



Monday 3rd September

Our Pre-Congress Tour starts from Oslo early in the morning. The Bergen Railway to Myrdal takes us across the Hardangervidda mountain plateau, often called "the roof of Norway". The Bergen Railway was recently selected as one of the world's most beautiful train journeys.

At Myrdal we change train and board the Flåm Railway. The 20km-long train ride between the mountain station of Myrdal (866 m) and the fjord-side village of Flåm takes roughly 1 hour and is one of the highlights of our journey! On the way you can enjoy some of the most magnificent mountain scenery Norway has to offer. As the train moves in and out of 20 tunnels, the breathtaking panorama takes in towering mountains and impressive waterfalls, a deep canyon and lush valley.

Down in the idyllic village of Flåm, we take time for a breather, before the journey continues by boat on the Nærøysfjord, a UNESCO World Heritage attraction. The Nærøysfjord is the world's narrowest fjord, at one point only 250 meters wide, with mountains rising 1800 meters above its tranquil waters.

After our boat docks at Gudvangen, the trip continues by bus up the steep 13 hairpin bends of the Stalheimskleiva road, offering dramatic views of the Sivlefossen and Stalheimfossen waterfalls. You can savour the best panorama during our short stop at Stalheim Hotel. After a final stretch by road, we board a train at Voss that brings us to Bergen.

Overnight accommodation at the Strand Hotel, situated in the heart of Bergen overlooking the harbour, the Fish Market, and Bryggen – yet another UNESCO World Heritage site!

Tuesday 4th September

After a good night's sleep and a hearty breakfast, you have the morning free to explore Bergen at your own tempo. We recommend that you take a stroll through Bergen's past: Bryggen represents 900 years of history, giving you an idea of what it was like to live in the town during the Middle Ages when the Hanseatic Leagues had one of their four major overseas offices in Bergen. These buildings are now on UNESCO's World Heritage List.

A trip with Fløibanen, Bergen's famous funicular, is a must. From high up on Mount Fløyen (320m) you have a splendid view of the fjords and the mountains surrounding the city.

In the afternoon a guided bus tour takes us to selected highlights in and around Bergen. We

visit the Leprosy Museum St. George's that for more than 500 years was a hospital for lepers, Fantoft stave church, built in year 1150, and finally Trolldhaugen (the Hill of the Trolls), the home of Norway's most famous composer, Edvard Grieg.

At 6 pm we board Hurtigruten "MS Nordkapp" and start our unique cruise experience up the Norwegian coast. Lonely Planet recently elected this trip as "The world's most beautiful sea voyage".

All meals onboard are included.

Wednesday 5th September

Early in the morning our ship arrives at the Art Nouveau town of Ålesund. After a short time ashore, the ship continues its voyage into the famous Geirangerfjord, a third attraction on the esteemed UNESCO World Heritage List. While "MS Nordkapp" returns to Ålesund in the afternoon, a scientific lecture will take place in the fully equipped conference room onboard.

Next port of call is Molde, known as the "City of Roses" and famous for the annual International Jazz Festival. You could write a credible history of modern jazz based just on the musicians and bands that have played here!

For those of you not attending the lecture, we can offer a unique excursion taking you by bus overland up the stunning Eagle's Road, passing through the valley of Valldal, and down the impressive hairpin bends of Trollstigen. We return to Molde where "MS Nordkapp" will pick us up in the evening.

This excursion is offered at an additional cost of NOK 820 per person.

Thursday 6th September:

Our ship arrives in Trondheim at 8 am. After breakfast we will unfortunately have to leave "MS Nordkapp". We start the day by a guided bus tour showing you the highlights of the beautiful city of Trondheim, including a visit of Norway's magnificent national shrine, the Nidaros Cathedral. This is where the royal regalia is kept, and where kings and queens are blessed before taking the throne. The tour concludes at the airport.

The plane will take you to Oslo in time for the Opening Ceremony of ESHNR's 20th Annual Meeting at the Bristol Hotel.

IMPORTANT

Which clothes to bring?

Please note that there can be "a lot of weather" in Norway! Especially along the coast, weather conditions can vary from 20°C and sunny, down to 10°C with storm and rain. Be prepared! Rain gear and good shoes are a "must"! The dress code onboard Hurtigruten is casual – you do not need to change for dinner.

Prices and conditions:

Price per person in double room / unspecified cabin NOK 7620
Supplement for single cabin NOK 640

Prices are based on a minimum of 50 participants. (We reserve the right to adjust prices due to unforeseen circumstances or force majeure.)

Capacity with regard to the number of available cabins and rooms is limited. First come first served – so be sure to make a preliminary booking as soon as possible, but no later than 15th January 2007.

For more information and booking, please contact
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Preliminary Registration

ESHNR 20th Annual Meeting

We wish to take part in the ESHNR's Pre-Congress Tour to the Norwegian fjords 3–6 Sept. 2007

Name _____ Born _____

Name _____ Born _____

Name _____ Born _____

Name _____ Born _____

Address _____ Country _____

Phone _____ E-mail: _____

Special requirements / comments _____

Visit Hurtigruten's website www.hurtigruten.com and www.kystopplevelser.no

Pre-Congress Tour, 3–6 September 2007



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