to provide

- Completed form DS-11
- Proof of citizenship (a certified copy of a birth certificate or expired passport will do) and a photocopy of that proof
- Current ID (valid driver's license, previous passport, military ID) and a photocopy of the ID
- Passport photo (2" X 2", taken in the last 6 months, do not wear glasses)



For children under 16, a certified copy of a birth certificate, adoption record, or court decreed custody order must be furnished showing that the adult applicant has a parental right to do so.

Renewals of current valid passports must be submitted by mail. Along with form DS-82, a new passport photo and your current passport must be included with your application. Cost is \$110 (no execution fee required).

Allow at least 4-6 weeks for your passport application/renewal to be processed. Expedited service cuts the processing time to 2-3 weeks for an additional \$60.

Both application forms are attached to this email. For more details on applying/renewing a passport, or to fill out the application online, visit <https://travel.state.gov/content/travel/en/passports.html>



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Travel Tips Newsletter

Credit and Cash Cards

Your VISA or Mastercard will be widely accepted in Europe. American Express is usually accepted, but not as broadly. Discover is a US-only brand.



Street vendors and smaller shops and restaurants may not accept credit cards, or place a minimum purchase amount on their use. Hotels, larger sightseeing venues, tourist meccas and larger retail shops can be expected to accept credit cards.

Foreign Transaction Fees

Check with your card issuer to see if it charges a foreign transaction fee and, if so, how much. Some cards charge up to 5% per transaction, and those charges can add up quickly! Some issuers simply add the transaction fee when your purchase is converted from foreign currency to your home country currency so it does not appear as a separate item on your statement. Be sure to read the fine print/ask specifically about your card company's procedure.

There are a number of cards that do not charge a foreign transaction fee, and your card issuer may have options available. Be sure to consider interest rate (some charge higher interest for no-transaction-fee cards). There are a number of cards available with no annual fee.

PIN Numbers

In Europe, cards are issued with PIN numbers. It generally eliminates the need to sign a receipt. Automated/machine transactions will require a PIN number. Most card issuers can register or provide a PIN number for your card, making it easy to use in foreign countries.

ATM Cards

Almost all ATM cards will work at cash machines in Europe. (Check with your financial institution if you aren't sure.) Cash machines tend to provide a better exchange rate than currency exchange booths. You may want to ask if a foreign transaction fee/increased withdrawal fee will apply. Using your ATM card to get cash is much better than using your credit card; credit card issuers tend to charge a much higher interest rate from date of withdrawal for cash transactions.

The dollar limits on daily ATM withdrawals apply even though you ask for and receive foreign currency. If the amount of foreign currency you request translates into more dollars than your daily limit allows, your request will be rejected. You may be able to get an increase in your daily limit – permanent or temporary - by contacting the financial institution.

Be sure to notify your credit card company and/or financial institution that you will be leaving the country. Most companies have become much more sensitive to possible fraud, and the first time you try to use your card in Europe the charge might be declined. Although that can usually be rectified with a call to customer service, an ounce of prevention is worth a red-faced pound of cure!



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Airline Reservations



Some participants are reporting that some flights are already full or nearly full. As was mentioned during the webinar, there can be significant price differences from one day to the next. Both the Oslo Panorama and Sanner Hotels will charge the group rate if it works to your advantage to arrive a day early. Consider making your reservations as soon as possible.

Participants in the Oslo leg of the tour

To arrive in Oslo on Sunday, June 16 you will probably have to schedule your departure from your North American airport on Saturday, June 15. Trains run every 10 minutes from the airport to within a block or two of our downtown hotel. Cost of the “Flytoget” ticket is about \$40. You can buy a ticket up to 90 days in advance from your computer and/or download their app to your handheld device to purchase tickets and see the train schedule. At the conclusion of the Oslo tour, our bus will deliver participants to the Sanner Hotel on Wednesday in time for dinner.

Participants in the Hadeland leg of the tour

If you do not participate in the Oslo leg of the tour, arrive in Oslo on Wednesday, June 19. Departure from your North American airport will likely need to be Tuesday, June 18. Expect to take scheduled bus service from the Oslo airport to Gran/Sanner Hotel. The 2018 schedule is at the bottom of this page.

If you plan to leave Norway after the Hadeland visit, schedule your departure on Tuesday, June 25. The first scheduled bus will get you to the airport at about 6:15 a.m. Follow your airline’s instructions on when to arrive at the airport to make your scheduled flight.

Participants arriving for the Extended Tour

You should arrive in Oslo on Monday, June 24. If you are leaving from a North American airport that likely means scheduling your departure on Sunday, June 23. Expect to use scheduled bus service from the airport to Gran/Sanner Hotel. The schedule is listed at the bottom of the page.

If you plan to leave the tour in Bergen, your departure time should be scheduled after 8 p.m. on Saturday, June 29 or on Sunday, June 30.

The extended tour will end at the Thon Gardermoen Hotel. Schedule your departure for Wednesday, July 3. The hotel has a shuttle to take you to the terminal that currently charges 70 NOK (less than \$10).



The 2019 Airport/Gran bus schedule is likely to follow the 2018 schedule shown below. Allow about 45 minutes for the one-way trip. Cost is 71 NOK. You can pay using Mastercard, Visa or cash (kroner).

Airport departure times: 6:30 a.m., 8:30 a.m., 11:35 a.m., 1:25 p.m., 4:00 p.m., 6:40 p.m. and 8:40 p.m. Allow at least an hour between your flight arrival time and bus pick-up. The last bus that will allow you to arrive in time for dinner at the Sanner is at 4:00 p.m.

Gran departure times: 5:30 a.m., 7:30 a.m., 10:35 a.m., 12:25 p.m., 3:00 p.m., 5:10 p.m., and 7:10 p.m.



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Luggage

Your airline can tell you the number and weight of bags included with your ticket. We strongly suggest limiting yourself to one piece of checked luggage per person to make navigating airports, ground transportation and hotels easier. The Sanner Hotel doesn't have an elevator or bell hops; be prepared to carry your luggage up/down stairs.

TSA approved luggage locks allow you to set and use a combination. If selected for random inspection, TSA has a master key that will open all TSA approved locks in the US and most foreign countries. You can also use a large safety pin or paper clip to prevent your luggage from unzipping during handling or on the carousel. If your luggage is inspected, chances are the pins/clips will disappear, so bring a few extras.

Carry-On Luggage

The rules for carry-on luggage in the US have been standardized across the industry. Each person is allowed one piece of carry-on luggage which cannot be larger than 22" x 14" x 9" plus one small bag: a purse, briefcase, small backpack, lap-top computer or tablet, umbrella or camera. Measurements are important – if your carry-on is too big, you will have to check it and possibly pay a baggage fee. Foreign carriers may have different standards, so check with the airline.

If you plan to do some serious shopping (or, like many us, everything fits nicely when you packed for the trip, but your items mysteriously expand and don't fit as you pack to go home) fold and pack an empty zippered duffel bag. On the way home, check both your large suitcase and original carry-on, and use your duffel bag full of necessities and shopping treasures as the carry-on. Remember your extra bag must not exceed the carry-on dimensions shown above and if you are limited to one checked bag, an additional fee will probably be required.

Tour Cost Recap

Oslo: You paid \$300 with your registration. The second payment is \$300. The final payment will be \$150, for a total cost for this leg of the itinerary of \$750. This payment may also be adjusted (either up or down) based on the exchange rate and billed April 1, due April 30. *Updated in March newsletter*



Hadeland: Total cost for the Hadeland leg of the tour is \$400. You paid \$150 with your registration. The second payment, due February 1, is \$150. Your final payment of \$100 may be adjusted (either up or down) based on the exchange rate and billed April 1, due April 30.

Extended: The total cost of the extended tour is \$1750. You paid \$600 with your registration. The second payment of \$600 is due on February 1. Your final payment of \$550 may be adjusted (either up or down) based on the exchange rate and billed April 1, due April 30.



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Reading List

All books listed are available on Amazon. Most are available at your library/through inter-library loan.

Top 12 Things To Do In Oslo (Kindle only): Information about Vigeland Park, Viking Ship Museum, Norwegian National Opera & Ballet, Fram Museum, Holmenkollen Ski Museum & Tower, Norwegian Folk Museum, Akershus Fortress, the National Gallery, Kon-Tiki Museum, Oslofjord, the Royal Palace, Aker Brygge

Berlitz Pocket Guide to Oslo: Maps, history, interesting places by district. If you're looking for places to see in your free time, this is the book! Includes a small section on Hadeland, too.

Rick Steve's Snapshot Norway (2018): Covers Oslo, Flåm, Lillehammer, Bergen, Stavanger, Setesdal Valley, and Kristiansand with a section of helpful hints on money, sleeping, eating, etc.

Stories of Norway by John Yilek: Legends and stories about real people and events from the time before the Vikings through WWII.

History of Norway by John Yilek: Beginning with the earliest known Stone Age cultures to the oil and gas that turned Norway into one of the richest societies in the world, this book explores the history of kings and merchants, Sami culture, the mass exodus to America, and more.

The History of Norway from the Ice Age to Today by Øivind Stenerson and Ivar Libæk

The Age of the Vikings by Andrew Winroth: Offers a full picture of the Vikings as traders, farmers, and raiders

Kristin Lavransdatter (Trilogy: The Wreath, The Wife, The Cross) by Sigrid Undset, translated by Tina Nunnally: This novel by Norway's Nobel Prize for Literature-winning novelist tracks the life of a woman in 14th century Norway.

We Are Going to Pick Potatoes: Norway and the Holocaust, The Untold Story by Irene Berman: 771 Norwegian Jews were sent to Auschwitz. This book is based on Ms. Berman's personal recollections of growing up Jewish in Norway.

The Winter Fortress by Neal Bascomb: The true story of the sabotage of the heavy water project at Rjukan during WWII.

Fire and Ice: The Nazis' Scorched Earth Policy in Norway by Vincent Hunt. The true story, largely unknown to Americans, of the unspeakable cruelty and total destruction wrought by the Nazis in northern Norway.

They Came from Hadeland: A Centennial History of the Hadeland Lag of America, 1910-2010 edited by Anne Sladky, John Oien & Verlyn D. Anderson. Order from Amazon or the Hadeland Lag website/order form in the newsletter. "About Hadeland," pages 168-211, provides information about the churches & other historical sites in Hadeland.



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Web Links

Hotels where we will be staying are listed in red.

OSLO

Oslo Thon Panorama Hotel: <https://youtu.be/h6tkdFfV0Yo>

<https://www.thonhotels.com/our-hotels/norway/oslo/thon-hotel-panorama/>

Museums on the Bygdøy:

<https://www.visitoslo.com/en/activities-and-attractions/boroughs/bygdoy/attractions/>

Norsk Folkemuseum: <https://youtu.be/SrLENLPnqqc>

Kon-tiki Museum: <https://youtu.be/aaQTaJy0KFc>

Viking Ship Museum: <https://youtu.be/8T913a5jP1U>

Fram Museum: <https://youtu.be/4wLLUdloNbk>

Holocaust Center: <https://youtu.be/drQiTneNCoU>

Oscarshall: <https://youtu.be/gbuPODz1mys>

Maritime Museum: https://youtu.be/0ajU_UmtbYs

Vigeland Park & Museum: <https://youtu.be/0VgaY7icXTc>

Akershus Fortress:

https://en.wikipedia.org/wiki/Akershus_Fortress

<https://youtu.be/hh35wEdR-Tk>

Oslo City Hall: <https://youtu.be/wjxNDKphQAY>

Nobel Peace Center: <https://youtu.be/RpMCSFkyXAI>



HADELAND

Sanner Hotel: https://www.tripadvisor.com/Hotel_Review-g2416419-d2199011-Reviews-Sanner_Hotell-Gran_Municipality_Opland_Eastern_Norway.html

Jevnaker Church: <https://youtu.be/Lk3xcxvNVjA>

<https://www.hadelandlag.org/about/jevkirke.htm>

Hadeland Glassworks: <https://youtu.be/NBIMqqkOPpA>

Kistefos Museum: https://youtu.be/H8kJjrd_LJI

Mannskoret KK: <https://youtu.be/4mwHcv2BJLk>

New Tingelstad Church: <https://www.hadelandlag.org/about/tinnew.htm>

Nes Church: <https://youtu.be/r-eRuiuaUC0>

<https://www.hadelandlag.org/about/neskirke.htm>

Grinaker Weavery: <https://youtu.be/jD1AL5GGKEg> (in Norwegian, but good pictures!)

Aschim Farm: <http://www.xn--sysseigrden-38a.no/>

Sister Churches (St. Nicolai and St. Maria): <https://youtu.be/c2gFgSkRijA>

Hadeland Folkemuseum: <https://youtu.be/d5oz2tfHeNA>

Maihaugen Museum: <https://youtu.be/PcLpPfZnKa8> (Norwegian narration)

1994 Olympic Venues: <https://youtu.be/pz0gzrgiO4k>



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EXTENDED TOUR

Kongsberg Silver Mines: <https://youtu.be/7-DIBGC8YPA>

Heddal Stave Church: <https://youtu.be/4MV3MUZYujM>

Rjukan/Vemork: <https://youtu.be/p-1Q6Vju-vM>

Gaustiblikk Hotel: https://youtu.be/Lq0-zs8_Uk8
<https://www.gaustablikk.no/en/>

Nutheim Hotel and Gallery: <https://www.visitnorway.com/listings/galleri-nutheim/7265/>

Telemark Canal: <https://youtu.be/MOYvL9B8CJU>

Setesdalsbanen: https://youtu.be/7_Aujcrxpmk

Thon Hotel Kristiansand: <https://youtu.be/t07m6oqvxbU>
<https://www.thonhotels.com/our-hotels/norway/kristiansand/thon-hotel-kristiansand/>

Kristiansand Cathedral: <https://youtu.be/UqUoxg7tFTs>

Gestapo Museum: <https://youtu.be/6cQlmDCpijU>

3 Sword Monument: https://youtu.be/YRVOrT_t8Po

Iron Age Farm (Jernaldergården): <https://youtu.be/nrodHaTSSyw>
<https://www.youtube.com/watch?v=Oi4ePiTWYKc> (in Norwegian)

Stavanger: <https://youtu.be/CSQobURxhiE>

Thon Hotel Stavanger: <https://youtu.be/-bnAeYOGhCI>
<https://www.thonhotels.com/our-hotels/norway/stavanger/thon-hotel-stavanger/>

Oil Museum: <https://youtu.be/qdyMuVi4Zuk>

Lysefjord (Preikestolen/Pulpit Rock): <https://youtu.be/5cQBbMMaEEs>

Hike: <https://youtu.be/dmjSAm1r3sQ>
<https://www.alwayswanderlust.com/hiking-the-preikestolen-pulpit-rock/>

Flor og Fjære: <https://youtu.be/e9krokP5bQ0>

Utstein Monastery: <https://youtu.be/Wo7IeSX5D3s>

Troldhaugen: <https://youtu.be/YJqt9cwVRUA>

Thon Hotel Bristol: <https://youtu.be/AKSvYWH1Yss>
<https://www.thonhotels.com/our-hotels/norway/bergen/thon-hotel-bristol-bergen/>

Old Bryggen: <https://youtu.be/AOyveVW7du0>

Fløibanen: <https://youtu.be/LpjFatbolLI>

Ulriken: <https://youtu.be/r2pTY3vZsW0>
https://www.tripadvisor.com/Restaurant_Review-g190502-d7103100-Reviews-Skyskraperen_Restaurant-Bergen_Hordaland_Western_Norway.html

Nærøfjord: <https://youtu.be/EOhaSlOdzAg>

Flåm Railroad: <https://youtu.be/HYKt-Kt5vRA>

Stalheim Hotel: <https://youtu.be/PSxPDpGmQeI> <https://www.stalheim.com/>

Tour of the Royal Palace: <https://youtu.be/gj4O0WBxFiU>

Thon Gardermoen Hotel: <https://youtu.be/pvRmm1D8UJ8>
<https://www.thonhotels.com/our-hotels/norway/gardermoen/thon-hotel-gardermoen/#Good-to-know>





Travel Tips Newsletter

Pulpit Rock (*Preikestolen*) Hike Information

Many websites list the Hike to Pulpit Rock as a top 10 attraction in Norway. It is rated as a medium hard hike; total length is 8 km (10 miles) round trip with an elevation gain of 500 meters (1640 feet) from the parking lot to Pulpit Rock. Some important suggestions for this hike are:

- The weather can change so it is important to be prepared and bring protective clothes for wind and rain.
- There isn't any place to purchase food or water along the route so you will need to pack and carry your own food and water.
- When it rains, the path can become quite slippery, so good footwear is essential for a safe hike.

Below are websites you can visit to learn more about the hike as well as cost and a proposed schedule for the day.

Cost:

From 360 NOK (approximately \$45.00 US), includes ferry from Stavanger to Tau and bus from Tau to the trail head. This is not the guided tour price; transportation costs will be self-pay at the time.

Guided tours are about triple the price. Still looking for more information on what dates guided tours are offered. Depending upon the number interested a group rate may be available.

Proposed Pulpit Rock Hike Schedule, may be adjusted to allow for more time on Pulpit Rock

07:30- Depart by ferry from *Fiskepiren* boat terminal in Stavanger

08:15- Arrive by ferry at Tau

08:20- Depart by bus from Tau

08:50- Arrive by bus at *Preikestolen* Parking

09:00- Depart by foot from *Preikestolen* Parking

11:00- Arrive by foot at the top of Pulpit Rock

11:15- Depart by foot from the top of Pulpit Rock

13:15- Arrive by foot at *Preikestolen* Parking

13:25- Depart by bus from *Preikestolen* Parking by bus

14:05- Arrive by bus at Tau

14:15- Depart by ferry from Tau

15:00- Arrive by ferry at *Fiskepiren* boat terminal in Stavanger

Websites:

<https://www.visitnorway.com/listings/preikestolen/185743/>

<https://www.visitnorway.com/places-to-go/fjord-norway/ryfylke/the-lysefjord-area/safety-first-preikestolen-summer->

[hike/?gclid=EAIaIQobChMIw9To3IzB3wIVBL7ACh28fgAUEAAAYASAAEgL3B_D_BwE](https://www.visitnorway.com/places-to-go/fjord-norway/ryfylke/the-lysefjord-area/safety-first-preikestolen-summer-hike/?gclid=EAIaIQobChMIw9To3IzB3wIVBL7ACh28fgAUEAAAYASAAEgL3B_D_BwE)

<https://gofjords.com/trips/hiking-excursion-to-the-pulpit-rock#description>

<https://www.pulpitrock.no/home/>

If you have any questions or concerns as you consider joining the hike, contact Eric Beastrom.



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OSLO – SUNDAY EVENING CHANGE

Updated in March Newsletter – see page 19

Updated in April Newsletter – see page 24-25

OSLO TOUR – TUESDAY

Itinerary updated in March Newsletter – see page 19

Itinerary updated in April Newsletter – see page 24

Itinerary updated in May Newsletter – see page 31

On Tuesday evening, we will be walking over to the Oslo Opera House (about 10 minutes/.4 miles) for the performance of “Cinderella.” There are a number of excellent restaurants in and around the Opera House, and for those interested in having a meal before the performance – or just joining us for the meal - we can meet and decide on the restaurant and make the group reservation on Sunday or Monday evening.

Some of the restaurants within a block or two of the Opera House:

There are a number of restaurants in the Opera House neighborhood. These are among those suggested as possible spots for us to eat. Most restaurants suggest booking a table 2 to 2 ½ hours before the performance. Their websites will give you a sense of what to expect at each one, and other suggestions will be most heartily welcome!

Argent Fine Dining: Located in the Opera House. <https://www.argentrestaurant.no/english>

Sanguine Brasserie and Bar: A slightly less formal eatery with fewer menu choices, also located in the Opera House. <https://www.sanguinebrasserie.no/english>

Maemo: Highly rated on Michelin and Trip Advisor, the menu is not extensive and cost is at the high end. It is about a 15 minute walk to the Opera House. <https://maaemo.no/>

Vaaghals: <http://www.vaaghals.com/english>

If you wish to have a drink at intermission you can pre-order your drink on the Opera House website in order to avoid the lines at the bar:

<https://operaen.no/en/your-visit/food-drink/>



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OPTIONAL ACTIVITIES

In order to make reservations for some of our optional activities, we must purchase/pay for them by March 1. For that reason, we are asking for full payment of those options. Second tour payments and optional activity payments are due February 1.

OSLO OPTIONS

1. Early arrival – extra nights at the Oslo Panorama Hotel (includes breakfast).
Cost per person per night, double occupancy: \$93
Cost per person per night, single occupancy: \$130
2. Performance of the Rossini opera on Tuesday evening, June 17.
Cost per person: \$90.00

HADELAND TOUR OPTIONS

1. Early Arrival - Sanner Hotel prior to 6/19 (includes breakfast) pay on check-out:
Cost per person, per night, double occupancy: 895 NOK
Cost per person, per night, single occupancy: 1295 NOK
Evening dinner: 395 NOK

EXTENDED TOUR OPTIONS

2. Sanner Hotel, Monday, June 24 (includes breakfast), pay on check-out:
Cost per person, per night, double occupancy: 895 NOK
Cost per person, per night, single occupancy: 1295 NOK
Monday evening dinner: 395 NOK
3. Stavanger: Friday, June 28:
Pulpit Rock Hike (all day): exact cost will depend on participation
approximately \$ 45-\$100/per person (ferry, bus) self-pay
Lysefjord Cruise (noon-3 pm) \$65/per person
Flor og Fjære cruise, guided tour, 7-course dinner: \$165/per person
4. Bergen: Sunday, June 30:
Reservation for dinner at Ulriken: pay your own transportation and meal
5. Oslo: Thon Gardermoen Hotel, Tuesday, July 2 (breakfast included) Not included in tour price.
Cost per person, per night, double occupancy: \$58
Cost per person, per night, single occupancy: \$92
Frequent airport shuttle 70 NOK/person (self pay)

Payments for the Opera (Oslo), Lysefjord and Flor og Fjære cruises (Stavanger) are not refundable.



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Gifts



The Hadeland Lag will present thank-you gifts to the members of Kontaktforum, mayors of the *kommuner* we meet, and the president of Friends of the Folkemuseum and the Folkemuseum director.

If you will be visiting your ancestral farms, a small gift for your guide and for hosts on the farms is a nice way to say thank-you for their efforts and hospitality. What gifts are best?

Ideally, gifts should be from your local area. Don't wrap them – presenting them in a gift bag or “as is” is just fine. Be prepared to explain the source/meaning of the gift.

Food Ideas: Locally packaged pancake mix, wild rice, unique cheeses, chocolates, jams, preserves, syrups or locally ground coffees are all well-received. Remember that measurements are metric in Norway, so your local cookbook may not be the best choice.

Craft distilled or brewed beverages (for those you know will enjoy them) are appreciated because of the high cost of alcohol in Norway.

Native American items are extremely popular. Dream catchers, peace pipes, jewelry, woven items have all delighted guides and hosts in the past.

“**Coffee Table Books**” that include photographs of your local scenery are of great interest.

Small well-crafted items with a local connection (loons from Minnesota, for example). Potholders and kitchen towels are welcome as well.

Hats, gloves, mittens or scarves.

The Lag has insulated coffee mugs with the **Hadeland Lag logo** and other lag-branded items that may be appropriate.

If you know you will meet relatives, **copies of a few old family photos, including immigrant ancestors or American farm photos** will likely be greatly appreciated.

Keep in mind that liquids – including jams and jellies - cannot be carried onboard a plane. Place food items in a plastic bag and use your clothing (socks, for example) to protect them in your checked luggage!

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International Access for your Cell Phone



For most of us, cell phone voice and data coverage ends at the U.S. border. Do you want to use your cell phone while on your Norway tour? Do you want to make phone calls? Text? Access GPS/maps? Only you can decide, but if you plan to use your cell phone, there are a number of issues to consider!

Email can usually be sent and received using a local wi-fi network (all hotels on our tour provide free wi-fi) and *some* phones can connect via wi-fi for calls, apps, and other functions. Check with your provider – but remember, this will only allow you to use those functions when you can connect to a wi-fi network.

There are basically two types of mobile networks: CDMA (Code Division Multiple Access) and GSM (Global System for Mobiles). In the U.S. Verizon, US Cellular and Sprint use CDMA networks. AT & T and T-Mobile – and all European networks – use GSM. If you have an older phone from a CDMA provider, it may only work on CDMA networks and will not work in Norway. Any phone that can be used on a 4G or 5G network should work on both CDMA and GSM. If you are using an iPhone 6 or newer model, Motorola Moto G4, E4, or newer, or Galaxy S7 or newer, your phone is set up to work on both networks. You can find out from your provider which network(s) are accessible from your cellphone.

Most providers offer an international roaming option for a price. Typically international coverage can be billed in one of three ways:

1. International roaming charged by the minute. This can be very expensive - \$1 a minute or more!
2. Flat-fee international roaming charged by the day – often about \$10-\$15 a day.
3. A monthly international roaming charge is usually \$50 or less.

Voice and data limits are set by your basic service contract. International roaming charges just allow you to use those minutes outside the U.S. If you are thinking about making calls, accessing maps and other apps or texting while on the tour, consider how much and how often you expect to use them. Then contact your provider to find out about cost options and procedures you have to follow to activate international roaming.

It can be more economical to purchase a plan – or rent a cellphone - from a Norwegian provider. It is not unusual for visitors to do this; most Norwegian providers offer short-term contracts for as little as 3 days for people spending a short time in the country. Whether you purchase a short-term plan or rent a mobile phone, you will receive a Norwegian phone number. The big advantage to doing this is the cost – this option can cut the cost of using your phone in Norway by up to half!

If you purchase a plan (as opposed to renting a cell phone), it may be necessary to switch out the

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SIM card in your phone. The SIM card stores your account information, phone number, contacts and other sensitive information - keep in mind your contact list won't transfer.

Unless you specifically purchased an "unlocked" phone, you cannot just switch out your SIM card; providers "lock" phones to prevent them from being used on other networks/with other providers. In order to switch out the SIM your phone must be unlocked. Your provider should be able to tell you how to do this. You can also google "unlock my phone" to find an internet-based service that can help you. Once your phone is unlocked, you should have no trouble switching to a Norwegian SIM card and then switching back to your American SIM card.



Confused? Can't blame you! Hopefully this basic information will assist you when you discuss your needs and options with your service provider. If you are considering renting a phone/replacing your SIM card, here are some Norwegian providers that can be of assistance (there may be others):

<https://www.justlanded.com/english/Norway/Norway-Guide/Telephone-Internet/Mobile-phones>

<https://www.cellularabroad.com/rentals-norway.php>

www.cellomobile.com/international-cellphone-rental/norway.html

Pictures: Taken With Your Phone or Camera



You may be thinking about getting a new camera for the trip, or just using your phone or tablet as your camera. However you decide to record your journey, it's important to begin your trip knowing about basic functions like turning the flash off/on or recording a video. More complicated photography, like deciding when to use a different lens, also requires experience. If you plan to purchase a new device to capture your Norwegian adventure, do it early! Practice makes perfect!



It's great to be able to post photos directly to social media, or store them in the cloud. Cell phones and many new cameras are equipped with wi-fi/Bluetooth connectivity. If you typically just connect from home, it is important to learn how to connect to wi-fi networks in hotels or other venues or use Bluetooth before you land in Norway.

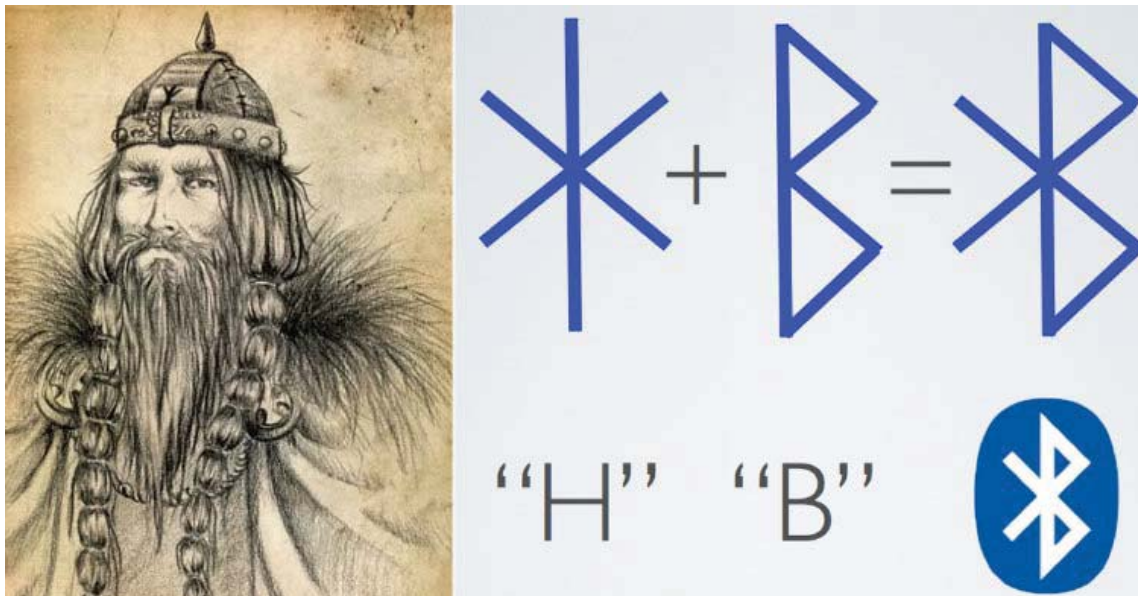
One thing is for sure - you don't want to run out of storage halfway through the trip! If storing your photos in the cloud isn't your thing, there are other options. If you're using a camera, the simplest solution might be to buy another memory card to swap out when the original card gets

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full. You can also buy a thumb drive or other storage device and offload your photos along the way. I have a great little storage device that has an iPhone connector on one end and a standard USB connector on the other. I can move photos to storage from my iPhone and review them through my phone. When I get home, I use the USB connector to load the pictures onto my computer.

There are lots of possibilities! Explore your options, choose how you want to take and store your pictures, and practice using the device and those features before you go!

Interesting trivia: Bluetooth technology got its name from the Viking King Harald Gormsson who ruled Denmark from about 958-985. It was said he earned the nickname “Bluetooth” because he had a bad front tooth that was blue in color. His sister was Gunnhild Gormsdatter, wife of King Erik Bloodaxe of Norway. Bloodaxe’s son, King Harald Graycloak, was assassinated in 970 and Harald Bluetooth ruled as King of Denmark and Norway for a short period of time thereafter. SIG (Special Interest Group) developed the technology and decided to call it Bluetooth because King Harald first united all of Denmark and then added Norway, just as their technology was designed to unite the computer and cellular worlds. The Bluetooth symbol is a combination of the runes representing Harald Bluetooth:



“Bluetooth” was the blood-thirsty power-hungry second son of Denmark’s first king, Gorm the Old. To learn more about him visit

<https://exploringhist.blogspot.com/2017/02/who-was-harald-bluetooth-gormsson.html>
https://en.wikipedia.org/wiki/Harald_Bluetooth

A great story about how Bluetooth technology got its name:

<https://gizmodo.com/bluetooth-is-named-after-a-medieval-king-who-may-have-h-1671450657>

Travel Tips Newsletter

Power Converters and Adapters

There are two big differences between electric power and outlets in Norway/Europe and North America. The first difference is obvious – they look different! The second more significant difference is that electricity is delivered at 220 volts in Europe but only 110 volts in North America.

A power adapter simply allows you to plug your device into a European outlet. A power converter will “step down” the voltage from 220 to 110 so that you can use European outlets without destroying your 110 volt-only device.



Typical Norwegian wall outlet

Most electronics will run on either 110 or 220 volts and only require the use of an adapter. The acceptable voltage range can usually be found on the device or its plug. If the range covers 110-220 volts (100-240, for example) your device will work on either current. If you are unsure, call your dealer or check the manufacturer’s website. New personal appliances – like hair dryers, shavers, curling irons, etc. – may also run on “dual” (both 110 and 220) current. Some older appliances (hair dryers in particular) actually have a 110-220 toggle switch. If you plug in your 110 volt-only device without a converter you will almost immediately smell it burning. Unplug it immediately! On occasion these devices may actually start on fire!

Power converters are rather bulky and usually cost between \$30 and \$50. Some provide multiple plugs and USB ports so you do not need to purchase a converter for each device you plan to use. (Given the price, it may be more economical to simply buy a new hair dryer or other personal appliance.)

Power adapters are much cheaper. Different countries require different adapters, and they are organized by type. The most common category for European/Norwegian adapters is type “C.” Type “F” is very similar and can also be used.

Power adapters come with many features. The cheapest simply attach to your existing plug-in and cost \$10 or less. For \$10-\$25 you can purchase plugs that allow you to use a single adapter for multiple devices, both plug-in and USB.



Single Type C plug in with 2 USB ports

Some European countries (England, Denmark, Italy and others) require different adapter types. There are “universal adapters” available if your travel plans include visits to other countries. For a list of appropriate adapters by country, visit <https://www.worldstandards.eu/electricity/plug-voltage-by-country/>

How to charge your electronic devices overseas:

<https://www.tripsavvy.com/charge-your-electronic-devices-overseas-2972922>

A little about power voltages:

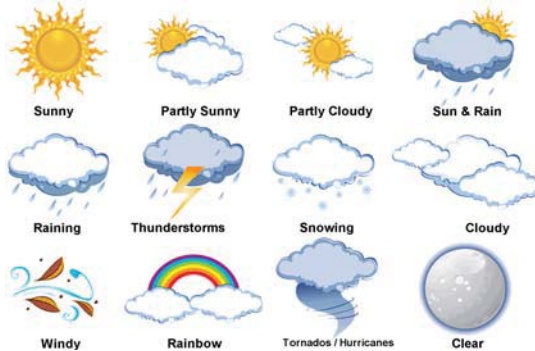
<https://www.worldstandards.eu/electricity/why-no-standard-voltage/>



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Weather in Norway

In Norway summer weather is almost perfect for tourists. Humidity is low, daytime temperatures are typically mild (65-75 degrees) and the nights are cool (45-55 degrees). Although many of our days should be sunny to partly cloudy, coastal cities like Stavanger and Bergen often have periods of mist or light rain. During our stay, the sun will be up 18+ hours (the longest day of the year, St. Jonsok's Day, occurs on Friday, June 21st, with 18 hours, 50 minutes of daylight), and twilight lasts from sundown to sun-up.



At higher elevations, there may still be snow on the ground. Temperatures at Gaustablikk (our first night on the extended tour) can drop to around freezing during late June, with highs in the high 50s to low 60s.

Clothing, etc.

A lightweight waterproof jacket is a good investment. Paired with a sweater or sweatshirt it can get you through chilly mornings and evenings and serve double-duty by preventing you from getting soaked, and staying warm on rainy days. Dressing in layers will allow you to peel them off and stay comfortable as the days warm and evenings cool.

The banquet in Hadeland and the opera performance in Oslo both call for business-casual attire. For the rest of your time in Norway, comfortable casual clothing is the order of the day. We suggest jeans and long pants (although there may be a warmer day or two where shorts could be in order) and be sure to include a light-weight short-sleeved shirt/blouse or two for those warmer days. Keep in mind that you will be handling your own luggage, so "mix and match" can help you provide variety while limiting yourself to a single suitcase.



Hadeland Lag/Norway 2019 logo t-shirts and other items are available at

<http://www.cafepress.com/hadelandlag/>

Comfortable shoes are a must. Along with sidewalks and building interiors, we will encounter cobblestones and uneven ground. Well-fitting thick-soled tennis/hiking shoes or leather walking shoes will help you enjoy every moment. That's especially true if you plan to hike Pulpit Rock!



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Don't buy a new pair of shoes and "save" them for the trip. Break them in before you leave so you don't find out they pinch your toes or cut into your heel after you arrive in Norway.

For the banquet and opera, you may want to bring along a dressier pair of shoes. If you plan to attend the opera remember that we will be walking from the hotel to the Opera House, so ladies, spike heels may not be the best choice.



An umbrella is a must. Collapsible umbrellas are the most convenient. They take up less room and are easier to carry if the sun breaks through. Our sight-seeing itineraries won't be adjusted because of rain, so you'll need to have one at the ready if the weather gods aren't being cooperative!

One of the more surprising discoveries you'll make in Norway is that most hotels do not provide washcloths. They can also be difficult to purchase. Bring your own! (And bring along a couple of small plastic bags so you can pack them in your suitcase – after all, if you use them, they'll be wet.)



If possible, bring a second set of glasses or sunglasses. If yours happen to break, even an old prescription is better than none at all. The same goes for dentures ...

Some folks like to have a fan blowing at night. There are small travel fans available for \$10-\$20 dollars.



If you find it difficult to fall asleep when it isn't dark out, you may want to bring along a sleep mask/blindfold. They can typically be found for \$3-\$15.

Laundry

Particularly for those of us taking the "full ride" (Oslo, Hadeland and extended), bringing enough clothes to never have to wash anything is a feat most of us cannot accomplish with a single suitcase.

Hotels in Norway typically do not provide laundry facilities, and laundromats are very hard to find (and we won't be scheduling laundromat stops on the tour). Most hotels do offer laundry service, but these are expensive and usually require one-day turn-around. On the extended tour, using them may only be possible in Stavanger and Bergen where we'll stay for two nights.

We suggest that you bring laundry detergent and rinse out soiled items you want to re-wear. "Travel wash sheets" dissolve in water and cost about \$5 for a pack of 3-10. It might also be handy to bring along a stain remover pen (like Tide-to-go) to spot clean garments. Travel clotheslines with "built in" clothespins are available for \$5-\$10, are compact and can be stretched across the shower/tub. Wrapping wet items in a bath towel and squeezing out excess water can help assure they will dry overnight. Some hotels have heated bathroom floors or towel racks that can also speed up the drying process.





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Emergency Medical Care in Norway Insurance

Whatever health you're in, unexpected medical or dental problems can occur when you're on vacation. In Norway excellent medical care is available at a cost far lower than in the US, but Americans will be asked to pay for any services provided. It is rare for travel insurance or your regular health insurance to pay Norwegian providers directly. **Before you leave ...** Medicare, Medicaid and most health insurance policies do not cover foreign medical expenses. Check with your private health insurance provider to find out if/what kinds of expenses may be covered. Make sure you understand what documentation you will need to provide to receive reimbursement from travel or health insurance providers.

If a health crisis occurs, one of the tour leaders will help arrange for that care, and may stay with you until you are checked in, but the tour will *not* wait for you. Although tour leaders can offer advice, it will be up to you to arrange transport to either rejoin the tour or return home. **Once the tour has begun, we cannot offer partial refunds of tour prepayments.**

Travel insurance is available from a number of providers and a broad range of coverage options are available. Some companies will only issue policies within a specific time period after booking your plane reservations and all require purchase of a policy prior to departure.

Prescription Drugs

Norwegian pharmacies are limited by law to filling prescriptions from a Norwegian doctor. Your drugs may be sold under different names in Norway and because of the chemistry used to deliver the active ingredients, dosages may be slightly different. That is why it is very important that you bring all the medication you will need on the trip from home. Most US pharmacies and insurance plans will provide/cover early refills under a "vacation exception."

If you take a small number of prescription drugs, they should be transported in their original current prescription containers that include the dispensing pharmacy contact information, doctor's name, etc. in case of inspection. If you take a large number of drugs, it may save space to purchase and fill one or more weekly pill organizers but if you do so, bring along paper documentation that identifies each drug and provides the same information as would normally be found on the prescription label. Pill organizers come in a variety of sizes, typically allowing for 1-4 doses per day. Most cost between \$5 and \$20.



At least a week's supply of your prescription drugs should be packed in your carry-on; if your luggage is lost you will still have your medications available. If prescriptions must be refilled in Norway, it will be necessary to see a Norwegian doctor to have the prescriptions rewritten. The tour will continue and although tour leaders can offer assistance, it will be your responsibility to make and pay for the doctor appointment, get the prescriptions filled, and make arrangements for lodging/travel to rejoin the tour at a future tour stop. **Once the tour has begun, we cannot offer partial refunds of tour prepayments.**



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Oslo Update



Sunday, June 16: Thanks to the diligent efforts of Rolf Lie of Askeladden Travel, the optional fjord cruise on Sunday evening is back on! We'll leave the hotel at about 6:30 for the short walk to the harbor, where we'll board our ship and take a 3 hour cruise from 7- 10 p.m. The cost will be \$55 and includes shrimp with refreshments available. You'll be able to book your seat as part of your final payment in April.

Monday, June 17: In the morning you'll receive a 48-hour Oslo Pass which covers admission to the venues we'll see as a group, *and* provides free admission to most of the museums you can choose to visit in your free time. It also serves as a free pass on public transportation. We'll board our bus and travel to the bygdøy where we'll visit the Norsk Folkemuseum, Kon-Tiki Museum and Viking Museum. We'll have lunch at the Maritime Museum. In the afternoon we'll take a guided tour of Akershus Fortress including the chapel, historic royal residence and mausoleum, and the resistance museum. We'll have a late afternoon glass of wine and guided tour at the Holmenkollen Museum, followed by dinner at Frognerseteren. https://www.frognerseteren.no/index_e.aspx



Tuesday, June 18: We'll use our Oslo Passes for two excursions to and from the hotel. Join a group taking the tram to Vigeland Park in the morning and/or a group taking a ferry to the bygdøy to visit the other museums there in the afternoon - or take the entire day to explore on your own. In the evening, you have the option of joining the group for dinner (individual checks). Some of us will round out the day with a performance of "Cinderella" at the Oslo Opera House.

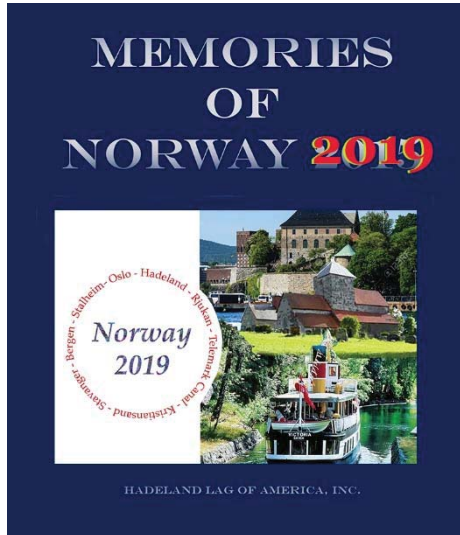
Wednesday, June 19: As a final farewell to Oslo, we'll visit Oslo City Hall, the art-filled administrative center of municipal government and the Nobel Peace Center, with exhibits about past winners and current human rights issues. En route to Hadeland we'll stop at Askeladden farm for lunch and take a look at the unique and interesting Ringerike Museum. <http://www.ringerikes.museum.no/english/>

COST: The cost for the Oslo leg of the tour has been recalculated to \$750, including group tour venues and a 2-day Oslo Pass; 3 hotel nights including breakfast; lunch & dinner on Monday; and lunch on Wednesday. Your final payment will be \$150.



Travel Tips Newsletter

“Food Editor Wanted”



In 2015, participants in the trip to Norway contributed to a full color “Memory Book” that included pictures of most of the Norwegian volunteers, itineraries, group photos, and – the best part – participants’ personal impressions and recollections about each leg of the tour.

The only shortcoming noted in the 2015 book was that it didn’t have pictures of all of the delicious group meals we were served with details about the menus. Yes, they were just that good!

We’re looking for volunteer(s) willing to document the food on each leg of the tour – Oslo, Hadeland and extended. The “job” requires arranging a plate and taking a picture of it, maybe taking a picture of the buffet if there is one, and writing down what was on the menu for each group lunch

or dinner. Breakfasts and meals on your own don’t need to be included. If you’re willing to take on the role of “food editor” drop Anne a note.

Pictures that document the group’s journey are also more than welcome; posting them on social media ([#hltakesnorway](https://twitter.com/hltakesnorway)) or submitting them for possible inclusion in the Memory Book, August issue of Brua, and/or the lag website are encouraged!

If you haven’t seen the 2015 book, you can take a peek at it here: <https://www.hadelandlag.org/history/2015NorwayMemoryBook.pdf>. If, after looking at the 2015 book, you have some suggestions about what you’d like to see added/improved, pass your ideas along!

The 2019 book will have four sections: Oslo, Hadeland, and Extended, plus a section for personal travels in Norway. If you come early, stay late, or skip a leg of the tour for your own personal Norwegian adventure we want to hear about it. Your memories create a great history of the tour and may inspire future travelers.

It would be great if all participants shared their memories, but you won’t be required to submit your thoughts on all or any part of the tour. We do hope many/most of you will be willing to write about your personal recollections in any of the four categories in which you participated and include a picture or two.

Submission guidelines will be provided in the June newsletter, and the book will hopefully be ready by about September 1. The 2015 book cost \$15.00; with the addition of Oslo (and all that food), this one will likely be a bit bigger and could cost a dollar or two more.

The cover shown above was a quick and dirty change to the 2015 cover – intended only to get your attention ... did it work?



Travel Tips Newsletter

Our Meals in Norway



Breakfast is always included with your room in Norwegian hotels and it is quite a feast! A typical breakfast includes hot and cold cereals, yogurts, various kinds of juices, coffee, tea and milks (yes, even sour or cultured milk). You'll find a variety of canned and fresh fruits, a few vegetables like cucumbers and tomatoes, cold meats, cheeses, jams, pastries and mouth-watering fresh breads. You may find a variety of herring and smoked or marinated salmon as well. The "hot table" is laden with boiled, fried or scrambled eggs, sausages, bacon and often fried potatoes.

Snacks and meals are expensive in Norway. Pop/soda is \$6+ a bottle, coffee is \$5-\$6 a cup with no refills. Think about bringing a water bottle (or buying a bottle of water on the first day) and refilling it along the way. (Tap water in Norway tastes great and is safe to drink.)

In Oslo, for those taking the Harbor Cruise, a shrimp bar is included in the cost. Monday we'll have lunch at the Maritime Museum and dinner at the Thon Holmenkollen hotel. Tuesday, lunch and dinner are on your own – so, for the sake of your wallet, eat a good breakfast! Wednesday we'll have lunch at Askeladden.

In Hadeland, the Sanner package includes not only all breakfasts but also all dinners, beginning with our Welcome Dinner on Wednesday evening. If you don't wish to eat a dinner, let the front desk know at least 24 hours ahead of time and you will not be charged for that meal. If you wish to invite relatives or friends for a dinner, let the hotel know about that, too – the charge for those extra meals will be added to your bill and paid for at check-out. Our *Kontaktforum* hosts arrange all of our lunches – so as part of the package prices you'll get three great meals each day!

On the Extended Tour, you'll be on your own for lunch every day but Wednesday (see the itinerary update later in this newsletter). Having a good breakfast means you can save on food and have more to spend on souvenirs! On Tuesday, Wednesday, Thursday, Saturday and Monday, dinner at our hotels is included in the package. These dinners will be either two- or three-course meals or a buffet. If there is a buffet, there will be a "cold table" filled with salads, cold meats and fish appetizers which you should eat first. Leave that plate on your table and pick up a warm plate from the "hot table" where you'll find meat, fish, potato and vegetable dishes. Finally, another table will offer a selection of mouth-watering desserts!

On Friday (Stavanger) and Sunday (Bergen) you'll be on your own. Some of you have chosen the Flor og Fjære cruise and dinner in Stavanger, and some of you have indicated you'd like to check out the view and the menu at Ulriken in Bergen. There are many more restaurants to choose from in either of these great cities. Enjoy!



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Allergy problems? Norwegian hotels are food allergy conscious and usually offer gluten-free breads and cereals. Buffet meals allow you to skip those foods that cause you problems. Next month we'll ask you to fill out a questionnaire on which you can list any food allergies or other concerns and we will notify our meal providers so they can plan accordingly.



Liquor in Norway

Be aware that wine, beer, and spirits are heavily taxed and extremely expensive in Norway. Travel sites report that liquor in Scandinavia costs 250 percent more than anywhere else in Europe! Having an alcoholic beverage of any kind with dinner will likely cost you \$15 or more. As evidence of how expensive liquor is, although liquor stores sell beer in six packs, the most popular way of purchasing beer is *by the can*. Our friend Ole Gamme suggests that if you enjoy having a drink or two after a long day of touring, consider purchasing your choice of alcohol at the duty-free shop at Gardermoen when you arrive. "Duty free" means these purchases are exempt from the local tax, and will make less of a dent in your budget than purchasing them by the glass or shopping at a Norwegian liquor store.

Smoking in Norway

Smoking is banned in all public buildings and on all forms of public transport in Norway. It is also illegal to smoke outdoors near hospitals, schools and public buildings. Norway was the second country in the world to pass non-smoking laws, and in 2018 neutral packaging became the latest step in the nation's efforts to discourage this habit (packaging for all cigarette brands must look alike, right down to the package color and font). About 11% of the population smokes; interestingly, 12% of Norwegians use snus. On our tours, you can find places to light up, but it may not be easy or convenient. Cigarettes cost over \$15 a pack in Norway, so if you are a smoker bring along an ample supply from home. You may also want to consider purchasing nicotine gum or patches to ease you through not just air travel but also those times when opportunities to grab a smoke are few and far between.



Travel Tips Newsletter

Norwegian Currency



The currency of Norway is the *kroner* (crown). Coins are available in 1, 5, 10 and 20 *kroner* denominations.

In 2017, new banknotes with state-of-the-art counterfeit protections began replacing the ones with which many of us are familiar. Consistent with the old series, each denomination is a different color and the greater the value, the larger the bill.

Old 100 and 200 *kroner* notes are no longer legal tender. They cannot be used for retail purchases, but you can exchange them for the new bills at banks around the country.

New 50 and 500 *kroner* notes were introduced last fall but the old ones can still be used until October of this year. The new 1000 *kroner* note will not begin circulating until the fall of this year.



Currency Exchange Rate



Throughout the winter, the currency exchange rate between the dollar and *kroner* has remained at or above 8 NOK : 1 USD. The exchange rate actually increased in our favor for a short time. However, since the unexpected sizes of the U.S. budget and trade deficits were announced the exchange rate has slowly begun to fall. Prognosticators indicate this slow loss of dollar value will likely continue. The bank discounts the exchange rate by up to .3 (as a result a published exchange rate of 8.5:1 becomes 8.2:1, for example). We are using a flat 8 NOK:1 USD to calculate dollar costs for your final payment.

OSLO: We used this rate when we reduced the cost of the Oslo itinerary from \$900 to \$750.

HADELAND: *Kontaktforum* has long experience in planning our visits and dealing with the exchange rate. Their price for Hadeland, given to us in dollars, remains unchanged.

EXTENDED: The final cost of the extended tour has not yet been confirmed by Rolf Lie of Askeladden Travel in Norway. We will send out billing for all of those participating in the extended tour as soon as the price has been finalized. Keep in mind that the original price was based on an exchange rate of 7.5 NOK : 1 USD. We are basing the final bill on 8 NOK : 1 USD, so even with a few price increases, we do not expect an increase in the extended tour cost.

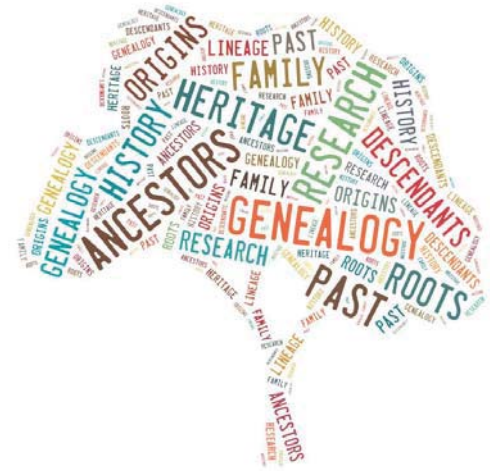


Travel Tips Newsletter

Genealogy Help in Hadeland

During our stay in Hadeland, there will be a room set aside at the Sanner for those who would like assistance with their research from the experts in Hadeland. It will be open and staffed before and after our daily tours and there may be help available after our evening meals.

Bring information about your immigrant ancestor(s) with you from home in order to provide a place to start. If you have not located your emigrant(s) in the KHA database, contact the lag genealogists prior to leaving for Hadeland (the sooner the better!) so that they can locate your ancestor in the database and you can provide the genealogists in Hadeland with the KHA form number. To reach a member of the lag's genealogy committee, send an email to genealogist@hadelandlag.org



The experts in Hadeland have Norwegian books and databases and personal knowledge that may be able to help you trace your Norwegian roots back a few more generations. They may also be able to provide you with valuable historical information about the farms, church affiliations, and movements of your Hadeland ancestors prior to their emigration.

Itinerary Updates

Although all buses will have an onboard restroom, we encourage participants to take advantage of “land based” facilities during our regular rest and coffee stops whenever possible. Be prepared for a bit of a culture shock: Many restrooms in Norway (including those with multiple stalls) are gender neutral, meaning they are open to both men and women.

We'll be mailing out a detailed itinerary in June. Here's some of the latest changes and information about the tours:

OSLO: Monday, June 17: We were told the harbor cruise would be \$55, but the cost is actually \$60. If you're participating in the Oslo itinerary, you can add this option on your final payment form.

The menu for lunch at the Maritime Museum will be a bacon & melon appetizer followed by baked salmon with vegetables and potatoes.

HADELAND: Saturday, June 22: There is a farmer's market in Gran Sentrum on Saturdays. You'll have a chance to shop the market and local stores after your farm visits. Since everyone



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will be arriving at different times, *Kontaktforum* will provide *kroner* to subsidize the purchase of whatever you'd like to eat from the vendors in the market or at local eateries. When you're ready to return to the Sanner, transportation will be provided.

Sunday, June 23: Lucky for us, we will be visiting the *Folkemuseum* on its annual *Håndverksdag*, a day set aside for celebrating traditional arts and crafts. Along with the regular exhibits and the interesting buildings full of artifacts in the open air museum, there will be demonstrations and handmade crafts for sale. A number of food vendors will be selling their wares and once again *Kontaktforum* will provide *kroner* so that instead of a sit-down meal, you can choose and sample traditional and more modern (think hot dogs) fare.

EXTENDED TOUR: We've had to make quite a few changes to the itinerary on the extended tour because of changes in scheduling by venues. There have also been a few price increases over last year. Rolf is still working to finalize the itinerary and come up with the final cost. **We do not anticipate any increase in the price of the extended tour.** We will be sending out the final bills as soon as we have confirmation on the final price. The final itinerary for all legs of the tour will be detailed in the June newsletter.

It's a disappointment that the Setesdalsbanen decided to change its schedule this year. It will be closed on Wednesdays and the Thursday schedule starts too late for us to work it into our itinerary.

We'll still spend a little time on a Norwegian train, however: The World Heritage Site at Rjukan includes the Rjukanbanen that travels from Rjukan to Mæl. We'll hitch a ride from Vemork to the base of Gaustatoppen on Tuesday, then transfer to the bus for the final drive up the mountain to Gaustablikk.

https://www.youtube.com/watch?v=MQ_u8qOf5IE

On Wednesday we'll head directly from the Telemark Canal to Kristiansand. Instead of visiting the Gestapo Museum on Thursday morning, we'll take that tour Wednesday afternoon. Before we check in and have dinner at the hotel there should be time to explore the city's cathedral, the third largest in Norway, as well.

<https://www.spottinghistory.com/view/3170/kristiansand-cathedral/>



Thursday morning we'll leave for Stavanger about 8:30 am. With the extra time, instead of taking the faster inland route we'll be able to travel along the scenic coastal highway.





Travel Tips Newsletter

Our first stop will be at Hellenen on the Jøssingfjord. The Hellenen is a rock formation that protects the two tiny 19th century houses nestled beneath it.

<https://www.youtube.com/watch?v=0ZDscrRJzas>

<https://www.youtube.com/watch?v=4cemuYnsnxU>

<https://www.visitnorway.com/listings/hellenen-and-j%C3%B8ssingfjord/10735/>

The Jøssingfjord has a special place in Norwegian history. In the second naval confrontation of World War II, on February 16, 1940, the British destroyer *Cossack* attacked a German tanker, the *Altmark* in the Jøssingfjord. Norway had declared its neutrality when hostilities broke out and did not participate in the confrontation. Both Germany and Norway protested the action. The British attack took place in Norwegian inland waters, so Hitler used it as an excuse to invade Norway two months later.

<https://www.youtube.com/watch?v=loaLMwY41y8>

We'll have a group lunch in Søkndal where the entrée' will be fish soup. For those of you making a face, part of the adventure is trying new things ... and we have been assured that the fish soup at Søknedal is considered the very best in Norway! We still plan to visit the Iron Age Farm and 3 Swords Monument before arriving in Stavanger.

We'll leave Stavanger about 9 a.m. on Saturday and travel to Bergen. Enroute we'll be stopping at Avaldsnes, the seat of Norwegian chieftains and kings. Harald Fairhair and his descendants held court at Avaldsnes for 500 years. Nordvegen History Center tells the story of the kings of Avaldsnes. St. Olav's Church was built about 1250. A short walk brings you to a small island and a Viking Farm that includes a longhouse, boat house, and other small buildings.



<http://avaldsnes.info/en/historie/>

<https://www.youtube.com/watch?v=DmmrkqPp7oA>

<https://www.youtube.com/watch?v=u8FYuTN2dwY&t=85s>

Travel Tips Newsletter



Copy Important Documents

You should make 2 copies of each of the following documents. Leave one set with your emergency contact here in North America. Keep the other set with you as you travel. If you are traveling with the originals on your person, place the other set in your checked luggage. The point of the copies is to assist you if your originals are lost or stolen while you travel; keeping both the copies and originals in your purse, for example, will not be helpful if your purse is lost or stolen. By leaving a copy with your emergency contact, if all else fails you'll be able to get the information needed quickly from him/her.

- Passport (page that includes your photo)
- Driver's License (FYI – your U.S. state license is valid in Norway)
- A list of credit cards you will have along. You do not have to photocopy them. Include both the card number and the customer service phone number to call to report a lost/stolen card and request replacement. You do not have to include the expiration date or 3-digit security number. To safeguard the card numbers on the list, you may want to develop a simple 'switching system.' If the list falls into the wrong hands, the credit card numbers on the list won't work.

For example: Card Number 1234 1111 2222 3333

The first 2-4 numbers usually identify the type of card/issuer, etc. so they should stay in place to make the number look "real", but switch the positions of the rest of the numbers:

1234 1112 2223 3331

1234 2222 3333 1111

You can also switch numbers so that every 3 is written as a 9, and every 9 is written as a 3, for example, but don't get too creative! Make sure your system isn't so complicated that you can't remember how to put the numbers back in the right order!

- Airline ticket information
- Travel Insurance Documents
- In the June newsletter we will provide a detail of your personal itinerary and contact information for Askeladden Travel, the hotels where we will be staying, trip manager Anne Sladky, and extended tour guide Jan Ørnulf Melbostad. You should keep the contact information on your person just in case something happens that separates you from the group or prevents you from returning on time.



Travel Tips Newsletter

- Emergency Information Form

Living Wills: It isn't a pleasant topic, but you should be sure your emergency contact has a copy of your living will/advanced healthcare directive, or knows what health care provider has a current copy. In Norway, a living will or advance directive has no legal force. Norwegian health care providers are expected to consider the contents of a living will/health care directive as a guide, but not as the last word. Things like how long ago a living will was executed or if the patient has expressed a change of heart to health care providers or next of kin all play a part in the doctor's final decision. The terms will usually be respected if there are no reasons to believe that person's wishes have changed. The fact that you provided the contact with the information or that you have it with you will weigh heavily in favor of treatment that matches your wishes.

Time Difference



Norway is in the Central European Time Zone. Time in Norway is two hours ahead of Greenwich Mean Time. (GMT +2)

In North America, the Eastern Time Zone is four hours behind GMT. (GMT-4). Central Time is GMT-5. Mountain Time, GMT -6, and Pacific Time, GMT -7.

In Norway, Summer Time (CEST) runs from March 31 until October 27. In the United States, Daylight Savings Time begins on March 10 and ends on November 3. Both the US and Norway will be using Summer/Daylight Savings Time while we are there.

CEST	EDT	CDT	MDT	PDT
8 a.m. June 28	2:00 a.m. 6/28	1:00 a.m. 6/28	Midnight 6/27	11 p.m. 6/27
Noon June 28	6 a.m. 6/28	5 a.m. 6/28	4 a.m. 6/28	3 a.m. 6/28
10:30 p.m. June 28	4:30 p.m. 6/28	3:30 p.m. 6/28	2:30 p.m. 6/28	1:30 p.m. 6/28

Travel Tips Newsletter

Jet Lag

The medical term for jet lag is desynchronization. As the word implies, skipping through time zones leaves you “out of synch.” Traveling east (to Norway) is harder than traveling west (returning home) because going east shortens the day, while traveling west lengthens it.

Morning in Norway is the middle of the night in North America. The lack of darkness at night in Norway can make jet lag more difficult to overcome. Successfully adjusting to the change will allow you to fully enjoy your visit to our ancestral home.



If jet lag has been a serious problem for you in the past, you may want to talk to your doctor. There may be medications s/he can suggest or prescribe that will help you.

Here are some suggestions from seasoned travelers:

- 1) About a week before traveling, start to go to bed about an hour earlier at night and force yourself to get up an hour earlier each morning.
- 2) Change your watch to destination time as soon as you get to the airline gate. Once on the plane, try to eat and nap based on your destination time.
- 3) Avoid eating during your destination’s night time, and eat a meal at your destination’s breakfast time. Although the airlines try to match meals to destination times, they may not be served on your destination’s schedule, so be prepared to save food that can be eaten later or bring along some healthy snacks to make sure you can eat something on your destination time schedule. Once you reach your destination, eat at regular meal times even if you aren’t hungry, and ignore hunger pangs that don’t fit with the destination meal schedule (no 2 a.m. snacks!).
- 4) Drink lots of water and avoid caffeine and alcohol. Planes are pressurized to a higher altitude (about 7000 feet) than most of us are used to, and that tends to make people dehydrate, even if they don’t realize it’s happening. Dehydration makes jet lag worse.
- 5) Start your first day with a long shower, as cold as you can handle it. If the time is right, do it upon arrival. If you arrive at night, take a warm shower and make sure your room will be warm when you get out. This will relax you and get you ready for sleep.



Travel Tips Newsletter

- 6) After a long plane ride, the prolonged sitting can make you feel sluggish. Try to get up and move around – just walk the aisles a bit – every couple of hours to prevent stiffness upon arrival. Physical discomfort can add to jet-lag fatigue and tiredness.
- 7) Exposure to sunlight is nature’s most powerful tool for regulating your sleep-wake cycle. First thing in the morning get some exercise, preferably outdoors. A brisk walk around the block can help you wake up and get ready for the day!
- 8) Don’t take naps! Force yourself to stay awake during daylight hours. Splashing cold water on your face, walking around, standing up - even engaging in conversation can help shake off the desire to doze.
- 9) Melatonin: It is a natural hormone that is called the “darkness signal” and is secreted by the pineal gland. It has been clinically shown to be effective in helping people who travel four or more time zones. If you take a number of prescriptions, particularly those for auto-immune disorders, seizures, blood thinners, diabetes or depression, you should consult your doctor before self-medicating. If you arrive in the evening, taking melatonin (.5 to 1 mg is a typical dosage) about half an hour before going to bed will help you get to sleep. Closing the curtains or wearing a sleep mask can help convince your body it is the right time to catch some zzz’s. Many people have no trouble going to sleep, but then awaken in the middle of the night. A small dose of melatonin can help you get back to sleep. Oddly enough there have been a few studies that suggest that taking a small dose of melatonin in the morning and immediately getting 10-15 minutes of exposure to bright morning light can actually trick your brain into feeling like you’ve slept longer. Melatonin is available over the counter, but it is often combined with other substances like Valerian or St. John’s Wort. Make sure you purchase a “melatonin-only” product. Pills are usually more effective than drinks or sprays. Don’t combine melatonin with alcohol or with prescription or over-the-counter sedatives.



- 10) Travelers who are diabetic, especially those who are insulin-dependent, can have real problems adapting to the change in the timing and make-up of meals, and likely will also be affected by changes in activity level. Erratic blood sugar levels can exacerbate jet lag and really put a damper on your ability to enjoy the adventure. It is best to discuss how to effectively monitor and adjust your regimen (and the use of melatonin) with your doctor or diabetic educator before you leave. This is especially true if you use 24-hour insulin. Check your blood sugar often. Be sure to carry short acting insulin and glucose tablets with you at all times to respond to occurrences of unusually high or low blood sugar.





Travel Tips Newsletter

Group Photos

We will be taking one official group photo on each leg of the tour. A lot will depend on the weather, but we know that people like to have a little heads up so they can wear their “touring best” for the group photo that will live on long after the trip is over.

OSLO – The official group photo will be taken Wednesday morning, either at City Hall or the Peace Center.

HADELAND – We’ll take a group photo on the grounds of the Sanner Hotel before the banquet on Saturday evening when everyone’s in their finest. That way we can also take one with all our guides and old/new friends from Hadeland.

EXTENDED – The tradition has been to take the extended tour group photo at the Stalheim, but this year 5 of our group members will depart before we get there. A picture of us with that magnificent scenery as a backdrop is a must, but the official photo of the whole group will be taken on the second day of that leg of the tour, Wednesday, June 26, somewhere along the way as we travel from Gaustablikk to Kristiansand.

Oslo Update

Tuesday is our “free day” in Oslo, but for those of you who want to visit Vigeland Park, we have hired a guide who will walk us through the park and explain many of the 212 granite and bronze statues, “The Fountain,” “The Monolith,” and “The Wheel of Life.” The tour will then go through the Vigeland Museum. We’ll leave the hotel a little after 8 a.m. and ride the tram to the park as a group. The full guided tour will take about an hour and a half. Following the tour, your time is your own. You can head to lunch, other museums or sites of interest. Your Oslo Pass covers the cost of the tram and park/museum admission.

If you want to return to the bygdøy in the afternoon with the group to take in more of the museums there, gather in the hotel lobby about 1 o’clock. We’ll take the short walk to the harbor together and hop the ferry to the bygdøy. Again, your Oslo Pass will cover the ferry and all bygdøy museum admissions. On the walk and ferry ride, you may find others interested in visiting the same museums/places on the bygdøy. Once there, everyone is free to ‘do their own thing.’ Return to the hotel on the ferry or head to other museums or sites around Oslo as you please.

Emergency Questionnaire

On the next page you will find an Emergency Information Questionnaire. The key word is “emergency.” The tour managers will have this information available at all times so that they can respond to an emergency situation, medical or otherwise, quickly and properly. Your information will be kept confidential and the forms will be destroyed once your tour is over. It is important that you provide thorough and accurate information.

Travel Tips Newsletter

Tipping



It is usual for Norwegians to leave a tip in restaurants and bars if they are happy about the service. A 10-20% tip is expected if the customer is satisfied. For Norwegians it's uncommon to tip taxi-drivers or cleaning staff at hotels. If you choose to pay with a credit/debit card it is common that the waiter brings a card terminal to your table. The screen will show you the total price, and you will be able to type the total amount you wish to pay. If you don't wish to tip, then type the same amount as given on the screen. Note that though Norway is expensive, tips are not included in the price of food and drinks. Norway has strict requirements regarding the wage of workers, but many restaurant workers receive the minimum wage and rely on tips to make ends meet. Most restaurant workers pool their tips, so waiters, food runners, the kitchen staff and dishwashers each get a certain amount of the tips at the end of the night. Feel free to consult your server if unsure of how much to tip.

Price "Negotiation"

Bargaining or haggling over prices will in most cases get you nothing but puzzled looks and/or angry vendors. The price is on the tag, and unless the item you want is damaged, haggling will usually not get you anywhere and be viewed as rude.



Group Tour Etiquette



Group Travel is very different from independent travel. You are going to be sharing your visits to wonderful sights and venues with a number of other travelers. You are also going to be sharing other things including meals, buses, guides, itineraries, and schedules. These basic guidelines will go a long way toward making your trip enjoyable for everyone:

BE CONSIDERATE The Golden Rule always applies, but it has a special importance on a group tour. Be thoughtful and respectful. Be aware of the

needs and interests of others as well as your own. Take turns, share, be friendly and kind. You know – just be your usual charming self!



Travel Tips Newsletter

ACCEPT the fact that not everything is going to go smoothly or the way you would like. Things happen in life and on group tours! Trust your group leaders and be patient while they work things out.

Be **AWARE** of what is going on around you and with your group. If someone is dealing with an issue, offer to help or seek the assistance of one of your group leaders.

TIME MANAGEMENT – This is perhaps the most important key to being a good group traveler. Time Management comes into play in group travel in many, many ways. Your tour leaders are going to give you lots of instructions regarding time. “Be in the lobby ready to leave the hotel by tomorrow morning.” “Dinner will be at” “Explore on your own and we will all meet back here at

” A travel group moves smoothly and effectively as a unit - and to be a unit, everyone needs to be present. **“If you are late you make everyone else wait.”** Build in a “cushion” for deadlines. Always try to be five minutes early. Many venues require timed reservations and have specific closing times. Your personal decision to be a little late – or that of another tour member - could result in the whole group missing out on the next stop down the road. It may be best not to trust your memory. Wear a watch, add an alert to your cellphone, or just write things down!

BE ORGANIZED – It’s always a good idea to be a well organized traveler. It’s especially important when you travel with a group. Organization starts before you leave home. Don’t pack too many things. When in doubt – leave it out! Only take what you can comfortably carry or manage on your own. It is even more important to stay organized once the tour starts. Know what you have and where it is and keep track of it. As you leave a location – hotel, bus, restaurant, whatever – turn around, look back, and take a quick inventory. Got everything? Okay – move on. And if you happen to notice that someone else left something behind – grab it and give it to the owner or your guide. You don’t want to have the entire tour group wait while you run back to look for a missing item, so help the next person out!

RESPECT the other members of your tour group. Don’t let your personal desires lead to decisions that don’t take into account the other members of the group. You won’t be everyone’s best friend, but there is no need to become anyone’s worst enemy. Live and let live and, if you have an interpersonal problem, talk about it with one of your group leaders. They may know something you don’t about that person’s situation, and it’s part of their job to listen if you just need to vent a little. Let them know what’s going on so they can hopefully prevent an annoyance from becoming a full blown confrontation. Don’t let your interpersonal problem become the group’s problem!



Travel Tips Newsletter

Respect takes many forms. Many people are quite sensitive to strong scents, and even those who usually are not bothered by them can suddenly find themselves with itchy eyes and a runny nose when too many strong scents combine in the close quarters of an otherwise comfortable bus. It isn't just about personal hygiene ... Keep in mind that the noses of those of us who routinely wear cologne or aftershave become so used to it we don't even smell "our scent" but those around us do. Individually, most people may find them pleasant but when too many different scents combine in a small space they can become overwhelming and even rather pungent. This creates real misery for those with sensitivities, and an unpleasant environment for many who enjoy a whiff of scent under normal circumstances. Please cut back or eliminate the use of scents entirely on our group adventure. It will help assure that everyone can enjoy the ride!



HAVE FUN – After all, that is why you're making the trip, right? Relax, enjoy and make great memories that will last a lifetime!

Tour Member Identification



So, you arrive at the airport and know there are other lag members wandering around somewhere – but you've never met them and have no idea who they are.

Here's a great tip from Barb Schmitt – Purchase a red bandana and tie it to your luggage. You may have one already – they cost about a buck at a dollar store. A strip of bright red cloth will also work to identify you as "one of ours." Waiting for the bus or train at the airport and see a bandana? Walk on up and say hello!

Contact Info & Social Media

On the next page, you'll find a list of phone numbers for all the hotels where we will be staying and Askeladden Travel. Contact information for Jan Melbostad (extended tour only), Ole Gamme (Hadeland visit only) and Anne, who will be on all legs of the tour. You may want to add these numbers to the contact list on your electronic device, and tuck the numbers into your wallet or purse.



Anne will have international cell coverage during the tour, but because most of you probably won't, she is providing a few options that should allow you to communicate with her via social media, should the need arise.

We encourage you to post pictures and thoughts on social media. Use the hashtag **#HLtakesNorway** so that all interested folks can find them!



Travel Tips Newsletter



Hotels	
Oslo	Hadeland
Oslo Panorama Hotel Rådhusgaten 7B, 0151 Oslo Phone: +47 23310800	Sanner Hotel Granavollen 3-5, 2750 Gran Phone: +47 61 33 33 00
Extended Tour	
6/25 Gaustablikk Høyfjellshotell Kvitåvatvegen 372, N-3660 Rjukan Phone: +47 35 09 14 22	6/26 Thon Hotel Kristiansand Markens Gate 39, 4612 Kristiansand Phone: +47 38 10 40 40
6/27-6/28 Thon Hotel Stavanger Klubbgata 6, 4013 Stavanger Phone: +47 51 59 95 00	6/29 – 6/30 Thon Bristol Hotel Torgalmenningen 11, 5014 Bergen Phone: +47 55 55 10 00
7/1 Stalheim Hotel 5715 Stalheim Phone: +47 56 52 01 22	7/2 Thon Gardermoen Hotel Balder Alle 22, 2060 Gardermoen Phone: +47 64 00 45 00
Askeladden Travel Office (Oslo and Extended Tour only) Phone: +47 32 13 54 50	

Hadeland: Ole Gamme: +47 99 53 76 37

Extended Tour: Jan Ørnulf Melbostad +47 90 56 49 62

Tour Manager: Anne Sladky +1 218 766 2753

You can also use Facebook Messenger or WhatsApp to contact her.

Email: siteadmin@hadelandlag.org or anne.sladky@gmail.com

WhatsApp allows you to text numbers in other countries without incurring international charges and is widely used, especially in Europe. It is owned by Facebook.



Travel Tips Newsletter

From Gardermoen to the Oslo Panorama Hotel

You've arrived in Oslo! You've picked up your bags! You still have about 48 kilometers (about 30 miles) to go - Now what???

Choice #1 (most expensive) – **Take a Cab**

In the arrivals area, there is a taxi information desk that can show you the fixed fares for a number of taxi companies and book one for you. You can also call a cab yourself from screens in the same area. Be prepared, though. The cab ride will cost you about \$100. You can pay in *kroner* or with your credit card.

Choice #2 – **Flytoget**

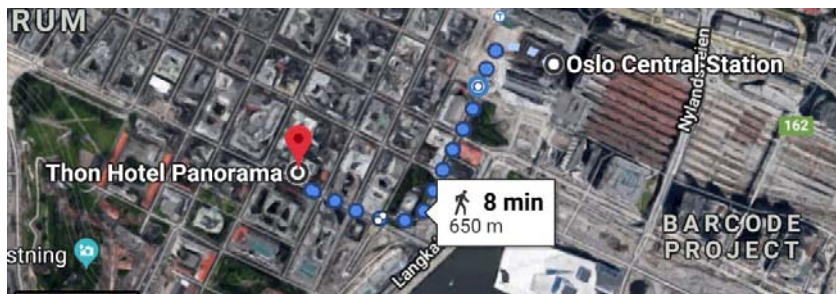
Follow the signs on the main floor of the airport (yes they are in English) to this high-speed train that will take you to Station S (Central Station) in Oslo. Trains leave the airport every 10 minutes from 5:30 a.m. to 12:50 a.m. The ride will take about 20 minutes, and the train has lots of space for luggage, plug-ins for your electronic devices and free wi-fi. The cost is 392 NOK (about \$50), but those over 67 and between 16 & 20 ride for half price and those under 16 ride free.

Choice #3 – **Regional Train**

At about \$15.00 full fare, regional trains from Gardermoen to Station S (Central Station) are only a little slower than Flytoget but much cheaper. Seniors 67+ pay half fare. Students receive a 25% discount. For obvious reasons, these trains are more crowded. They run about 3 times an hour.

ONCE YOU REACH CENTRAL STATION:

Norwegians love to walk, and I was told it was “about a block.” Then I checked. The hotel is about 4/10 of a mile from the station, theoretically less than a 10 minute walk. However, after a long flight with luggage to tote, this may not be the time for a hike! I was told you can check with the taxi desk in the arrival section at the airport and book a cab to meet you when your train arrives, or head to the taxi area at Central Station. Fares are determined by number of people and number of bags, but should be less than \$20. Pay in *kroner* or with your credit card.



Walking directions:

Exit Central Station and make a left onto Strandsgata. Walk about 500 yards (3/10 mile) to Randhusgata. Just after a Comfort Inn Express, Strandsgata curves to the left as you approach Fred Olsen's

Gate. Strandsgata is clearly marked along the way. Turn right at a clearly marked intersection from Strandsgata onto Randhusgata. Thon Panorama will be on your right in about 185 yards (1/10 mile). This route doesn't include hills or inclines. Hopefully this [link](#) will take you right to Google maps.



Travel Tips Newsletter

From Gardermoen to the Sanner Hotel and Back

Busses depart from an area right outside the main doors to the airport, and the line of busses is impossible to miss. You want the bus to Gran - platform space 37. The ride will take about an hour.

Tickets can be purchased on the bus with *kroner* or a VISA card. Seniors are eligible for a discount and a family ticket is available that covers one adult and one child. Price range is from \$7-\$25.

The cheapest rates (40 percent discount) are available when tickets are purchased prior to boarding the bus on the Opplandstrafikk Billett-app on a mobile phone. Tickets can be purchased up to 12 hours in advance. Information about the app and app download for either Android or iPhone is available here: <https://www.opplandstrafikk.no/billetter/billett-app/#>

When you board the bus, Ole Gamme will want to know that you are en route so he can arrange for pick-up at the bus stop in Gran. Since most of you will not have international cell service, he suggests that you ask the bus driver, who will be willing to make the call. Ole's number is +47 99 53 76 37

If you arrive in the morning...		If you arrive in the afternoon...	
Leaves Gardermoen	Arrives Gran	Leaves Gardermoen	Arrives Gran
6:30 a.m.	7:36 a.m.	1:25 p.m.	2:36 p.m.
8:35 a.m.	9:36 a.m.	2:00 p.m.	3:24 p.m.
10:10 a.m.	11:19 a.m.	4:15 p.m.	5:36 p.m.
11:40 a.m.	12:36 p.m.	6:40 p.m.	7:34 p.m.
Noon	1:36 p.m.	8:40 p.m.	9:34 p.m.

Ole Gamme and *Kontaktforum* will arrange for transportation from the hotel to the Gran bus stop. Those arrangements will be made when you arrive in Hadeland.

Morning Departures		Afternoon Departures	
Leaves Gran	Arrives Gardermoen	Leaves Gran	Arrives Gardermoen
5:30 a.m.	6:17 a.m.	12:25 p.m.	1:12 p.m.
7:30 a.m.	8:17 a.m.	3:00 p.m.	3:47 p.m.
10:35 a.m.	11:22 a.m.	5:10 p.m.	5:57 p.m.
11:40 a.m.	12:36 p.m.	7:10 p.m.	7:57 p.m.

Schedule can be found here: <https://www.opplandstrafikk.no/Handlers/fh.ashx?MId1=354&FilId=6984>

Travel Tips Newsletter



Oslo Farm Tour Update

We know that visiting ancestral farms is the highlight for most of our tour participants. Unfortunately, it has been difficult to find guides for the farm visits on Saturday, June 22.

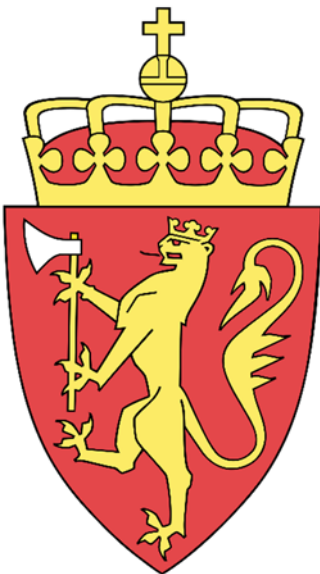
If this is your first visit to Hadeland, you will be able to visit your farms. For those who were on the 2010 or 2015 tours (if you are not visiting farms with other relatives) Ole has arranged for a small bus

for a general tour of the area. The bus will travel the old road to Lunner, travel to the east side of the valley and then up into the forest east of Gran. There are many lakes and old cabins to see, and a great view from the west when driving back down into Gran. There will be a stop at the hotel before participants are taken to Gran Sentrum, where all groups will meet for a chance to visit the Farmer's Market, have lunch, and do some shopping.

There is a possibility that some farm visits might be arranged either before or after dinner on Sunday the 23rd. Ole was going to contact those arriving early to see if they would be interested in visiting their farms when they arrive.

If you have relatives in Hadeland and are willing to make arrangements directly with them, please let Ole (olegam@online.no) or Anne (siteadmin@hadelandlag.org) know. If you have any questions or concerns, don't hesitate to contact Anne!

PERSONAL ITINERARIES WILL BE EMAILED SEPARATELY BY FRIDAY, JUNE 7



**SEE YOU VERY SOON IN
NORWAY --
WOO-HOO!!!**