

PRODUCT MANUAL 2008

LINDSTRØM HOTEL-LÆRDAL



- LINDSTRØM HOTEL - FACTS
- LINDSTRØM HOTEL – NEWS 2008
- NÆRØYFJORD SCHEDULES
- SUGGESTIONS FOR PROGRAMMES TO THE FJORDS :
FROM OSLO OR BERGEN
- TRAVEL ALTERNATIVES
- HIKING

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NÆRØYFJORD ON UNESCO WORLD HERITAGE LIST



VISIT OUR WEBSIDE WWW.LINDSTROEMHOTEL.NO

Japanese – English - Chinese- Italian – German language

THE LINDSTRØM - NEWS 2008

The Lindstrøm has bought Hotel Grandane in Lærdal Centre



From 1st of January 2008 the Lindstrøm Hotel owns another hotel property in Lærdal Centre. Previously known as the Offerdal – the new name of the hotel is Hotel Grandane and it is situated within walking distance from the Lindstrøm. The Hotel Grandane offers 32 rooms – all w. private facilities restaurant, bar and elevator.

All rooms offer 26 inch tv .The Hotel Grandane will be open from May 1 – sept 30. post@lindstroemhtoel.no

The Hotel Grandane

The Lindstrøm renovates 30 bathrooms in the main building.



This large renovation project will enable us to offer visitors an even better holiday experience. Renovation will be finished at the start of the 2008 summer season .

Historic Route : Botanical Trail Sjurhaugsfossen – Galdane - Seltun



The well-known Historic Route area near the Borgund Stavechurch has a rich and exciting flora with a large biological diversity. The area is a must for lovers of plants and flowers with are many beautiful walking paths to choose from .Combine a visit to the Borgund Stavechurch with a hike on Historic Route.. For brochure Botanical Trail and Historic routein English or German contact: info@laerdal@alr.no

The Fjords 2008



The Sognefjord is the leading fjord cruise destination in Scandinavia – and we are continuously developing our service to provide travellers with the best possible holiday experience throughout spring, summer and autumn.

The following routes are in operation from May 1st to September 30th

- Express boat Bergen–Flåm.
- Ferry Gudvangen–Kaupanger–Lærdal.
- Ferry Vangnes–Balestrand–Fjærland.

In addition, the Flåm–Aurland–Gudvangen and Bergen–Sogndal cruises will be running year-round. www.thefjords.no www.fjord1.no/fylkesbaatane

LINDSTRØM HOTEL - FACTS

Situated in Lærdal at the world longest Fjord – the Sognefjord – the Lindstrøm was established in 1845 and has been run by the Lindstrøm Family ever since. The hotel lies in the middle of Old Lærdalsøyri, Lærdal's beautiful old village centre – well known for its museums, antique- and handicraft shops, the Wild salmon Centre, and various art-galleries.

Friendly service and an excellent Kitchen

We offer friendly service and an excellent kitchen consisting of our traditional Fjord buffet and à la Carte – based on the best of local products.

Famous attractions at our doorstep

You'll find marvellous fjord-scenery and all-year available world famous attractions s.a. the Nærøyfjord, the Borgund Stavechurch and the Flåm Railway – right at our doorstep!

The well-known Lindstrøm Hotel offers a wide range of Scandinavian Design from different époques. Situated in the picturesque old village centre of Lærdal the hotel consists of four buildings varying from richly decorated wooden Swiss-style to functional modern. Inside you'll find modern Danish design, antique Norwegian, national romantic – and temporary Norwegian art. There is also a beautiful garden and in the souvenir- shop you will find a variety of gifts and souvenirs!

Distance to the Norwegian Wild Salmon Centre: 200 metres.

high season (H)	: 01.06-31.08	rooms	:	86
off season(L)	: 01.05-31.05 & 01.09-30.09	beds	:	165
closed	: 01.01-30.04 & (groups on request): 01.10-31.12	singlerooms	:	6
		doublerooms	:	79
		familyrooms	:	1

- Number of bathtubs: 61, shower-rooms: 25
- PC/Internett/mail: available for guests in the Hotel Lobby
- Japanese, German, Italian, English speaking frontdesk staff
- Visit our website www.lindstroemhotel.no in Japanese, Norwegian, German, English, Italian, Chinese language

**LINDSTRØM HOTEL
NÆRØYFJORD FERRY SCHEDULES 2008**

	1/5 – 30/9	1/6 – 31/8	1/6-31/8
	D	D	D
Lærdal	08.30	11.10	15.00
Kaupanger Kai	09.20	12.05	16.05
Frønningen	X	X	X
Midtfjords		12.45B	
Dyrdal	X	X	X
Styvi	X	X	X
Gudvangen	11.30	14.30	18.10

	1/6 – 31/8	1/5 – 30/9	1/6 – 31/8
	D	D	D
Gudvangen	08.00	12.00	14.45
Dyrdal			
Styvi			
Midtfjords		13.00B	
Frønningen	X	X	X
Kaupanger kai	10.00	14.10	16.55
Lærdal	11.00	14.50	17.50

B: Corresponds with the express boat to Flåm between 1 May and 30 September

ALL YEAR FLÅM –GUDVANGEN FJORDCRUISE

	1/5 – 30/9	20/6 – 21/8	5/6 – 18/9	1/1 – 31/12
1/1 – 31/12	D	D	D	D
Flåm kai	09.00	11.00	13.20	15.10
Aurland	09.15	11.15	13.40	15.15
Undredal	X	X		
Midtfjords				
Breisnes				
Dyrdal	X	X	X	XB
Styvi	X	X	X	XB
Bakka				
Gudvangen	11.00	12.50	15.25	17.00

	5/6 – 18/9	1/1 – 31/12	20/6 – 21/8	5/6 – 18/9	1/5– 4/6 19/9 – 30/9
1/1 – 31/12	D	D	D	D	D
Gudvangen	10.30	11.30	13.05	16.00	17.15
Bakka					
Styvi	X	XB	X	X	X
Breisnes					
Undredal					

Aurland	12.00	13.00	14.25	17.30	18.35
Flåm kai	12.30	13.30	14.55	18.00	19.00

B: on request only – depending on weather conditions

- **Booking Ferry/expressboat: Fjord1 Reiseservice, tel. +4755907070, Fax: +4755907071, mail: fylkesbaatane@fjord1.no**

Express Boat connection Bergen – Flåm – Bergen

Period of operation 01.05 – 30.09

Daily:

Dep Bergen 08.00
 Arr. Midtfjord 13.00 **Connection with ferry to Lærdal- arr. Lærdal 15.00**
 Arr. Aurland 13.15x
 Arr. Flåm 13.25

Dep Flåm 15.30 Dep. Aurland 15.45
 Arr. Bergen 20.40

X= if passengers for Aurland

LINDSTRØM HOTEL – SUGGESTIONS FOR PROGRAMMES TO THE FJORDS: FROM OSLO OR BERGEN

Suggestion for a 3 day add - on programme at the Fjords.

From Bergen

Incl. Fjordcruise Sognefjord – Norwegian Salmon Centre – Old Lærdalsøyri –
Guided hike – Borgund Stavechurch – Flåm Railway

Day 1 Bergen – Lærdal by Fjordcruise

Expressboat Bergen-Midtfjords dep. Bergen	08.00 (DX6)
Midtfjords *	14.45
X	
Midtfjords	14.45
Arr. Lærdal	15.00

Leave Bergen by comfortable expressship, and change boats in the middle of the Fjords from expressship to ferry – an attraction in itself! www.fjord1.no/fylkesbaatane

Day 2 Lærdal Attractions and Activity

Morning: Norwegian Wild Salmon Centre www.norsk-villakssenter.no, Old Lærdalsøyri
Village Centre w.exhibitions, museum, antique shops,
Afternoon: guided hike (appr. 2 hours) www.laerdalferiepark.com

Day 3 Lærdal - Borgund Stave Church – Flåm – Flåm Railroad –Bergen

Visit to Borgund stavechurch www.stavechurch.com

Dep. Lærdal (buss)	12.25 ,
arr Borgund Stavechurch	12.50

Visit the Borgund Stave church from 1180 – Norway's best kept stavechurch!

Dep. Borgund Stavechurch	14.40,
arr. Flåm	16.20

Visit the Flåm Railway museum www.flaamsbana.no

Dep. Flåm by Flåm Railway	18.35	www.flaamsbana.no
Arr. Myrdal	19.29	
X		
Dep Myrdal	20.47	
Arr. Bergen	22.35	

Suggestion for a 5 day programme at the Fjords. From Oslo or Bergen

Day 1 Arrival Lærdal from Oslo or Bergen

Arrival from Oslo or Bergen. Distance Oslo-Lærdal 320 km, Bergen-Lærdal 220 km.
Regular busschedules: 4 daily buss connections Oslo – Lærdal duration 6 hours, 6 daily buss-connections Bergen-Lærdal duration 4 hours www.fjord1.no/sognbillag

Day 2 Lærdal attractions Norwegian Wild Salmon Centre- Old Lærdalsøyri – Borgund Stave Church

We suggest a visit to the Norwegian Wild Salmon Centre www.norsk-villakssenter.no
And Old Lærdalsøyri Village Centre. Both attractions are within walking distance from your accommodation. The Borgund stave church is situated half an hours distance from Lærdal Centre. Regular busservices Lærdal-Borgund

Day 3 Fjordcruise + Flåm Railway

Fjordcruise Lærdal-Gudvangen (duration 3 hours www.fjord1/fylkesbaatane)
+ afternoon trip Flåm Railroad (duration 1.5 hours, 10 daily dep. www.flaa.msba.no)
Return Flåm –Lærdal by regular coach (40 minutes- 6 departures daily)

Day 4 Activity

Guided walk, bicycletrip or fishing trip www.laerdalferiepark.com

Day 5 Return from Lærdal to Oslo or Bergen

Suggestion for a 7-day activityprogramme at the Fjords From Oslo or Bergen

Day 1 Arrival Lærdal

Arrival from Oslo or Bergen. Distance Oslo-Lærdal 320 km, Bergen-Lærdal 220 km
Regular busschedules: 4 daily buss-connection Oslo-Lærdal duration 6 hours), 6 daily buss-connections Bergen-Lærdal. Duration: 4 hours www.fjord1.no/sognbillag

Day 2 Lærdal attractions

Rest. We suggest a visit to the Norwegian Wild Salmon Centre www.norsk-villakssenter.no
and Old Lærdalsøyri Village Centre. Both attractions within minutes walking distance from your accommodation . Short guided evening walk

Day3 Lærdal Valley

Guided bicycletour .Lærdal Valley w. visit Borgund Stavechurch www.stavechurch.com

Day 4 Lærdal-Jostedal Glacier

Visit to Jostedal Glacier incl glacierhike on Nigardsbreen . Distance Lærdal- Nigardsbreen Glacier Centre incl ferry crossing appr. 80 km each way. www.jostedal.com

Day 5 Lærdal-Flåm

Morning:

Guided kayaktrip from Flåm Various alternatives: rates/information
www.fjordpaddlenorway.com

Afternoon :

Flåm Railway www.flaamsbana.no

Day 6 A day in the mountains

Guided mountain hike . For rates/information www.laerdalferiepark.com

Day 7 Fjordcruise Lærdal-Gudvangen + Snow Road

Fjord cruise on Nærøyfjord- a UNESCO World Heritage site , 4 daily departures. Duration three hours each way. www.Fjord1/fylkesbaatane

Return by rented coach via Aurlandsvegen Mountain Road “the Snow Road” (Distance Gudvangen-Lærdal. 60 km) Spectacular viewpoints , snow along road all summer.

Day 8 Lærdal-Oslo/Bergen

Add-ons: We can arrange for lectures on various nature-related themes on request + we offer free guided tour of the old village centre in Lærdal

L I N D S T R Ø M H O T E L T R A V E L A L T E R N A T I V E S

ALL YEAR: OSLO – LÆRDAL – OSLO : 2 DAYS

From Oslo:

Day 1:

Dep by coach or train from Oslo - train dep: 08.11 – arr. Myrdal 12.53, dep Myrdal 13.05 arr. Flåm 13.55 (valid til 08.01.2008 – contact us for summer itineraries)
Nærøyfjordcruise Flåm – Gudvangen dep. 15.00 arr. 17.00

Gudvangen – Lærdal by scheduled or private coach through Lærdal Tunnel: 55 km

Dinner/overnight stay at the Lindstrøm hotel/Lærdal

Day 2

Lærdal – Oslo (E16) 320 km

ALL YEAR: BERGEN – LÆRDAL – OSLO: 2 DAYSDay 1:

Dep by coach or train from Bergen – train departures: 10.28 – arr. Myrdal 12.20, dep Myrdal 13.05, arr. Flåm 13.55 (valid til 08.01.2008 – contact us for summer itineraries)

Nærøyfjordcruise Flåm – Gudvangen dep. 15.00 arr. 17.00

Gudvangen –Lærdal by scheduled or private coach through Lærdal tunnel: 55 km

Dinner/overnight stay at the Lindstrøm hotel/Lærdal

Day 2

Lærdal – Oslo 320 km

ALL YEAR : OSLO – HARDANGER – BERGEN – LÆRDAL – OSLO : 3 DAYSDay 1:

Oslo – Hardanger –Bergen (road nr 7) 470 km

Overnight stay in Bergen

Day 2:

Bergen – Gudvangen – Nærøy fjord – Lærdal: 220 km

Incl. all year Nærøy fjordcruise Gudvangen – Aurland: dep. 11.30 – arr. 13.00 (from 1 may to 1 oct. 2008 the Nærøy fjordferry has 3 daily departures Gudvangen – Lærdal: contact us for ferry schedules

Aurland – Lærdal through Lærdal Tunnel: 32 km

Dinner/overnight stay at the Lindstrøm hotel/Lærdal

Day 3:

Lærdal – Oslo: 320 km

WINTER ALTERNATIVE: OSLO – LÆRDAL – OSLO: 2 DAYS

Day 1:

Oslo – Fagernes – Lærdal – Aurland –Gudvangen – Lærdal (E16): 400 km

Oslo – Fagernes – Lærdal – Aurland: 355 km

Nærøy fjordcruise Aurland – Gudvangen: dep Aurland 15.15, arr Gudvangen 17.00

Gudvangen –Lærdal: 55 km

Dinner/overnight stay at the Lindstrøm Hotel/Lærdal

Day 2:

Lærdal (after-breakfastactivity: visit to Norwegian Salmon Centre or guided village walk old village centre) – Gol – Oslo : (Road nr. 52) 330 km

BERGEN – LÆRDAL – OSLO: 2 DAYS

Day 1:

Bergen – Lærdal : 220 km

Bergen – Voss –Gudvangen

Nærøy fjordcruise Gudvangen – Aurland dep. Gudvangen 11.30 , arr. Aurland 13.00

Aurland – Lærdal through Lærdal tunnel

Dinner/overnight stay at Lindstrøm hotel/Lærdal

Pre/after dinner activity: Lecture on art/architecture at the Gjesme Gallery combined with a guided walk through old villagecentre.

Day 2:

Lærdal – Oslo : 330 km

SUMMER ONLY :OSLO – GEIRANGER – LÆRDAL – BERGEN (3 DAYS)

Through beautiful Gudbrandsdalen to Geiranger (overnight stay). Next day Geiranger – Lærdal past famous glacier scenery of Fjærland. Day 3 from Lærdal to Bergen starting with famous Nærøy fjord ferry .

Day 1:

Oslo – Gudbrandsdalen – Geiranger: 430 km

Day 2:

Geiranger – Fjærland – Lærdal: 260 km

Dinner/overnight stay at the Lindstrøm Hotel

Day 3:

Lærdal – Gudvangen – Bergen: 170 km
 Ferrydep Lærdal: 08.30 arr. Gudvangen 11.30

**SUMMER ONLY: OSLO – FAGERNES - LÆRDAL
 LÆRDAL – AURLAND – FLÅM - HOL – OSLO (2 DAYS)**

Day 1:

Oslo – Fagernes - Lærdal – Aurland – Gudvangen – Lærdal (E16):

Total distance 400 km

Scenery: Varied nature. Lakes, and mountains, wild river, narrow fjord

Highlights: Borgund Stave Church, Worlds longest road tunnel, Nærøyfjordcruise

Morning:

Oslo – Fagernes 184 km

Afternoon:

Fagernes – Borgund Stave Church - Lærdal – Aurland – cruise – Gudvangen - Lærdal 210 km

Fagernes – Borgund Stave Church 120 km - Norways most famous stave church with new information centre/cafeteria, restrooms, exhibitions. Booking :

sogno.gfjordane@fortidsminneforen.in.gen.no

Borgund Stave Church – Historic Route - Lærdal (Håbakken)– worlds longest road tunnel (no toll) - Aurland : 45 km

Nærøyfjordcruise Aurland – Gudvangen: dep. Aurland 15.15, arr. Gudvangen 16.50
 (rates/ booking: fsf@fjord1.no)

Return Gudvangen – Lærdal 50 km

Arr. Lindstrøm Hotell: 18.00 hrs.

Evening/overnight stay:

Lindstrøm Hotel, Lærdal

Tel. +4757666900, fax +47 57666681 post@lindstroemhotel.no, www.lindstoemhotel.no

The Lindstrøm is situated in the picturesque old village centre of Gamle Lærdalsøyri with Souvenirshops, antiques, galleries and the Norwegian Wild Salmon Centre nearby (200 m. by foot)

Day 2:

Lærdal – Aurlandsvegen (Snow Road) - Flåm – Hol – Oslo (Road E16 til Flåm, Road 50 Aurland – Hol Road 7 – Gol - Oslo

total distance: 420 km

Scenery: Snow covered mountains, spectacular views, fjord and narrow valley

Highlights: Aurlandsvegen (Snow Road), Flåm Railway, Aurlandsdalen Valley

Morning:

08.00 Dep Lindstrøm hotel

Lærdal – Aurlandsvegen (Snow Road) – no toll - Aurland - Flåm 60 km .

Flåm Railroad. Dep. Flåm 09.45 - Return Flåm 11.50 Booking: flaamsbana@visitflam.com

Flåm – Hol – Gol : 145 km

Afternoon:

Hol – Oslo 220 km

**LINDSTRØM HOTEL - ACTIVITIES
FJORDVIEW HIKE****Lærdal – Aurlandsvegen (Snowroad) - viewpoint Stegastein**

“Welcome to our world-famous Fjord Scenery! Enjoy a relaxing mountain hike, marvel at the spectacular sight of the Fjords and snow-covered mountains.. Breathe cristal-clear air and enjoy our beautiful autumn colours during late summer”.

How to get there	35 km along Aurlandsvegen (Snow Road) from Lærdal Centre and The Lindstrøm hotel
Start/end hike:	Kvammadal Summer Farm (blue cabin)
Rec. use of time:	half hour
Description of track	Mountain path, easy path
Restrooms available	none
Season	15 st May – 1 st of Oct.

Attractions along the Trail:

From Kvammadal Summer Farm (not in use) to viewpoint at 850 metres above sealevel. Spectacular Views of the Aurlandsfjord and surrounding mountains.

IN THE FOOTSTEPS OF A VIKING KING***Historic Route Seltun Farm - Galdane - Sjurhaug Waterfall***

Norways oldest Viking Law- the Gulatingslova Law from 950- stated these trails should be cleared to the width which equalled the lenght of a spear. In the year 1177 the famous medieval King Sverre, road along these paths. You may combine this hike with a visit the Borgund Stave Church and the new visitor’s centre.

How to get there:	20 km from the Lindstrøm hotel – E16, direction Oslo
Start/End hike:	Seltun Farm. End hike: Sjurhaug Waterfall
Rec. use of time:	Seltun Farm – Sjurhaug Waterfall : 1.5 - 2 hours
Description of track	Easy terrain – good track (5 minutes climbing required if you want to go up to Galdane cotters Farm). One way
Restrooms available	Borgund Stavechurch
Season	april – oct.

Attractions along the Trail:

- View of Historic Galdane Cotters Farm - dating back to the 1600s
- Walk along the wild Lærdal River – one of Norway’s most famous salmon rivers!
- Footpath Bridge over Sokni Waterfall
- Rich plant-life, wild flowers, remnants of historic walls and buildings
- Sjurhaugfossen waterfall – where you may see the salmon jump!
- 5 minutes driving distance to Norway’s most distinctive stave church - The Borgund Stave church with New visitors centre

MOUNTAIN HIKE AND MOUNTAIN CRUISE IN JOTUNHEIMEN NATIONAL PARK

Enjoy famous mountain scenery and the highest peaks of Norways Jotunheimen National Park. Start with a short hike at Eidsbugarden Mountain Lodge and continue with a 2 – hour cruise from Eidsbugarden Mountain Lodge to Bygdin.– right on your way to Oslo!

Mountain cruise	MS Bitihorn. D 1/7 – 10/9. Dep . Eidsbugarden 12.40, arr. Bygdin 14.20
Total distance	Lærdal - Tyinkrysset - Eidsbugarden: 90 km
Route Lærdal – Eidsbugarden	E 16 - Tyinkrysset (70 km). Side road Tyinkrysset – Eidsbugarden (20 km)
Route Bygdin – Oslo	Bygdin - Fagernes road 51 (50 km) . Fagernes – Oslo E16 (150 km)

Further information: post@lindstroemhotel.no

For area information:

Aurland and Lærdal Tourist Board

Tel. +4757641207, mail. info@alr.no

www.alr.no

