

135 / Trondheim - Oslo / 7 Nights, 8 Days

Flavours of Mountains and Waters



Discover the culinary secrets of fresh Norwegian produce in the hands of talented chefs on this foodie tour. Allow yourself to be surprised by simple ingredients and traditional cuisine, enhanced through modern approaches to well known dishes. Each destination represents a unique local culinary experience, inviting you to indulge in Scandinavian food fashion and the Nordic kitchen.

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DAY 1 | Arrival in TRONDHEIM

Arrival at Trondheim Airport according to your own itinerary (flight reserved by your agency). Transfer to your hotel in the city center. The vibrant city of Trondheim has become a pilgrimage for foodies, with several Michelin restaurants, cozy cafes and small restaurants serving tastes from the surrounding mountains and waters. Trondheim was recently recognized as European Region of Gastronomy 2022.

Indulge in luxury at the exclusive Britannia Hotel and enjoy wonderful meals in its amazing restaurants.

Half board accommodation at **Britannia Hotel**.

DAY 2 | TRONDHEIM

Get familiar with Trondheim's food scene on a 3 hours guided walk. The city is Norway's food capital with famous chefs and numerous gourmet restaurants and some of the world's best and purest ingredients come from the Trøndelag region. On this food tour you will taste locally produced delicacies combined with stories at some of the most popular restaurants and cafés. The tour ends at Nidaros Cathedral, a pilgrimage goal and one of the most splendid cathedrals in Scandinavia.

Half board accommodation at **Britannia Hotel**.

DAY 3 | TRONDHEIM - SELBUSJØEN

Depart Trondheim. Visit the family-run Hjelseng Farm in Stjørdal that has its own bakery and beer brewery. Enjoy lunch, prepared of local produce, in their restaurant, before a guided walk in the historic surroundings.

On the way to Selbusjøen along „Route 26“ you will have plenty of chances to visit local food producers, to meet the local sheep and cow breeds, taste your way through fresh bread, cured meat, smoked beer, and even enjoy a glass of fresh milk at the Milk Bar at Kilnes Farm.

Proceed to Selbu and visit a local chocolate factory, „Jentene på Tunet“ incl. chocolate tasting.

Half board accommodation at **Selbusjøen Hotell & Gjestegård**.

DAY 4 | SELBUSJØEN - RØROS

Drive to Røros and check in at your hotel.

Experience the genuine tastes and history of food traditions of the Røros region on a local food safari. Explore the narrow streets, old courtyards and buildings of Røros and enjoy a historic dining experience at „Kaffestuggu“, one of Røros' oldest restaurants.

Half board accommodation at **Bergstadens Hotel**.



DAY 5 | RØROS - LOM

Drive over the breathtaking Rondane and Dovre mountains on your way to Lom, gateway to the Jotunheimen Mountains and to Jotunheim National Park. Enjoy lunch at Brimi Fjellstugu in a beautiful setting amid the mountains and learn about summer farming traditions in Norway.

Proceed to Lom and check in at the historical Fossheim Hotel famous for its locally produced food.

Half board accommodation at **Fossheim Hotel**.

DAY 6 | LOM - OSLO

Leave Lom in the morning and drive over the beautiful Valdresflye to Gjøvik. Board the world's oldest preserved paddle steamer Skibladner and enjoy lunch at Skibladner whilst sailing at Mjøsa and admiring the view of the Norwegian inland areas in the Gjøvik, Toten and Ringsaker regions.

Proceed by coach from Hamar to Atlungstad Distillery, where you will experience Norwegian industrial architecture, distillery history and Norwegian aquavit production for the last 150 years. Here you can follow the process from the potato entering the building and until the aquavit are bottled.

Continue to Oslo for dinner and overnight.

Half board accommodation at **Thon Hotel Bristol**.

DAY 7 | OSLO

Experience Oslo's food scene on a 5 hours' guided foodie tour: enjoy fresh shrimps fresh from the boat in the harbour, visit the trendy Grünerløkka area with numerous little cafés, restaurants and bars. At „Mathallen“ food court taste some of the best Norwegian cheeses and ham and have a stop for a short lunch. Through the whole day you will get a thorough understanding of Norwegian history, culture, tradition and food.

Spend the evening on board a traditional wooden sailing ship passing through a maze of green islands. Sit back and enjoy the scenery and beautiful islands, while savouring the flavour of the shrimp "Fjord style".

Bed and breakfast accommodation at **Thon Hotel Bristol**.

DAY 8 | OSLO - departure

Enjoy breakfast before your transfer to Oslo airport for your return flight according to your own itinerary. (Flights reserved by your agency).

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SERVICES INCLUDED

Accommodation and meals:

- 7 Nights accommodation in double rooms with shower/WC incl. Breakfast
- 6 Dinners at hotels
- Lunch at Hjelseng Farm, day 3
- Lunch at Brimi Fjellstugu, day 5
- Lunch at Skibladner steam ship, day 6
- Shrimp Buffet at fjord cruise, day 7

Activities and excursions:

- Guided 2hrs food walk Trondheim, incl. food on tour
- Fjord cruise Bergen - Mostraumen
- Entrance at Nidaros Cathedral
- Guided tour at Hjelseng Farm
- Guided tour and chocolate tasting at „Jentene paa Tunet“
- Local food safari Røros
- Skibladner Gjøvik - Hamar
- Guided tour inc. 1 sample at Atlungstad Distillery
- - Oslo for Foodies 5 hrs guided walk incl. food
- Evening fjord cruise Oslofjorden

