



By Norwegian
April 2013
Issue 04



How *The Scream* was saved

The remarkable true story
of Edvard Munch's most
iconic painting



The complete
A-Z of Florida,
Norwegian's newest
destination

Why Ålesund
is the ultimate
fishing paradise

The rise of Danish
hunk Nikolaj
Coster-Waldau

SCREAM



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NEW YORK
GA

A woman with long brown hair is sitting in a light-colored hammock. She is wearing a white cable-knit turtleneck sweater and denim shorts with a red belt. She is leaning against a tree trunk on the right side of the frame. The background is a bright, outdoor setting with trees and a fence.

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A greener journey

Norwegian's brand-new aircraft are crucial to reducing our environmental footprint, says Norwegian CEO Bjørn Kjos

We know that you enjoy the comfort of our brand-new aircraft. We think you know that a new fleet enables us as a company to reduce our cost, which in turn gives you inexpensive fares. But what most of us aren't aware of is that new aircraft are crucial if you are serious about reducing your environmental footprint.

The reputation of air travel as an environmental "bad boy" is unmerited. Few other sectors can point to similar advances in energy efficiency. Aviation counts for merely 2.1 per cent of the total emissions in Norway.

At Norwegian we're dedicated to reducing that figure. Our goal is to cut emissions per flown passenger by 30 per cent in the period 2008 to 2015. And we're well on our way. Since the introduction of our fleet renewal program in 2008, we've reduced our fuel consumption per seat kilometer by as much as 15 per cent.

With an average age of 4.6 years, Norwegian's fleet is among the most modern and environmentally friendly in Europe. In 2012, CO2 emissions per passenger per kilometer were only

88.5 grams, a four per cent reduction from the previous year. Aircraft type and age play a key role in achieving these goals. Compared to our Boeing 737-800, the Boeing 737-600 – also a 'next generation' aircraft commonly seen at Scandinavian airports – consumes 35 to 40 per cent more fuel per seat, which makes it almost as fuel-intensive as a 25-year-old MD-80, also frequently observed in Scandinavia.

Did you know that flying direct and not connecting through another airport is also more environmentally friendly? It's pretty obvious, really, as transferring at another airport on your way to your final destination increases the total flying distance, which in turn equals more fuel consumption and higher emissions. That's why we will continue to offer our extensive network of direct routes not only from capital cities but also from regional towns throughout the Nordics.

At Norwegian we take our responsibility seriously and are conscious about our own environmental footprint. Next time you chose an airline, think about the fact that the lower the average fleet age, the greener the flight.

Thanks for flying Norwegian!

Time to Connect

See this box and go further with Norwegian's onboard WiFi

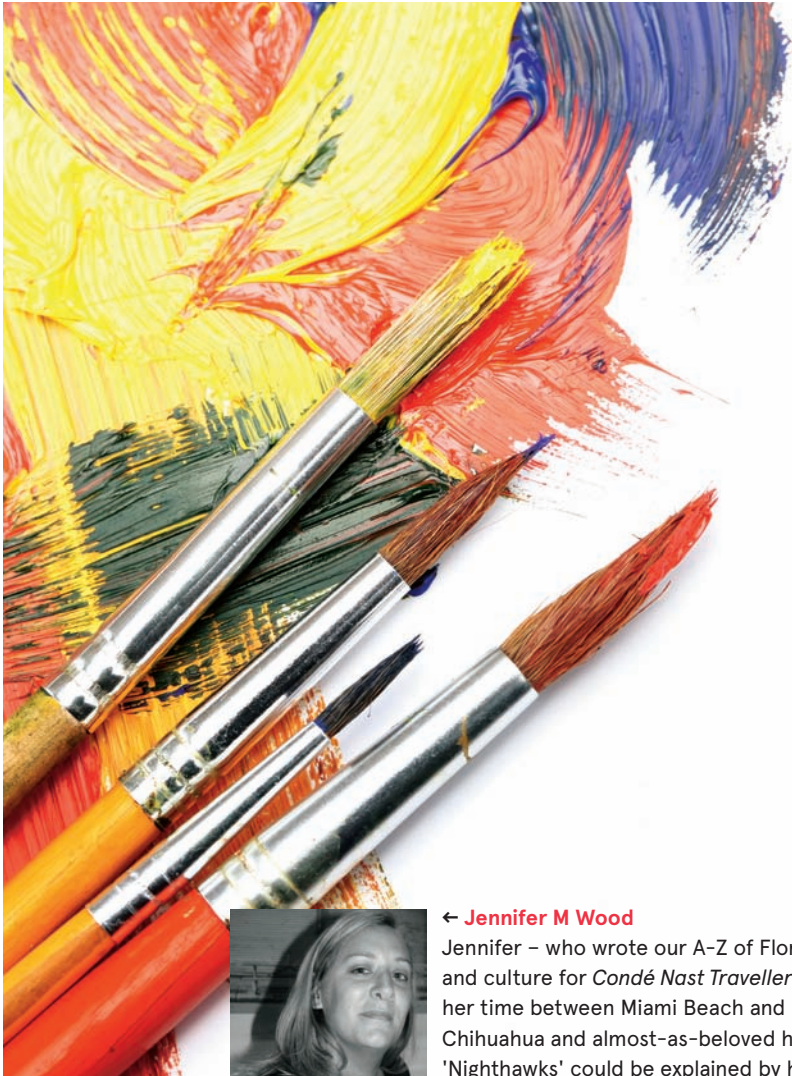
Norwegian offers free WiFi on more than 70 per cent of its flights. When you see this Connect box, it will tell you where you can go to explore more about our stories online, whether it's a Twitter feed, a website or more information on our destinations.

How to log in on board 1 → Activate your WiFi device at an altitude of 10,000 feet or more. 2 → Connect to the wireless network "Norwegian Internet Access". NB If you are using a smartphone or a tablet, you will have to open a browser window to log in. 3 → It's as easy as that! You can now surf, chat or work until we commence our approach.



con
n
ect

Contributors



↑ **Andrew Mueller**
Top London-based writer Andrew, who wrote our brilliant Munch cover story (page 42), has authored three books on travel and music, and written for the great and good of the British press. He's also the lead singer in sadly underrated country-punk band The Blazing Zoos. Born in Wagga Wagga, his favourite painting is 'Ned Kelly' by Australian painter Sidney Nolan.

↑ **Tom Robinson**
Tom may have failed to catch a single fish in Ålesund (page 50), but he's more successful with camera in hand. His atmospheric travel shots have been widely published, and his series of feet-first shots have gained nationwide attention in the UK (see tomrobinson.com). His favourite painting is Salvador Dali's 'Woman at the Window'.



← **Jennifer M Wood**

Jennifer – who wrote our A-Z of Florida on page 60 – writes about food, travel, film and culture for *Condé Nast Traveller*, *Time Out New York* and many more. She splits her time between Miami Beach and New York City with her beloved Pekingese-Chihuahua and almost-as-beloved husband. Her fondness for Edward Hopper's 'Nighthawks' could be explained by her penchant for all-night diners.

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noted

The view of Ålesund from Fjellstua, which is yours if you climb 418 steps



➔ “Why does it always rain in Ålesund?” asked our taxi driver, on his fourth joke of the 15-minute ride to the airport (there’d been something about kilts and Vikings, and why Norway has better-looking girls than Scotland, though the details are hazy). “Because God loves it so much that he’s always cleaning it.”

After just enough polite faux-laughter at this, I decided that his joke had a point where bad weather and divine beauty is concerned. Even though the barman at the Brosundet Hotel told me there were only ten nice days in Ålesund last summer, it must be one of the most beautiful towns I’ve ever seen, even on a grey windy day in late February. The big, unpredictable skies; the old wooden fishing sheds perched over the fjords; the ski-able mountains; the way the whole town’s basically one big harbour. And that’s not even mentioning the fishing – you’ll find that on page 50. **Toby Skinner, Editor**

Reactions / Experimental music



↓ Enthused ↑

Arve Henriksen
Sound like a woman singing high notes over a Japanese flute? It’s actually a supremely talented Norwegian man and a trumpet. Arvehenriksen.no



↓ Amused ↑

Night Tripper
This dusk walk/concert/ritual in the woods from Oslo trio Fiksdal/Langgård/Becker is certifiably weird – but compelling. Ingrifiksdal.com



↓ Bemused ↑

Dinos Chapman
The controversial British artist’s new album of ominous electronica is named *Luftbobler*, the Norwegian word for Aero bubbles (?). dinoschapman.com



↓ Confused ↑

Lasse Marhaug
Norway’s most prolific noise musician releases 28-minute songs with what sound like foghorns and untuned televisions. lassemarhaug.no

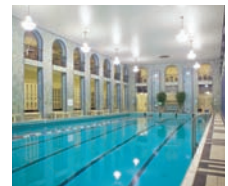
We’re loving



Bigbang Live

After more than 20 years, Bigbang still put on a great show, as they showed at Norwegian’s 10th anniversary party last year. Norway’s best live band are back on 20 April at Oslo Spektrum, which also hosts Lana Del Rey and Mumford & Sons this month.

Bigbang.no



Swimming at the Yrjönkatu Swimming Hall, Helsinki

The sauna, steam and swim at this city centre pool is relaxing enough, but the stunning Art Deco building from 1928 makes it a must.

Single-sex only on different days. Swim suits optional.

Hel.fi



Ikea Hotels

Whether you like your beds classy (Folldal) or cheap (Malm), the idea of Ikea hotels makes perfect sense – 50 mid-range Ikea hotels are in the pipeline, in collaboration with Marriott, with the first one lined up for Milan next year.

nth degree

Book characters not growing old gracefully



Allan Karlsson / Age 100

Star of Jonas Jonasson's *The Hundred-Year-Old Man Who...*

Not acting his age → After escaping the old people's home in his slippers on his 100th birthday, Karlsson steals a bag full of cash and embarks on an escapee involving criminals, elephants and vodka. He also reflects on meeting Mao, Nixon and Kim Il-sung, and helping invent the atom bomb.



Buck Schatz / Age 88

The lead character in *Daniel Friedman's Don't Ever Get Old*

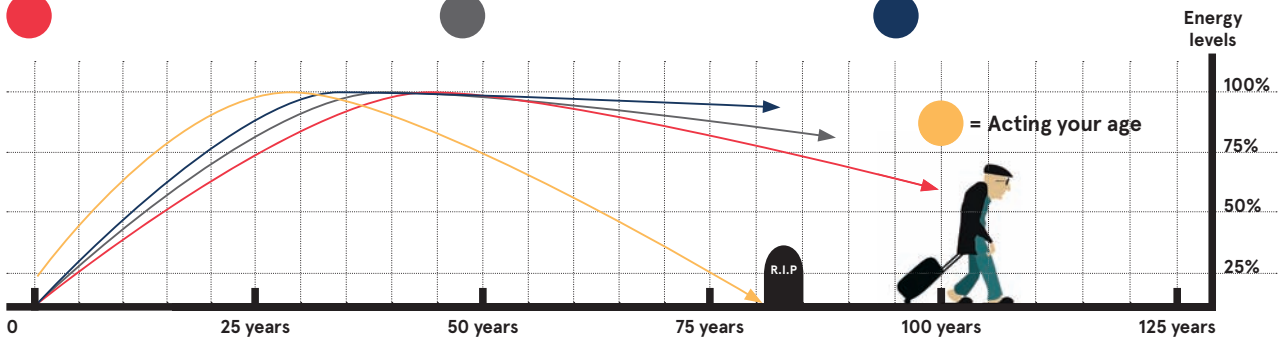
Not acting his age → The retired Memphis homicide cop finds out that the SS officer who ran his POW camp in World War II escaped Germany with Nazi gold. So the wisecracking, un-PC Buck decides to hunt down his old adversary and claim the loot for himself.



Sheldon Horowitz / Age 82

From Derek B Miller's new thriller, *Norwegian by Night*

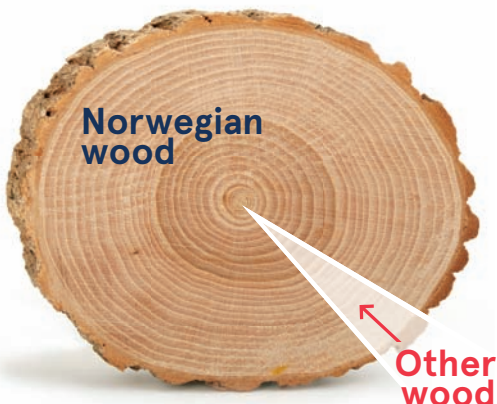
Not acting his age → The grumpy former US marine is living in Oslo with his granddaughter and her Norwegian husband when a neighbour is murdered, and he goes on the run taking the dead woman's six-year-old son with him, evading local police and Balkan gangsters.



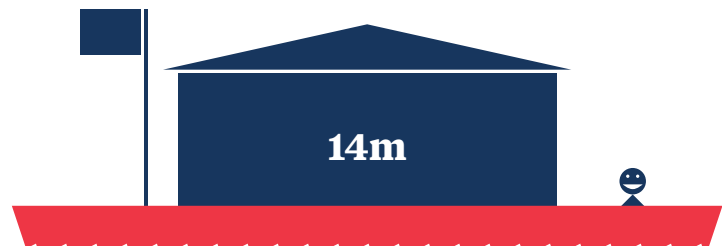
187,888

The number of lakes in Finland, with 179,584 islands. Water covers more than 10 per cent of the country.

Wood rated by cultural influence

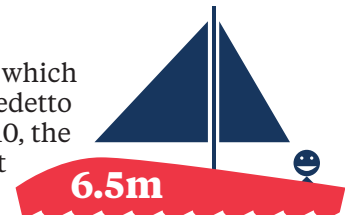


Who has the smallest boat?



↗ Approximate length of the Kon-Tiki, the raft Norwegian explorer Thor Heyerdahl took across the Pacific with his crew in 1947. The 6,900km journey took 101 days.

→ The length of the yacht in which Italian Alessandro Di Benedetto sailed around the world in 2010, the current record for the smallest boat to achieve the feat.



↘ The length of the bathtub-like boat in which Sven Yrvind, a 73-year-old Swede, plans to sail the globe this year. The 48,000km journey will take a year and a half, and he'll eat 400kg of sardines and muesli along the way. → yrvind.com





THE BEST COFFEE BREWER IN THE WORLD

And we're not just saying that — we simply had a cup of magnificent coffee and confirmed it. Presisjon is our top model, made in collaboration with World Barista Champion Tim Wendelboe, and is the second brewer in the SVART series. As opposed to other brewers, Presisjon ensures even water distribution and correct temperatures from the first to the last drop.

It will brew coffee with clean water as that is filled into a detachable water container, not through a dirty coffee jug. Because of these, and a whole host of other reasons we won't go into here, we'll say it again: the best filter coffee in the world is made with Precision. SVART Presisjon.



Agenda

The five places you need to go this month



1

↑ Amsterdam ✓ For culture

It's a big month for Amsterdam art, with the Rijksmuseum, *pictured*, reopening in full on 13 April following a 10-year, €375 million (NOK2.8bn) renovation (rijksmuseum.nl). To the permanent collection, home to the likes of Rembrandt's *The Night Watch*, are added a revamped layout and an Asian Pavilion. The Van Gogh Museum also reopens on 1 May after its own facelift with the exhibition *Van Gogh at Work*, marking the 160th anniversary of the artist's birth. → vangoghmuseum.nl

↓ Cyprus ✓ For diving

An island known for great diving has just got even better with the opening of five new marine parks. The waters around Paphos, Limassol, Agia Napa, Protaras and Latchi are now closed to fishermen, and four large fishing boats will be deliberately sunk, bringing the island's total number of wreck dives up to 16. → facebook.com/diving-in-cyprus

3



2

↓ Crete ✓ For wine

CNN recently named Crete the world's most-interesting wine destination, based on such local grape varieties as Dafni, Mandilari and Vidiano. Quaff a glass of Domaine Fantaxometochos or Sauvignon Blanc Boutari at the homely Taverna Pontos in Rethymnon or head for a tour at the highly rated medieval winery Lyrarakis. → lyrarakis.gr

↑ Corsica ✓ For quiet beaches

Corsica has some of Europe's most beautiful beaches, many of them uncrowded for most of the year, but experts say one of the best is Porto Pollo in southern Corsica, an arc of white sand with clear waters teeming with fish. Every full moon from June to September, the town will put on special night sailing event. → portopollo.it

5



↑ Pristina ✓ For coffee

The surprisingly vibrant Kosovan capital boasts restaurants and clubs that wouldn't look out of place in Berlin. And lately Italians have started saying that you'll get a better cup of coffee here than in Rome or Milan. Try the artisan blends at the Prince Coffee House (facebook.com/princecoffeehouse) or Dit'e Nat', Kosovo's first book café. → ditenat.com



Norwegian flies to all the above destinations. Book at norwegian.com



4



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www.xldiner.no



The XL DINER is located in the heart of Aalesund, with stunning views across Aalesundet, Molja and the ocean outside.



Ever since we opened in 1999 we have consciously developed our business concept for the enjoyment of our guests, something that has been noticed by a number of important restaurant reviewers. The XL DINER is currently operating as a restaurant and catering business.

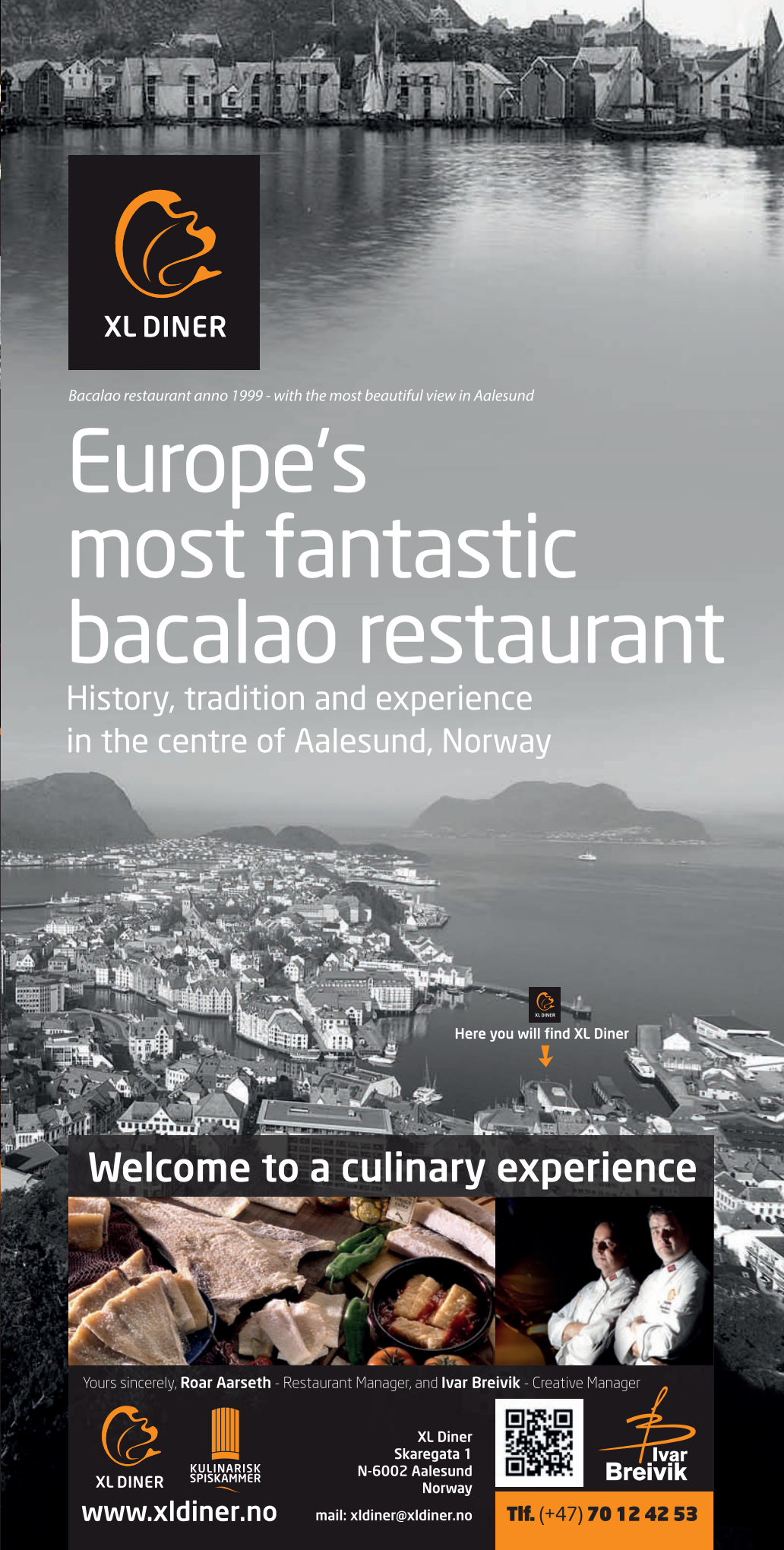


Our excellent reputation, particularly as one of the most talked about stockfish restaurants in Europe, precedes us and consequently skilled professionals want to work in our kitchen. Our chefs are primarily competition chefs from all over Europe, and we are obviously very proud to be able to say this. Good food is derived from inspiration. As our guest you will be able to both see and taste much of this inspiration. Good food is based on hard work and experience, something that we have acquired by working as guest chefs in many well-known European restaurants. We now have the town's best bacalao restaurant, located in one of its most traditional restaurant premises where there has been a café ever since the early 1960s.



We hope that you, as our guest, will experience a memorable visit, either in our restaurant, at one of our large private events or if you make use of our popular reception rooms. Kulinarisk Spiskammer offers tailored packages for social events for companies, private groups, courses, conferences and travellers visiting Alesund.

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Yours sincerely, **Roar Aarseth** - Restaurant Manager, and **Ivar Breivik** - Creative Manager



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Why would you play piano to a salmon?
P. 16



Why is the Hurtigruten ferry compulsive viewing?
P. 18



How did this girl get the better of Wayne Rooney?
P. 20



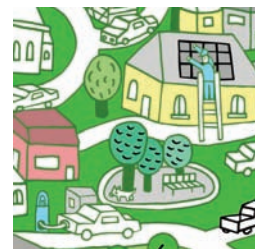
Where can I find the next Per Petterson?
P. 23

Q&A

This month's key questions answered
April 2013



Superspy or supermum? P. 31



Is this the most eco-friendly island on earth?
P. 24

James Bond lives where? P. 28



Fancy a light? P. 26

Why would you play piano to a salmon?

For Ole Hansen, it's just part of the process of creating the world's best tasting smoked salmon





Ole Hansen runs a business smoking salmon, just as his grandfather and great grandfather did before him. Nothing too remarkable in that, perhaps, except you'll find this Norwegian's small, homemade, lean-to smokehouse in a quiet mews street in north London.

"It was about recreating something that was lost from my childhood," says Hansen of his decision, four years ago, to abandon a career as a sound artist in order to build a smokehouse in the UK capital.

He started, he says proudly, with a stove that he got for £25 (NOK215). And his smokehouse produces a vertical airflow in which his salmon sway as they smoke for 12 hours, just as they would in the wind back home in his native Kirkenes, northern Norway. "It's like the way Linie Aquavit is made in barrels that move around the world," says Hansen. "The movement gives that something special to the flavour."

It's this detail, according to Hansen, that helps produce the best-tasting smoked salmon in the world. He also plays piano to the salmon as it smokes – he favours Edward Grieg – but that's more for his own benefit than for the fish.

He only uses local producers for his ingredients, from the sweet Fleur de Sel de Guérande used for hand-salting, to the

juniper and beech-wood chips procured from a small German supplier fuelling the stove – it has to be 70 per cent beech wood and 30 per cent juniper to get the perfect blend of sweet and smoky.

The salmon is currently sourced from a family farm in the Faroe Islands, where the fish is de-stressed before it's killed – though he's now looking at another farm in Tromsø to keep things Norwegian. Scottish salmon is off-limits because, he says, none of the producers is small scale enough. "It's about integrity – I want to work with people who have a sustainable business because their families rely on it."

After the fastidious salting, the preparation of the wood and the 12-hour smoking process, the fish is ready. Once done, he refuses to chop the fish on plastic, insisting on using a slab of oak like his grandfather did. He's appalled by the thought of plastic touching the fish. And don't even mention vacuum packing.

The result is astonishing – a rich flavour of sea and woods with a lingering aroma. "I'll turn up to a party smelling of fish," says Hansen, "but people like it. They'll sniff my scarf and go, 'Ahhhh'."



Opposite/Ole Hansen at work in his north London smokehouse
Top/The salmon is hand-salted
Left/Hansen's wood-chip blend is mostly beech wood mixed with juniper for perfect flavour

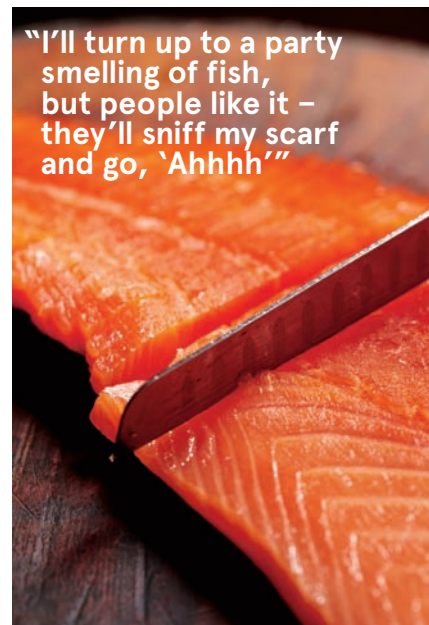


Chefs like it, too, from Michelin-starred Nuno Mendes to the near-ubiquitous Yotam Ottolenghi. Hansen sells wholesale for £70 (NOK600) for a whole salmon or £40 (NOK345) for a 600g fillet, but you can get 100g for £5 (NOK45) at various times at east London's Broadway Market, Camden Passage in Islington or Borough Market in south London. You can even visit his smokehouse on a Thursday or Friday – and London is closer to Oslo than Kirkenes is.

→ hansen-lydersen.com



Norwegian flies to new hub London Gatwick from more than 20 destinations



"I'll turn up to a party smelling of fish, but people like it – they'll sniff my scarf and go, 'Ahhhh'!"

Ole Hansen's smoked salmon taste guide

■ Waste.

■ The top gets the least smoke, and is cleaner and creamier than other sections. I've found men often like the tail and women the upper section."

■ "The lower-middle part is the thickest part and many say the best – it has a sweeter, milder flavour than the tail."

■ "Thinner and closer to the smoke, the tail is saltier, with a tougher structure and more intense flavour."





Why is the Hurtigruten ferry compulsive viewing?

The video of the Hurtigruten's route is the world's longest video, at more than 134 hours long. Boring? Strangely, no...

Although it was first streamed live in July 2011, Norwegian broadcaster NRK's video of the iconic Hurtigruten ferry's entire journey from Bergen to Kirkenes can still be seen online – and still holds the Guinness world record for the longest video ever made.

If it seems odd that 2.6 million people tuned in, have a look – filmed from 11 onboard cameras, it's an oddly compelling portrait of what's said to be the world's most beautiful ferry journey. We pick some highlights.

→ nrk.no/hurtigruten

 *Norwegian flies to Bergen, Tromsø, Trondheim and Ålesund from London Gatwick. Book at norwegian.com.*



Lofoten 75:41:11

The impressive snow-capped peaks of the Lofoten Islands come into view, including its highest mountain, Higravstinden.



Kirkenes 134:00:00

Queen Sonja, onboard the royal yacht KS Norge, meets MS NordNorge as it pulls into Kirkenes harbour at the end of the route.



Nordland 62:18:12

An announcement on the MS NordNorge signals that the ship has entered the Arctic Circle at 66°34'N 000°00'E. On land, there's an Arctic Circle Centre at Saltfjellet in Nordland county.



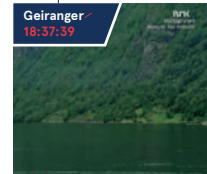
Raftsundet 75:31:20

Local boys Eric Hansen, dressed in a Borat-style mankini, and his friend Thomas Bentzen, dressed as a gorilla, welcome Ms NordNorge to Raftsundet with a midnight waterski.



Bergen 00:00:22

Hans Tore Bjerkas, director-general of NRK, explains how much the route has contributed to the lives of Norwegian coast dwellers before cutting a red ribbon and declaring the epic broadcast open.



Geiranger 18:37:39

The ship glides along the calm deep blue waters of Geirangerfjord, an official UNESCO world heritage site, with views of majestic waterfalls including the Bridal Veil and the Seven Sisters.



Trondheim 38:51:20

An overexcited NRK presenter pounces on an unsuspecting forklift truck driver loading boxes on board. His cargo appears to be mainly bottles of whiskey and Campari.

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How did this girl get the better of Wayne Rooney?

Meet *Charlotte Lade*, the girl with a ball glued to her foot



Despite the setback, Lade discovered she could still follow an alternative soccer dream, by freestyling. "I first discovered football freestyling through injury and the rest, as they say, is history."

Freestyling was a natural fit for the young footballer and has led to work around the globe. "The injury turned out to be a blessing in disguise because freestyle football has ended up becoming a full-time job – it's getting so much bigger all over the world now. Along the way, I've met some fantastic people."

She moved to London to build her career and capitalise on the job opportunities there, but still returns to Norway. "I don't get any special treatment at home, though – where I'm from in Norway is a tiny place and everyone knows everyone else!"

Lade practises daily and even invents new tricks. "The great thing about freestyling is that I can train anywhere, so long as I have my ball," she says. "Most of the time I practise in my garden."

Freestyle football has helped her secure a television slot – on Disney XD's *Goalmouth* programme this spring. "I'm so excited about it, it's a new challenge and something I'm really enjoying. I've always wanted to combine football freestyle with presenting. And I'm really pleased to be able to show the girl-power side of it."

For those who want to emulate her, Lade has some advice for budding freestyle footballers. "The important thing is to work hard and be dedicated. Every time you drop the ball, pick it straight back up and try again."

→ *Goalmouth is on Disney XD throughout April*

Not many get to challenge Wayne Rooney to a football face-off, but 25-year-old Charlotte Lade did just that – and taught the Manchester United striker a thing or two in the process. She has also appeared in an ad with Cristiano Ronaldo and Rio Ferdinand – "They were really good fun," says the Man Utd-supporting Norwegian of her footballing super-co-stars.

Lade is a star in her own right, one of the biggest names in the freestyle football world – basically, doing tricks with a football. Her biggest career highlight so far has been performing at the 2010 World Cup in Johannesburg, South Africa.

It's a long way from practising keepie-uppies in front of her father as a child growing up in Sykkylven, near Ålesund. How many can she do? "When I last tried it I was 13 and my dad stopped counting at 5,000," she says. She had dreams of playing football for her country: after working her way through the Norway age-grade sides she was set to play as a central midfielder in the national team's under-19 side. However, a fatigue injury halted her progress.



"I'm really pleased to be able to show the girl-power side of freestyling"



Pictured Charlotte Lade shows off her freestyle football skills for our exclusive shoot on the De Beauvoir Road estate in east London

Find more online
→ twitter.com/CharlotteLade
→ disney.co.uk
Book your tickets
→ norwegian.com





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BY NORDIC CHOICE



Where can I find the next Per Petterson?

Try looking in the pages of the new Norwegian version of literary magazine *Granta*

Granta's a big deal for literary types. The self-styled "magazine of new writing" has been going, on and off, since 1889, when it started as a

Cambridge student rag that hosted the burgeoning talents of AA Milne and EM Forster. Since it broadened its scope in 1979, it's built a reputation for its lists – in 1983, its first issue of 20 Best Young British Novelists featured Martin Amis, Julian Barnes, Ian McEwan and Salman Rushdie; today, making the list is a sign that a young writer has arrived.

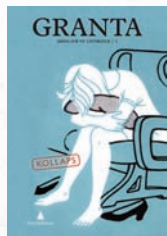
But *Granta* has rarely shown much interest in Scandinavia – until now. January saw the launch of the first-ever Norwegian edition, while a Swedish version is due to launch in May – all part of a plan to have up to 17 foreign editions within the next five years.

The theme of the first, annual Norwegian issue is "collapse" and it has received rave reviews. Though half the pieces are translated works from authors including Alice Munro and Aleksander Hemon, the local half features a healthy dose of first-time and up-and-

coming writers, alongside established names such as poet Øyvind Rimbereid, and novelists Kjartan Fløgstad and Vigdis Hjorth.

Editor Trude Rønnestad chose narrative stories she liked – she especially recommends a piece by journalist-turned-short-story-writer Ingvild H Rishøi as, "almost unbearably touching and brilliant at conveying the voice of the small person."

"We started a Norwegian edition because it seemed the Norwegian literary scene didn't have a magazine that treated fiction and nonfiction as having equal merit," says John Freeman, the London-based editor of *Granta*, who plans to translate the Norwegian pieces for syndication throughout *Granta's* global network. "When most of what is being translated from Norway is crime fiction," Freeman adds, "it feels like an opportunity to help important writers get new readers around the world."



Mind reading

↓
Pick the Norwegian writer to suit your mood



**Whimsical
Existential
Surreal**

Johan Harstad
34-year-old author, playwright and graphic designer whose novel *Buzz Aldrin, What Happened to You in all the Confusion?* has been a worldwide success.



**Political
Playful
Intelligent**

Mikkel Bugge
Oslo writer renowned for smart, fast-paced and endlessly inventive storytelling. His novel *Gå under jorda* (*Going Underground*) has been earning rave reviews.



**Thoughtful
Subtle
Sensitive
Per Petterson**

Since breaking through in 1987 with a collection of short stories, the former labourer has won every major literary award in Norway.



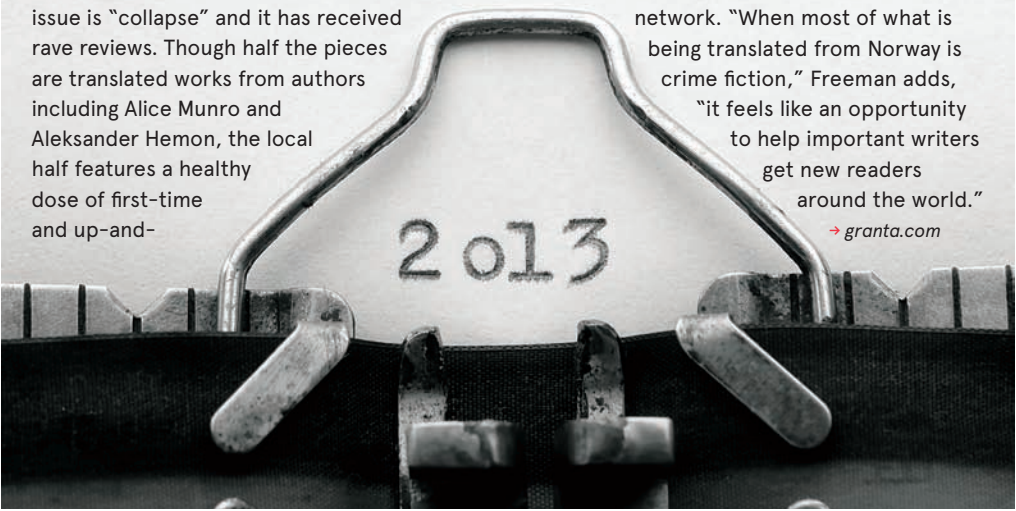
**Powerful
Poetic
Melancholic**

Ingvild H Rishøi
One of Norway's most talented young writers, Rishøi creates powerful short stories full of loss and longing, but imbued with hope.



**Dark
Disturbing
Gruesome**

Jan Roar Leikvoll
Leikvoll writes with insight and power about the darker side of human existence. His novel *Fiolinane* isn't for the easily offended.





Is this the most eco-friendly island on earth?

The small Danish island of Samsø is already carbon neutral – by 2030, its aim is to be rid of fossil fuels entirely. We ask how


In 1997, the Danish island of Samsø was reliant on energy from the mainland. Oil was sent across to heat homes and coal-generated electricity was imported via a cable. Then the Danish government launched a competition, inviting five small communities to show how they'd reach 100 per cent self-sufficiency using only renewable energy sources. Samsø's plan was the most impressive, and within eight years the island was producing enough green power to meet the needs of its 4,000-or-so residents.

These days, Samsø's network of wind turbines, solar panels and biomass burners functions so well that islanders have a surplus of green energy – and they're selling around 80,000 megawatt-hours of it back to the mainland every year. "We've changed from being totally dependent on imported fuels to being more or less independent," says Søren Hermansen, director of Samsø Energiakademiet, the organisation driving the project.

Hermansen and his colleagues are now fighting to rid the island of fossil fuels entirely, including the fuel used in buses, private cars, and the ferries that

connect Samsø with Jutland and Zealand. By 2030, the hope is that 80 per cent of local cars will run on electricity, with all ferries powered by gas or – even better – electricity produced on the island.

"One of our strongest assets is the public participation and ownership," Hermansen says. "We have convinced the local people on Samsø that it's a good idea to invest in these projects and they are doing it actively. They have learnt that it pays."

 *Norwegian flies to Copenhagen from ten destinations. Ferries to Samsø leave from Kalundborg, 101km away*

How Samsø works



Population and jobs

Environmental work on the island has created 30 new permanent jobs, according to Samsø Energiakademiet, and helped to ease fears over depopulation – an issue facing lots of Denmark's small communities.



Wind turbines

Samsø has 21 large wind turbines – 11 on the island and 10 off the south coast. Around 70 per cent of these wind turbines are owned by private enterprises like farms and the rest are owned by cooperatives made up of local people.



Solar panels

Photovoltaic solar panels are used in most public buildings and residents are encouraged to install them in their homes. When there's no wind for the wind turbines, bright skies often help to replace any shortfall in energy.



District heating systems

Biomass (often straw) is bought from farmers and fed into special stokers at four locations. The fire warms up water, which is circulated to provide 60–70 per cent of the island's central heating needs. Energy for the rest is supplied by wind turbines.



Public participation

The average Samsø resident has invested more than DKK100,000 (€13,400) in the island's green technology. For DKK3,000 (around €400) they can buy one share in a wind turbine, equal to around 1,000 kilowatt-hours of energy per year.



Sustainable farming

As well as providing the straw for heating and local produce, profits from the farmers' wind turbines will be ploughed back into developing sustainable farming techniques. One farmer produces his own biodiesel by cold-pressing oil-seed rape.



Energiakademiet

The Energiakademiet is a working office, but it doubles as a place for people to meet and share ideas, with a central role giving locals tips on how to save energy at home. "It's still good business sense not to use so much energy," says Hermansen.



Food, shops and restaurants

Started in 2012, Samsø FødevarerNetværk connects farmers with local restaurants and shops like Smagen af Øen (smagenafoen.dk), which specialises in seasonal food from the island. The hope is to become free of imported food.



Green roads

Petrol-powered cars are still the norm, but there are now around 20 electric cars on the island. There are plans to have buses and trucks run on biodiesel created by cold-pressing oil-seed rape, the same system used in some farmers' tractors.



Fancy a light?

A Norwegian designer takes lighting in a whole new direction

“T here’s been a big focus on lighting in the past couple of years,” says Andreas Engesvik, an Oslo designer and one of several young Norwegian luminaries bringing bright ideas to lamp design. Engesvik’s creations range from a freestanding lamp that changes colour,

shape and transparency, to a Light Tray (*pictured*), which lets you change the tinted glass cups over the bulbs to create various different moods.

Formerly a member of acclaimed design collective Norway Says, Engesvik is now flying solo, diversifying his portfolio with an innovative approach to furniture, tableware and sculpture,

among many other beautiful things. His striking range of lamps was one of the highlights of the recent Furniture and Light Fair in Stockholm.

“It will take time before Norway can match the design scenes in Sweden or Denmark,” says Engesvik. “But excellent young designers are coming through.”

→ andreasengesvik.no





SPEAKING OF NORWAY ...

Scattered across Norway there are a few really unique and characteristic hotels and restaurants.



The best of these are collated in De Historiske – historic hotels & restaurants of



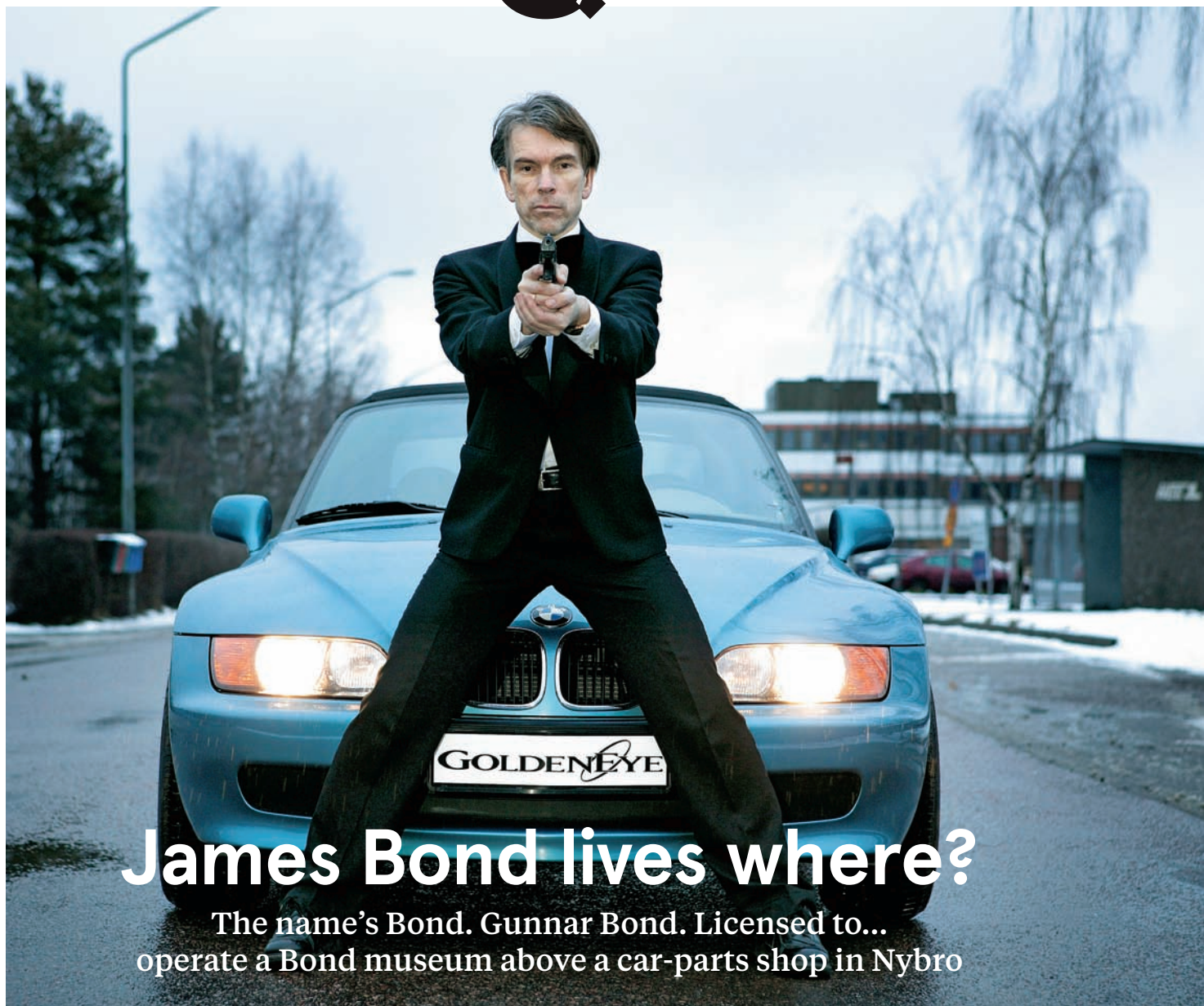
Norway. These places can offer you food, hospitality and stories that you wouldn't expect - we promise you! Read more about these fantastic hotels

and restaurants at www.dehistoriske.com



DE HISTORISKE
historic hotels & restaurants





James Bond lives where?

The name's Bond. Gunnar Bond. Licensed to...
operate a Bond museum above a car-parts shop in Nybro

The glamorous destination is a staple of the James Bond movie. But my quest for 007 has led me to the small Swedish city of Nybro, population 13,000, and to an auto shop on an industrial estate.

When I arrive, snowflakes still melting on my clothes, I enter to find the place deserted and silent. I decide to take a look

around. On the left-hand side of the garage space are shelves stacked with regular car accessories: brake disks, replacement headlamps, plastic bottles of motor oil and the like. Over on the other side of the room, however, things get considerably more interesting – there are martini glasses, packs of playing cards, bottles of aftershave, books, posters and other items of merchandise, every little bit of it

etched, emblazoned, stamped or printed with a 007™ logo. Engrossed in all the Bond paraphernalia, I'm startled when a figure appears at the back of the workshop, scaring the living daylight out of me. It's Bond.

I resist the urge to say I've been expecting him, and stretch out my hand in greeting. This is the man formerly known as Gunnar Schäfer, but following a

successful change of name in 2007, now Gunnar Bond James Schäfer. To colleagues and locals, it's plain Mr Bond, including at the neighbourhood pizzeria, where he convinced the owners to create a special 007 pizza.

The 56-year-old Swede actually makes a very passable, Timothy Daltonesque Bond – he's slim and strong looking, with a chiselled jaw and sweptback hair – but this is obviously a dress-down day. Instead of the tuxedo, he's wearing a black zip-up cardigan and plain black trousers, like something Bond might wear after an alpine ski session. Or a day spent doing odd jobs in a shop that sells car parts.

It's not just a car-parts shop though – the space also doubles as Gunnar's very own James Bond museum and gift shop. "I thought we could start with a little video," he says and leads me through to a 20-seat cinema. From the self-produced film that follows, it becomes clear that this Bond thing is more than just a hobby.

He drives a car with the number plate 007 JB. He named his house GoldenEye, after Bond author Ian Fleming's Jamaican residence, and has the number 007 above the door. Confusingly, he actually lives at number ten.

Gunnar dates the start of his obsession to 1965, when his older brother took him to see his first Bond film. Its fruition didn't come until almost 40 years later, when in 2003 he opened his museum.

The impressive collection runs to some 40,000 pieces and includes a pistol used in *The Man with the Golden Gun*, a 007 toilet with Bond silhouette in mosaic on the floor, and a bar area, where vodka martinis are served to Bond fans and non-fans alike, along with the opportunity to play

"I don't know what my dad experienced, but I dream Fleming's stories match his"

blackjack in Gunnar's mini Casino Royale.

Fittingly for a man with a front as a car-parts salesman, the best exhibits are the vehicles. As well as a racing-green Jaguar E-type made in 1962 – the same year *Dr*



No was released – Gunnar owns the actual metallic blue BMW Z3 Pierce Brosnan drove for the filming of *GoldenEye*. This car, Gunnar says, is the single most expensive item in a collection he estimates to be worth between SEK5 and SEK10 million (€590,000–€1.18m).

As we chat, he opens up more about the reasons for wanting to be like Bond and his creator Ian Fleming, who he affectionately calls "Papa Fleming".

"When I was two years old, my dad went to Germany to find his relatives," he explains. "We never heard anything from him again. Interpol searched for him for 10 years before they declared him dead. I still don't know what happened to him.

"I became fascinated with Fleming's stories and started comparing Fleming with my dad. I don't know what my dad experienced, but I could dream that Fleming's stories matched with his."

Although he's never stopped searching for clues about the past, Gunnar has his sights set on the future. His website attracts millions of Bond fans every year and he's hoping to take some of his exhibits

on tour to other parts of the world. He's even going to start making more appearances as a lookalike. And, of course, he wants to collect more stuff. For a Bond obsessive like Gunnar, it seems the world is not enough. → 007museum.com



Norwegian flies to Visby, three hours' drive from Nybro. Rent a car at norwegian.com



Above and Left: Nybro's Bond Museum, home to some 40,000 pieces of Bond paraphernalia, including a mini casino and the BMW R 1200 motorbike used in *Tomorrow Never Dies*

Fabrics from the "Archipelago"

DESIGN
FINLAND



VALLILA

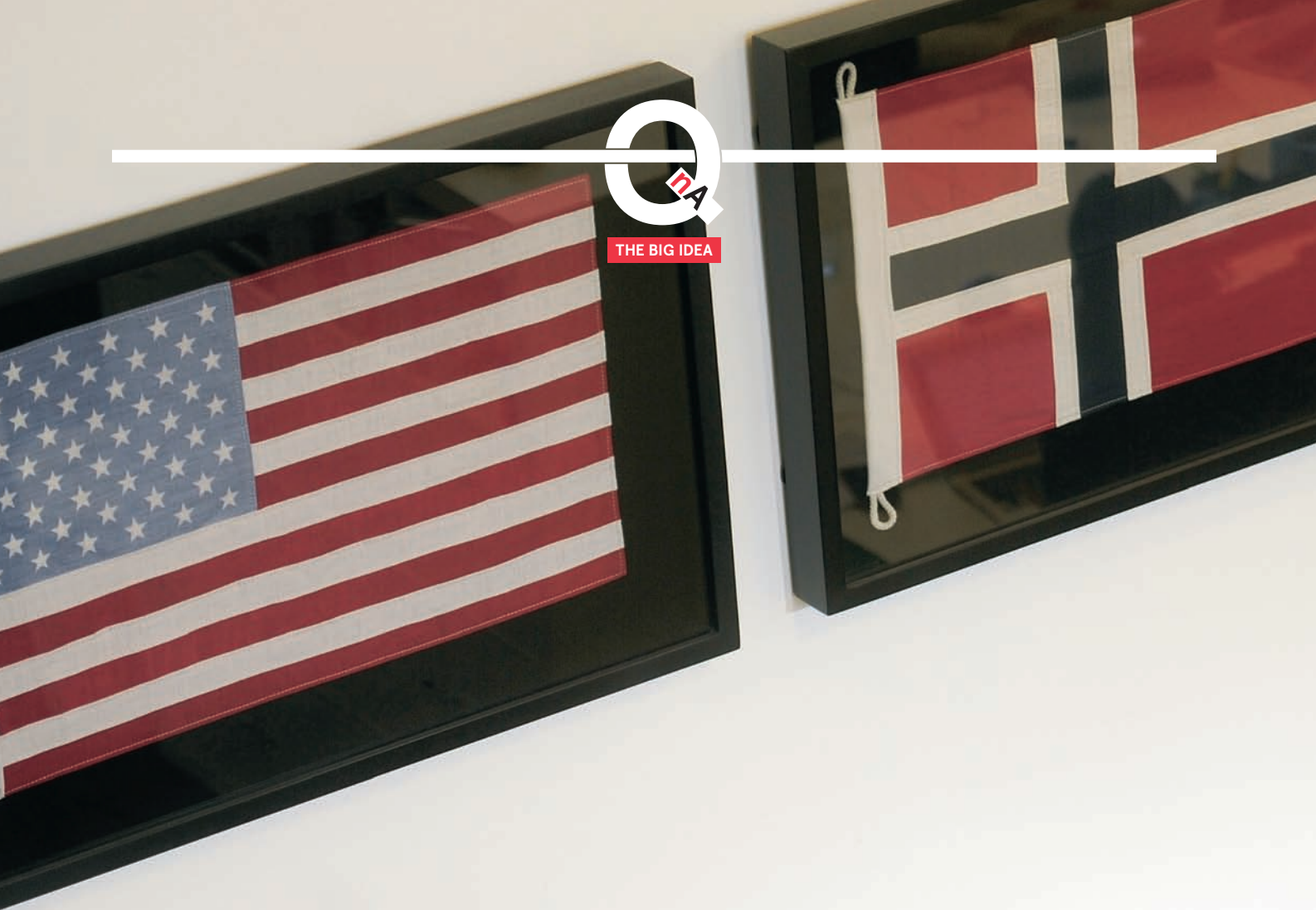
SS/13

The spring / summer collection 2013 has been inspired by the cities around Europe, summery Scandinavian archipelago and exotic surf beaches in the paradise.

www.vallilainterior.fi
www.facebook.com/vallila
www.pinterest.com/vallilainterior
See the rest of the collection online!



THE BIG IDEA



Superspy or supermum?

Norwegian mother-of-three Silje Vallestad created an app that lets parents keep an eye on their children's mobile-phone use. And Will Smith's wife likes it so much she's invested in it »





W

hat's the big idea? Bipper, a company started by mum-turned-mobile-phone-wizard Silje Vallestad, designs and builds apps that turn smartphones into safety devices.

Thanks to their latest product, MobileKids, parents can monitor – and limit – what their kids get up to on their phones. It also allows them to add and remove features remotely and even has GPS-based safety services. Bipper's other app, bSafe, is a safety alarm that sends out a cry for help to a network of guardians, at the same time as automatically recording video so they can see what's happening.

→ So what made Vallestad want to padlock phones? Personal experience. "Back in 2006 when my daughter started school I realised six year olds had phones," says Vallestad. "As a parent you like the safety and the easy communication the mobile provides, but you still want to be able to define limits and to follow what they are doing."

→ What spooked her about kids and phones? A lot. "It was shocking to me," she says. "You had mobile bullying with pictures being taken in the shower and shared with friends at school, contact with strangers and all these things I had never thought about."

→ It's a good thing Vallestad had a technical background before starting her business... That's the thing – she didn't. She was a concerned mum with a great plan, but no real map of how to get there. Then she heard about business-plan competition Venture Cup. "I thought entering would help me put things into words and work out a strategy," she recalls. "I joined Venture Cup in 2007 and won."

"She was a concerned mum with a great plan but no real map of how to get there"

→ Why is Bipper's product better than what's already out there? Because it is made with motherly love. "The big difference is that MobileKids has been defined by me and other parents and not by techies," Vallestad says. "Other services out there only tend to have one of the components, not the whole block."

→ That's great for parents, but how do the kids feel about being spied on? It's not really spying as the little munchkins are in on the whole thing. "We believe it should be open and based on trust. Your kid should know what information

THE BIG IDEA

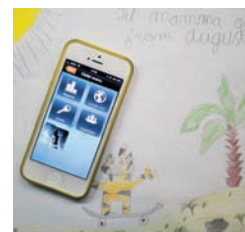


you receive as a parent," says Vallestad. "Other companies allow you to download monitoring apps, but that's spyware that lies on the phone and gives you information without your child knowing, which is something we are against." With MobileKids, parents know who their kids are in contact with and they know what apps are being downloaded, but they can't read the text messages.

→ What about the other app, bSafe? How effective is that? It's so effective, movie star kids use it. Jada Pinkett Smith is investing in Bipper and joining the company after daughter Willow started using bSafe.

→ How successful has Bipper been as a company? bSafe has over 200,000 users in Norway and the company is making significant inroads in India. So far about US\$5million (NOK 28.5million) has been invested in Bipper. And with Pinkett Smith on board, the company should grow quickly in America; Vallestad is currently busy setting up a new office in Silicon Valley, California. "We have been using Norway as our playground but now it's about getting a bigger market. My ambition has always been that Bipper should be the global leader of safety in mobile phones."

→ And Vallestad herself? She's now in San Francisco, after moving there last year. "If you want to build a global company within tech, Silicon Valley is the place to be," she says. "It has been a big adjustment for my family. My three kids didn't speak English when we came. It took about three months to settle in but my kids have been a big part of the success of Bipper. It was my desire to keep them safe that led to me starting the company, after all." → bipper.com



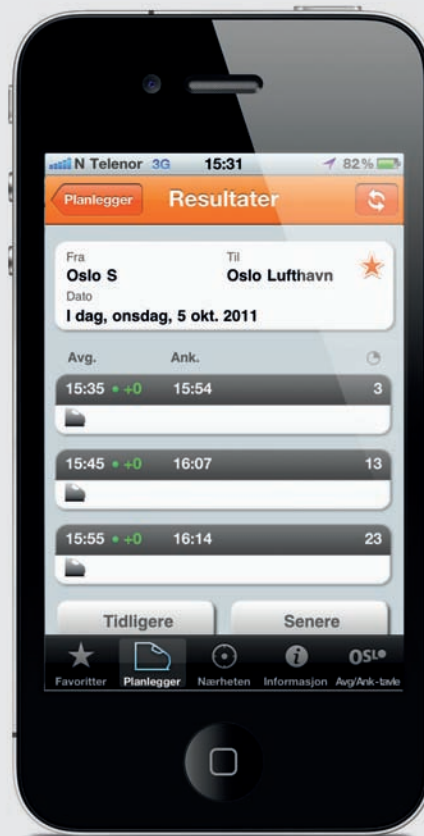
Top: Silje Vallestad and her three kids, who just moved to San Francisco with her Above: Vallestad's Bipper company has had US \$5million invested in it

Got a big idea?



After 12 months, we'll award a prize to the best Big Idea of the year. If you've got any ideas, let us know – email editor Toby Skinner at toby.skinner@ink-global.com

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Insight

Eight stories that go deeper



The amazing story of Munch's most famous painting
P. 42



Ålesund: the paradise where a catch is guaranteed
P. 50



Nikolaj Coster-Waldau on being *Game of Thrones*' bad boy
P. 36



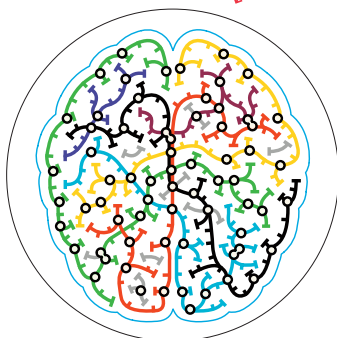
A bright and breezy A-Z of Florida, Norwegian's new destination
P. 60

The Turkish Riviera is first up in our new series of 'by Norwegian' guides
P. 94



Why Swedes can't get enough of Eurovision
P. 70

Meet the men obsessed with the London Underground
P. 87




Know this shell? You will soon...
P. 80



The dark knight rises

His hard-hitting role in HBO series *Game of Thrones* has helped push Danish actor Nikolaj Coster-Waldau to the edge of global stardom. And like his character, there's more to him than looking good in a suit of armour

Words  Ruth Styles

There's an old cliché that actors are always much smaller in the flesh than they appear on screen. Not Nikolaj Coster-Waldau. When I meet the *Game of Thrones* actor at a press junket at London's Corinthia Hotel, he dwarfs the other actors milling around – even the veteran English actor Charles Dance looks petite next to the 1.88m giant, his broad shoulders bulging and his muscled neck poking through a simple wool sweater.

Sporting standard-issue Scandi-in-Hollywood lank blond hair, Coster-Waldau looks like someone you'd find in an erotic novel; he seems custom-designed for swooning over. And while he's been compared to Prince Charming in *Shrek*, you can't quite imagine Prince Charming sleeping with his sister or throwing a child out of a tower window, two of the sins committed by "Kingslayer", Ser Jaime Lannister in just the first episode of *Game of Thrones* alone.

HBO's epic fantasy series has wowed critics, won awards and garnered an obsessive fanbase – all this despite its frequent nudity and bone-shuddering violence. (*New York* magazine recently voted the series' fans the most devoted in popular culture, ahead of followers of Lady Gaga and Justin Bieber.) The adaptation of George RR Martin's notoriously long-winded novels, about a group of families fighting for the throne of Westeros, based loosely on England in the Dark Ages, comes off like Tolkien with anger issues and a severe case of nymphomania.

But it goes beyond the usual teenage fanboy fantasy realm because the characters are intriguing, even as they chop each others' heads off – it's the *Mad Men* of the Dark Ages, if you like – and Coster-Waldau says there's more to Lannister than meets the eye. "You start off thinking, 'Well, he's the bad guy, he's a horrible person,' but slowly, as the story progresses, you find out it's a little more complicated than that," says the actor in his gravelly, Danish-inflected English. "There is this whole side to him that you had no idea about – a man who is very articulate, a guy capable of empathy, who understands human nature, but is also a man of action. If he has to go through you to get to where he wants to go, he will, without any second thoughts."

Though the 42-year-old has played his share of one-dimensional, fantasy beefcakes, he made his name in 1994 with *Nattevagten* (*Nightwatch*), a much-acclaimed Danish thriller about a student who gets the nightshift at the morgue of a forensic department. He has gone on to play the likes of a hard-drinking, immortal Dutch detective (for 2008 Fox series *New Amsterdam*); a high-class murderer in 2011's sharp Norwegian thriller *Headhunters*, based on Jo Nesbø's book; and, last year, a pair of identical twins in Guillermo del Toro's creepy horror film, *Mama*.

Along the way he's made a steady transition from Hollywood journeyman into something approaching stardom, helped by smaller roles in Ridley Scott movies *Black Hawk Down* (2001) »



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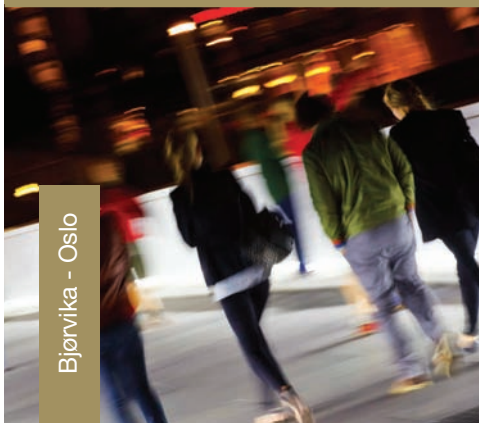
Residential building I
53 apartments
Completed 2010

Residential building II
76 apartments
Completed 2013

DnB NOR
Residential building III
41 apartments
Completion 2014

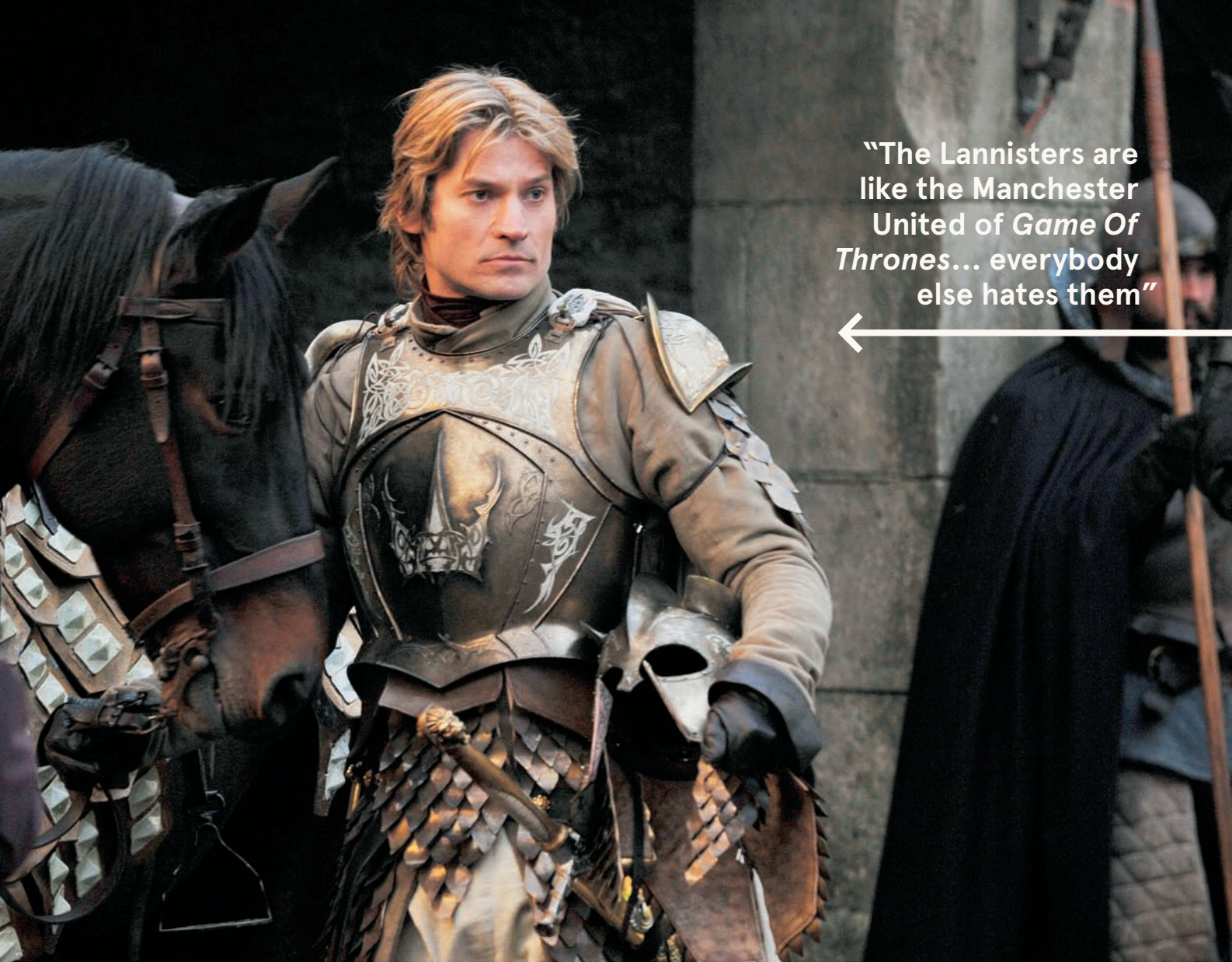
Residential building
160 apartments
Completion 2014/2015

Residential building
70 apartments
Completion 2016

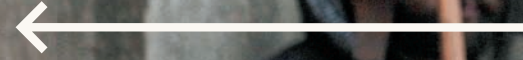


Bjørnvika - Oslo





“The Lannisters are like the Manchester United of *Game Of Thrones*... everybody else hates them”



and *Kingdom of Heaven* (2005). This month he appears alongside Tom Cruise and Morgan Freeman in *Oblivion*, a 3D version of Joseph Kosinski’s sci-fi graphic novel, and later in the year he’ll star as Juliette Binoche’s grouchy husband in Norwegian production *A Thousand Times Good Night*. Rumour has it he’s also in the running to play the nefarious Baron Strucker in *Captain America: The Winter Soldier*, alongside Scarlett Johansson and Samuel L Jackson.

It seems a lot to fit in, given that he spends five months a year filming *Game of Thrones* in Belfast, away from Copenhagen, where his actress wife Nukaaka – a former Miss Greenland – lives with their two daughters. When we meet, he’s just come back from the Grammys in Los Angeles and is looking forward to going home to his family. Born on the island of Langeland and brought up in Tybjerg, he doesn’t seem the type to be overly impressed by Hollywood glitz, but he’s not complaining. “I’m lucky I get the chance to do things other than *Game of Thrones*,” he says. “I think that’s why you get these great actors doing these cable shows. And I’m only two hours from home, so it’s not that bad.”

In between acting, Coster-Waldau has a punishing gym schedule – those muscles didn’t just appear one day – which he also refuses

to moan about. “It’s physical, but not when you compare it to jobs like, say, being a miner,” he says, breaking into one of his regular bouts of laughter. “Being an actor, you have a chair so you can sit down between takes if you want to. So I would never call my work hard. But it has its moments... There’s a scene in series two when I’m tied up to a post in a cage, and we shot that over two days and it was pouring down with rain in Belfast. But at the end of the day I go back to my nice hotel room.”

For a man whose character commits incest and kills babies, Coster-Waldau seems almost disappointingly grounded. The only time he gets slightly worked up is when he jokingly tells me how everyone hates the Lannisters. “They’re like the Manchester United of *Game of Thrones*,” he complains. “Apart from the team’s own supporters, everybody hates them. When HBO comes out with posters, I’m always like, ‘What? Another Stark poster! Bastards!’” With that, he’s off, though I know it won’t be the last time I see those biceps.

Season three of Game Of Thrones is currently screening. Season two is out this month on DVD

Turn the page to find out if Scandinavian actors are tallest » » »

Tall order

Nikolaj Coster Waldau fits the stereotype of the giant Scandinavian actor. But are the leading men of Denmark, Sweden and Norway actually bigger than their American counterparts?



Dolph Lundgren

He-Man, bodybuilder and all-round Scandi action-man cliché

196cm



Alexander Skarsgard

Lofty TV vampire and five-time winner of the 'Sexiest Man in Sweden' award

194cm



Pål Sverre Valheim Hagen

The rising star – literally – of Norwegian cinema after his elevated performance in *Kon-Tiki*

194cm



Peter Stormare

The towering Swedish star of *Prison Break* and *Lost*

189cm



Nikolaj Coster Waldau

Game of Thrones' giant great Dane

188cm



Mads Mikkelsen

The medium-sized Cannes best actor winner for *The Hunt*

183cm

Scandinavia's leading men

Average height: 191cm

Hollywood's tallest

Average height: 186cm

200 cm

190 cm

180 cm

170 cm

160 cm

Bruce Willis 1.83m

Tom Hanks 1.83m

Harrison Ford 1.85m

Will Smith 1.88m

Morgan Freeman 1.88m

Samuel L Jackson 1.89

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Where

did

The

Scream

go?

As Norway celebrates 150 years since the birth of Edvard Munch, we tell the remarkable story of how one of his most iconic paintings was lost and found

Words / Andrew Mueller → Illustrations / Thomas Danthony





“Nowhere else do you find millions of dollars just hanging on a wall, so the actual theft is a very low-risk enterprise”



Top: A bystander snapped this picture of thieves heading towards a black Audi with two paintings: Munch's *Madonna* and *The Scream*

Above: The version of Munch's existentialist masterpiece *The Scream* stolen from Oslo's Munch Museum in 2004

Edvard Munch's masterpiece *The Scream* can be seen as a depiction of many things: mankind's impotence before nature and history, a self-destructive rage at our own insignificance, or plain, old-fashioned existential angst. It doubtless tells us something about the human condition that Munch's lurid portrait of a hairless goblin freaking out on a mountain road overlooking the Oslofjord is, if one measures art by price, one of the half-dozen most valuable paintings of all time – in May 2012, one of the four versions of *The Scream* Munch created between 1893 and 1910 sold at Sotheby's in New York for just short of US\$120 million (NOK690m), a world record for an art auction.

The Scream can also be imagined to be a reasonable depiction of the expression on the face of an art-gallery director who has just noticed a space on the wall where the first-ever version of *The Scream* had been hanging. At around 11.20am on 22 August 2004, a pair of masked bandits – at least one of them armed with a .357 Magnum pistol – walked into Oslo's Munch Museum and, to the surprise of several dozen museum visitors, yanked the painting from its hook

and bolted, pausing en route to also help themselves to Munch's rather gentler *Madonna*. A bystander on the street outside photographed the robbery in progress, the waiting getaway driver popping the black Audi's hatch to receive one of Norway's most prized cultural treasures. It was the last time *The Scream* would be seen in public for over two years.

“It was a Sunday,” recalls Petra Pettersen, who for 16 years has been the curator of paintings at the Munch Museum, “so I was at home. I heard about it on the radio. I was shocked, of course, though I knew the security at the museum was really not so good. But then nobody expected something like this in Norway.”

They should have. Roughly 10 years earlier, a version of *The Scream* belonging to the National Gallery in Oslo had been stolen. It was recovered a few months later in a sting operation involving Norwegian and British police. (In a touching demonstration of Scandinavian fair play, the thieves were later released, after appealing their sentences on the grounds that the British detectives had entered Norway using false identities.)

But installing high-tech security systems for high-profile artworks is expensive and often arguably redundant. The best protection a painting as well known as *The Scream* has – at least in theory – may be its own fame. Though it is worth a fortune, there's little point in stealing what can't be sold – and few billionaires are willing to risk imprisonment to purchase a painting they can't tell anyone they own.

So what's the point of stealing it? Julian Radcliffe has had more reason than most to consider the motivations of art thieves. Since 1991, Radcliffe has run the Art Loss Register (ALR), a London-based »







“It could have been worse – we’d heard so many rumours about it being burned or destroyed”

database of missing and stolen art. The ALR has assisted in the recovery of hundreds of paintings and other artefacts – including, most recently, a Matisse taken from Stockholm’s Museum of Modern Art in 1987. Radcliffe admits that paintings are superficially attractive targets: “Nowhere else do you find millions of dollars just hanging on a wall, so the actual theft is a very low-risk enterprise – especially during opening hours when, if the thieves are armed, the priority is to get them out of the building as fast as possible, to protect the gallery’s other visitors.”

It’s profiting from the crime afterwards that is tricky. “I’ve had lots of contact with people who’ve stolen art or financed the stealing of art,” says Radcliffe. “They haven’t usually thought through what they’re going to do with it.”

In 2006, six men went on trial charged with the theft of *The Scream*, though at that point it was still missing. Three were acquitted, among them well-known drag racer Thomas Nataas, who persuaded the court he’d hidden the paintings in his Batmobile-themed tour bus because his life had been threatened. Three were convicted. Petter Rosenvinge got four years for knowingly selling the getaway car to the thieves. Petter Tharaldsen, who drove the car, was sentenced to eight years. Bjorn Hoen, the alleged ringleader, received seven years. In a bid to prompt them to part with information about the whereabouts of their loot, Tharaldsen and Hoen were also told that, pending the recovery of the paintings, they would have to pay a fine of NOK750m to the city.

The pair was spared this daunting expense in August 2006, when Oslo police received a tip-off. They’d worked hard for this lead, running the biggest surveillance operation in Norwegian history,

tapping more than 70,000 phone calls. Norwegian newspapers at the time reported that the source was a lawyer acting for David Toska, the leader of a violent raid on the NOKAS cash depot in Stavanger in April 2004 – the biggest heist to ever take place in Norway and a crime that had resulted in the death of a police officer. Police had long thought there might be a link between the crimes, speculating that lifting the famous paintings was intended to divert attention and resources from the investigation into the cash heist.

This theory was reinforced by the sorry state *The Scream* was in when it was returned to the Munch Museum – its captors certainly hadn’t treated the painting as if they valued it. “There were several damages,” says the Munch Museum’s Biljana Topalova-Casadiago, who oversaw the painstaking restoration process. “The most obvious was damage by liquid in the lower left-hand corner, but the paint surface was cut in several areas where the protective glass in the frame had been broken – the thieves had tried to get rid of the frame, I think because they were worried it had a tracking device. And then it was stored for two years in conditions quite demanding for such a fragile piece. But it could have been worse – we’d heard so many rumours about it being burned or destroyed.” »



Top: Painstaking restoration work was undertaken on *The Scream*, but its delicate state – it was painted on cardboard – means it can never be returned fully to its original condition. Above: *Madonna*, which was stolen in the same theft but also recovered in 2006

Want more Munch?

A few highlights of Munch 150, a year of events celebrating the 150th anniversary of Edvard Munch's birth



Munch!

Stockholm, until 12 May
The Thielska Gallery hosts a major exhibition of Munch's work from 1880 to 1910. Paintings include *Despair*, *The Sick Child* and a portrait of Friedrich Nietzsche.



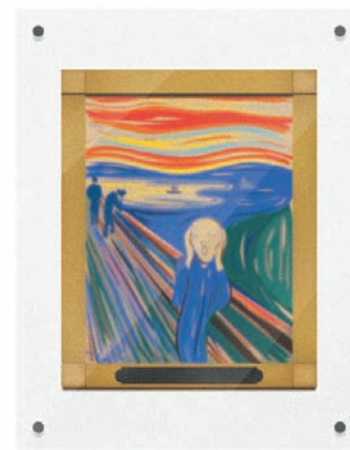
Edvard Munch's Mothers

Fredrikstad, 1 June
Documentary premiere about Laura Catherine Munch, Edvard's mother who died of tuberculosis when he was a child, and her sister Karen Bjølstad, who raised the young artist and helped nurture his talent.



Munch | Warhol

New York, until 27 July
The American-Scandinavian Foundation brings together two of the most influential artists of the 20th century. Lithographic works by Munch will be exhibited alongside the Warhol screen prints they inspired.
→ munch150.no



"Criminals do their risk analysis like everyone else. If they think it looks too hard, they'll go somewhere else"

The Scream was briefly put on show shortly after its recovery, before undergoing nearly two years of patient repairs. It was a delicate process, complicated by the fact that Munch had painted *The Scream* on cardboard.

"We stopped at the level of preservation," says Topalova-Casadiago. "We didn't retouch anything. Cardboard is harder to work with than canvas and the cardboard that Munch painted *The Scream* on is very thick, so you can't access the painting from the back. So some water damage was irreversible, unfortunately, and is still visible – but we were worried that if we tried to do something about it, there was a danger of making it worse."

It's been back on permanent display in the Munch Museum since 2008, but if any other budding art thieves are tempted, stealing *The Scream* would be rather more of a challenge today than it was in 2004. By the estimation of Trygve Lauritzen, the Munch Museum's head of security since 2010, NOK40 million has been spent on ensuring that *The Scream* stays where it is. Visitors are now screened as if they were boarding

an aircraft; a sluice-style gate controls the flow of people in and out of the painting's sanctuary; cameras record everything – and, cautions Lauritzen, "there are other measures that we don't talk about."

But while *The Scream* is now safer than it was, Munch's anguished protagonist will always have some reason to be nervous. "There are some thieves who are drawn to the spectacular," says Julian Radcliffe at the Art Loss Register, "whether that's out of ego, bravado, even a sense of professional pride."

"Criminals do their risk analysis like everyone else," says Munch security chief Lauritzen. "If they think it looks too hard, they'll go somewhere else – and the visual effect of the cameras and X-Ray machines, and metal detectors is very positive in that respect. But you can never be sure about anything in this world. It's not likely and it would be difficult, but you never know."



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A fisherman's tale

Even though the traditional local fishermen are a dying breed, the beautiful town of Ålesund remains one of the world's great destinations for a fishing trip

Words  Toby Skinner  Photos  Tom Robinson

F

ishermen in Ålesund love to boast about their fishy paradise with big numbers. In early spring, they say, the mass of herring roe off the surrounding coast weighs three times that of Norway's human population. Those eggs draw a bounty of other fish, including the 500 tonnes of cod that swim into the fjord around Ålesund

(about the weight of 100 monster trucks, in case you were wondering). Given that mass of fish, they also say you can catch a 30kg cod here just by dangling a rod into the harbour and waiting for a bite.

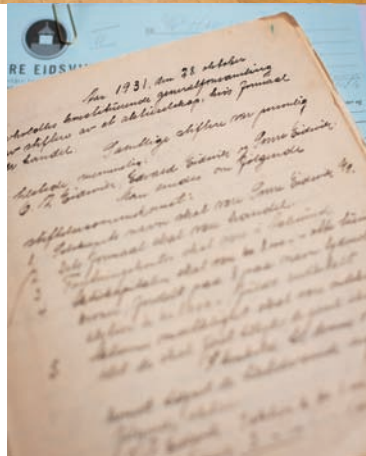
This is all near-enough true, though the belief in *hal* – the idea that if a fisherman has plentiful sex the night before, he'll get lots of fish the next day – certainly seems apocryphal. (Tom the photographer is not my type, and I caught plenty of fish – but more of that later.)



Whatever. Ever since it started producing *klipfish* (dried, salted cod) in 1750, Ålesund has become the fishing capital in a country that's known for its sea life. The Vikings knew you could catch fish in the fjords all year round – cod, haddock, halibut, pollock, mackerel, herring, ling, cusk, saithe and more – as well as trout in the nearby lakes and salmon in rivers such as Straumen, widely known as the world's shortest salmon river.

But the fishing industry is changing here, as it is across much of the world: big operations are hauling in monstrous catches while smaller-scale independent fishermen struggle with rising costs and falling prices for their wares. "Until at least the 1960s, you couldn't move for ships in the harbour," says Arve Eidsvik, 78, who runs the picture-perfect Eidsvik Skipshandler fishing shop with his daughter Solveig, showing me old photos of tightly-crammed fishing vessels. "Just about everyone in the town would be out in their boats – they'd raise a flag at a certain time and everyone would drop their nets. The fishermen would come back and deliver fish to the whole town." That still happens today, though on a smaller scale – if you head down to the harbour most afternoons, you'll find fishermen ready to part with prawns or cod hauled straight from the sea.





Clockwise from top: Arve Eidsvik, 78, who's worked at his family fishing shop his whole working life; the notes from 1931, when the shop was bought for NOK8,000; Eidsvik's office, where old press clippings cover the walls; and some of the many bait options at the shop

It's just that the numbers of the fishermen are dwindling, at least those wanting to feed the local population as opposed to the world. As Arve says, "There are fewer vessels, but they're getting bigger, more automated and more profitable; our customers have become tourists as much as local fishermen."

It's little surprise tourists come. The pretty harbour boasts a neat line of brightly-painted boats while the shop, which is packed to its wooden rafters with fishing tackle, wooden boats, shipping flags and old posters, looks as much like a fishing museum as a store. And the charming Arve is an erudite historian, even though Solveig complains about the clutter of old papers and press cuttings he refuses to throw away. He shows me books from 1931 recording how his father, grandfather and his father's uncle initially invested NOK8,000 in the shop, splitting the shares.

"In 1938, there were 640 boats fishing cod in Ålesund," says Arve, pointing to an old newspaper article. "Now there's barely 20." Arve started working in the family shop in 1955 just after he'd finished his military service and has been here all his adult life – he was never one of those fishermen.

He calls up Ottar Ekremsaeter, who fishes on a small boat with his uncle, 75-year-old Elias Bakkebø – not only are the pair one of the few regular fishing duos in Ålesund (most crews, and boats, are bigger), but Elias is said to be the oldest active fisherman in town. »

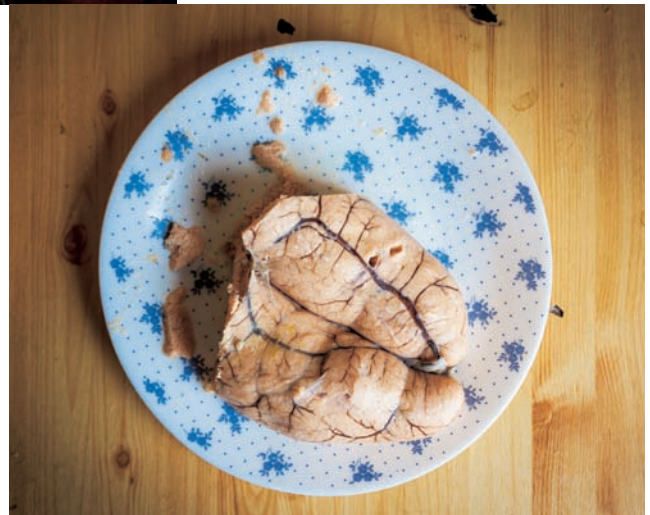


“In 1938,
there were
640 boats
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in Ålesund...
now there’s
barely 20”



After Ottar meets us at the fishing shop, we walk round the harbour; it’s a cold day and it’s too windy to fish. He explains why it’s become harder for small-scale fishermen, even since the late 1990s. “Back then, you’d get NOK20 for 1kg of cod; now you’re lucky to get half that, while the cost of fuel has tripled,” he says. “Everything’s more expensive; if you’re a young person and thinking of getting into fishing, forget it.” Indeed, for Ottar, fishing is only one of his jobs; many people in Ålesund have migrated towards the oil industry and he spends about a third of his time working on an oil platform. He also drives a taxi.

We head up the hill to meet his uncle at the Sjømanns Kvile, or Seaman’s Rest, a subsidised block of flats for local fishermen, many of them of advancing age. There are wooden boats in many of the windows, and the porch is covered in old photos of sea captains and paintings of the harbour. We interrupt Elias as he’s tucking into a lunch of cod roe and liver in his kitchen, as – rather incongruously



– a rerun of a 1991 cross-country skiing event plays on the TV in the living room. Though there's a language barrier, he's a gracious host, offering us a plate of cod roe with rye crackers, which prove to be something of an acquired taste. However, when we ask if we can join Ottar and Elias on their boat later, it's a negative – it's too dangerous, they say, though we sense they don't want two credulous fishing virgins taking up space on their boat.

Nonetheless, while fishing on a small scale is inevitably declining, Ålesund on the whole is thriving. Some of Norway's

biggest fish exporters are here and oil earnings mean the town is beautifully maintained, from its network of bridges and tunnels to its famous art nouveau buildings, built in a uniformly elegant style in 1904 after a fire ravaged the town.

Then, of course, there's tourism. Regularly voted Norway's most beautiful town, Ålesund is nirvana if you're a visitor who simply wants to get out on a boat and catch some fish, overlooked by rugged coastline and a vast, metallic-blue sky. The local tourism website says that you are "guaranteed to catch fish here", and there's not a lot you can't do, whether it's renting your own boat or taking a day trip to one of the salmon rivers.

We decide to test that out with two fishing trips in a day. For our first trip, we head out with Stein Magne Hoff, the captain of a stunning, traditional 15m fishing boat that was built in Lofoten in 1946. He takes visitors out on it as part of the Actin adventure sports company (they also do skiing, mountain biking and more).

We only have a few hours and it's a few weeks until the cod season starts in earnest, so our catches are limited to a few smaller fish, but just going out on the boat is great fun. Stein and his second-in-command, Bjorn Hessen, are clearly good friends, and are constantly laughing and telling increasingly scattergun anecdotes. As well as plenty of information about fishing, Bjorn shows us the fjord-side windows he used to jump out of as a teenager to impress girls, and the old herring smokehouse from which they used to pinch fish. »



From left: Elias Bakkebø, 75, is said to be the town's oldest active fisherman. We meet him eating a rather unappetising lunch of cod liver at the Seaman's Rest, a housing block set aside for fishermen. We later see Elias and his nephew, Ottar Ekremsaeter, after a day's fishing.



The trips are about eating well, too. Stein and Bjorn have an old-fashioned cooking stove onboard and all the way they give us little morsels to eat while trying to tempt us towards their impressive stack of booze (it's 9am when we go out). There's fish cakes from yesterday's catch; reindeer sausages made from an animal that Bjorn hunted a few days earlier; and smoked salmon that Stein fished from a nearby river. Like most people we meet in Ålesund, they believe in eating fresh and local – and you can taste why.

Our second fishing trip of the day also has a foodie aspect, and is the one that tempted us to Ålesund in the first place. 62° Nord, the town's leading travel company, offers packages where you can fish and then have your catch cooked by the best seafood chef in town at Maki, the restaurant in the stunning waterside Hotel Brosundet.

The 12-person M/S Legona is significantly smaller than Actin's hulking vessel, but she has a comfortable cabin stocked with drinks and enough zip to get further into the fjord faster. We are issued with luminous, inflatable jumpsuits that make us look like Michelin men as we clamber onto the seating area at the top of the boat. Captain Tom Tøsse, another seaman with a twinkle in his eye, boasts of an uncanny ability to seek out fish, and he takes



“He shows us the cod’s still-beating heart on his fingertip before plopping the tiny piece of flesh into his mouth and swallowing”





us deep into the fjord as his younger assistant, Christoffer Rørvik, explains the science of fishing, his plans to move to Spitsbergen and how he trained as a sniper during his military service.

So, in a peaceful corner of the fjord, as the rain abates and the wind drops, we drop our lines and the fish come. After about 10 minutes of jinking my line and constantly thinking I've got a catch when I haven't, something bites – something really big. Actually, it's not that big, but reeling a 4kg cod in for almost 100m is hard work on the forearms. In the end, I catch about three cod while Ann Kristin, our host from 62° Nord, effortlessly pulls in about four (mostly bigger ones than mine), plus a couple of herring and a pollock. "I'm just always lucky," she shrugs, only slightly irritatingly.

One of the most fascinating parts of the trip is watching Rørvik gut the biggest cod onboard (it's Ann Kristin's, obviously). He takes out the guts, giving us an eyeful of bowels and intestines before moving on to the main event. Nonchalantly cutting out the cod's heart, he shows us the still-beating organ on his fingertip before plopping the tiny piece of flesh into his mouth and swallowing. "It's good luck," he tells us matter-of-factly.

Our final surprise is less macabre. Captain Tom tells us that he has a creel that's a secret in the area, and which contains the best giant prawns and crab in the whole fjord. There's much fanfare as we reel it in – alas, its contents are four cans of Hansa Pilsner, chilled to a perfect temperature by the sea, which is about 6°C. Like most things when you're on a fishing boat surrounded by the Sunnmøre fjords, it seems to taste better.

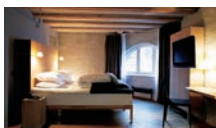
The final stage of our fishing journey is perhaps the most memorable. Ole Jonny Hjelmeseth – the seafood fanatic and venerated chef of Maki – comes to collect our fish straight from the boat and takes us directly to the kitchen to see what happens when seafood chef meets sea-fresh fish (most visitors don't get to do this bit, though you do get to eat the results).

A former steward at sea, Hjelmeseth opened his first Maki restaurant in 2001 in his hometown of Fosnavåg, a 90-minute »



Left page - The trip on Actin's old 15m fishing boat involves lots of good eating, including fresh-caught salmon, as Stein Magne Hoff grins from the captain's cockpit
This page - Toby Skinner catches a cod on 62° Nord's trip, then watches it get gutted onboard and its still-beating heart eaten. Inevitably, cans of cold beer are also involved

Ålesund in a nutshell



Stay

The waterfront Hotel Brosundet used to be a fish-storage warehouse before it was made over by hip Oslo architects Snøhetta in 2007 as an understatedly cool 46-room boutique hotel, with a 47th room in the Molja lighthouse at the entrance to the harbour. It boasts the best fish restaurant in town, Maki, and an elegant, cosy bar.

brosundet.no

Eat

Aside from the excellent Maki at the Hotel Brosundet, XL Diner has views out to sea past the harbour and lighthouse, and specialises in excellent bacalao, dried and salted cod (or klipfish) served with potatoes and vegetables, a dish that is most popular in Portugal but almost always comes from this part of Norway.

xldiner.no

Do

Aside from the fishing, skiing and activities galore, you should climb the 418 steps to the Fjellstua lookout overlooking the town. You should also head to the nearby Geirangerfjord, a World Heritage spot that *Lonely Planet* has named Scandinavia's top travel spot – and which is often touted as Norway's most beautiful fjord.

geiranger.no

This page's Maki chef Ole Jonny Hjelmseth slices up our cod and gets to work: the result is pan-roasted cod fillet and a celery and cod cheek soup with smoked cod roe mayonnaise



drive up the coast – it was an instant hit and he opened the Ålesund Maki in 2007, hiring head chef Lars Petter Vikanes, who's worked at Switzerland's two-Michelin-starred *Domaine de Châteaueux* and *Noma* in Copenhagen. Since then, Maki has become Ålesund's number one destination restaurant, and there's a growing sense – as one TripAdvisor reviewer notes – that Hjelmseth would have at least one Michelin star if he were in London.

Hjelmseth reckons the fish around here is the best in the world, and almost exclusively uses local seafood: "The water's too hot in the Mediterranean," he says. "The fish don't stay fresh as long and they don't keep their flavour."

He gets to work on one of our cods, swiping effortlessly to get two fillets ("they're not as big as I usually get," he complains), cutting away the bony half to leave just fleshy chunks. Then he neatly slices out the tongue and cuts into the cheek, taking out the bone.

The result, as we find out during our stunning five-course meal later is astonishing: our cod cheek is part of a celery and cod cheek soup, topped with melba toast and a smoked cod roe mayonnaise; and our cod fillet is pan-roasted with oxtail, root vegetables, apple and potato, the fish crispy on one side and dissolving on the other into heavenly fluff. It's almost unbelievable that something so refined came from the sea hours earlier – but it makes for the most civilised ending to a fishing trip we can think of.



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Florida, Norwegian's newest destination, has just about everything you could ever hope for from a holiday. And here's our A-to-Z to prove it

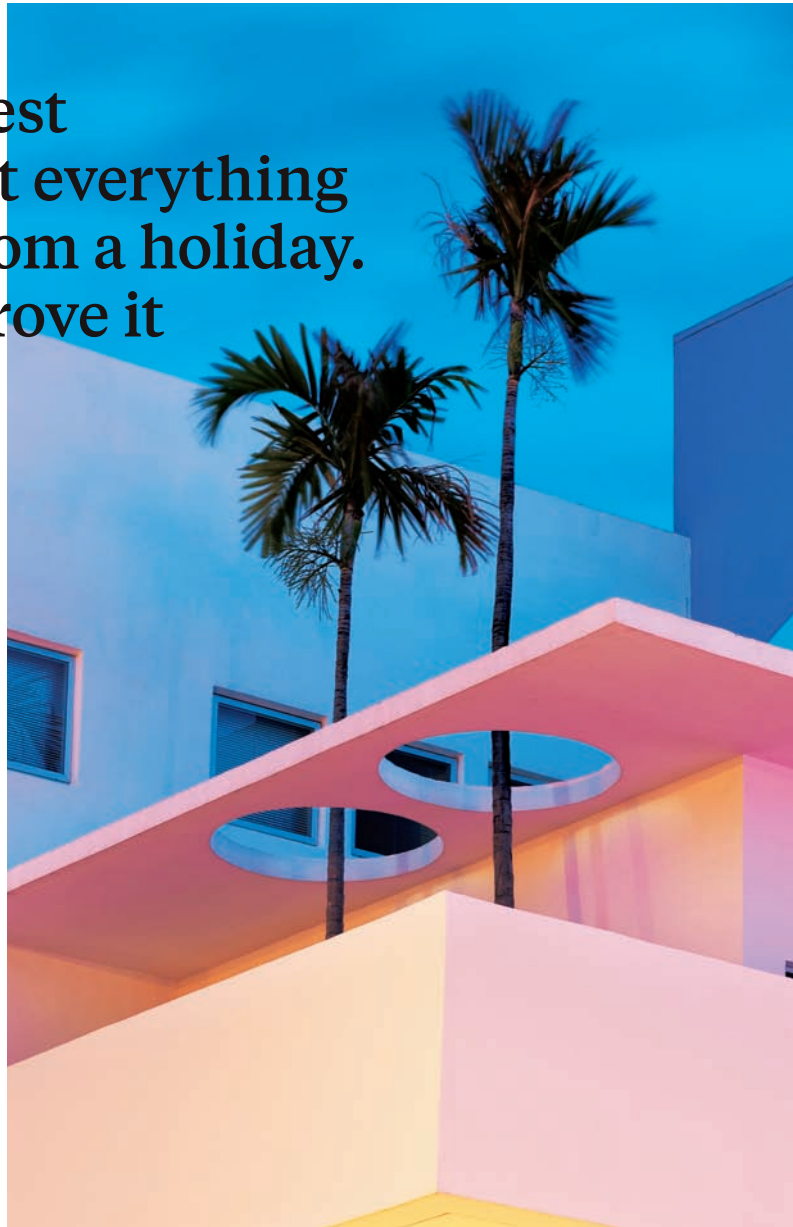
Words  Jennifer M Wood

A IS FOR ART DECO
Nothing says Miami like the curved corners and nautical accents of its South Beach buildings. The art deco Historic District boasts more than 800 examples of these tropical-style wonders – many of them candy-coloured – within just one square mile.

“Two of the finest art deco buildings in the Art Deco District are the Park Central Hotel (640 Ocean Drive) and the SLS Hotel (1701 Collins Avenue),” says Jeff Donnelly, a public historian with the Miami Design Preservation League, which operates the Art Deco Welcome Center, located smack bang on the beach at 1001 Ocean Drive.

“The Park Central was designed by Henry Hohausser, who is credited with bringing the modern aesthetic to Miami Beach, and the Ritz Plaza was designed by L Murray Dixon, who, next to Hohausser, is the most prolific of the art deco architects.” For your own self-guided tour, simply stroll your way around Ocean Drive and Collins Avenue between 5th and 18th Streets. Or drop by the Welcome Center for one of its 90-minute walking tours, departing daily at 10.30am (NOK 120).

→ theparkcentral.com → slshotels.com/southbeach → mdpl.org



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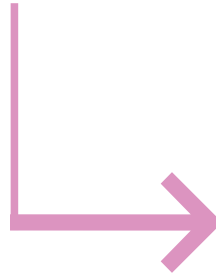
state



B IS FOR BASEL, AS IN ART BASEL

Having just celebrated its 10th birthday in 2012, Art Basel Miami Beach, the Florida offshoot of Switzerland's famed art extravaganza, has redefined Miami's December social calendar. Bob Goodman, its Florida representative, says: "It's a wonderful time of year to celebrate art and culture, see and view great contemporary art and socialize - they call it 'the Super Bowl of art' or 'the Olympics of the art world.'" With more than 50,000 people descending on the city for what has become 'Basel Week', the mega art show has had a year-round effect. The Wynwood Arts District, where it's held, has transformed itself from a warehouse district into a haven for creative types, with nearly 100 galleries, museums, art complexes and annual fairs, and one outdoor street art park (Wynwood Walls) now calling the neighbourhood home.

→ artbasel.com → wynwoodmiami.com → thewynwoodwalls.com



mind



Bob Graham Sunshine Skyway Bridge

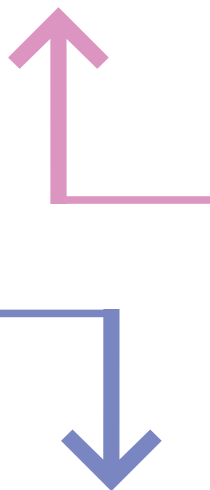


C IS FOR CABLE-STAYED BRIDGES

In some places, a bridge is just a bridge – but Florida’s growing collection of cable-stayed bridges have become tourist attractions unto themselves. The crown jewel of them all is the Bob Graham Sunshine Skyway Bridge, connecting St Petersburg and Manatee County, known for its 42 striking yellow cables. At 6.5km long, it’s the world’s longest cable-stayed concrete bridge (The Travel Channel ranked it number three of the world’s top 10 bridges). While the trek across can be frightening for some, as you speed along 193 feet above Tampa Bay, the structure’s 36 strategically-placed ‘dolphins’ (aka bumpers) make the bridge able to withstand more force than three fully-loaded Boeing 727s could generate at takeoff. In other words, it’s sturdy and then some. → dot.state.fl.us

D IS FOR DAVID’S CAFE

From mojitos to *medianoche*s (Cuban sandwiches), Miami is defined by the smells, sounds and flavours of Cuba. Since 1977, both cocktails and Havana-style sandwiches have been served up at David’s Café, a pale blue South Beach institution on the corner of Collins Avenue between 10th and 11th Street. David’s does brisk business 24 hours a day at its takeout window, where customers – from models to construction workers – line up for a morning *café con leche* or some post-club sustenance. Or you can take a seat inside at the long counter, where orders come with a side of chatty service – much of it, of course, en Español. → davidscafe.com



E IS FOR EVERGLADES NATIONAL PARK

There’s a delicate balance that exists within the Everglades, the 1.5 million-acre national park that provides refuge to some of the world’s most endangered species, including the Florida panther. It’s the kind of place where quiet hobbies like ornithology sit harmoniously side-by-side with riskier pastimes such as python hunting. Yes, python hunting.

In early 2013 the Florida Fish and Wildlife Commission sparked a media frenzy when it announced its 2013 Python Challenge. Part publicity stunt and part actual competition, the Commission challenged the public to help reduce the number of Burmese pythons that have been laying siege to the swamps since the 1990s, when a number of pet snakes were released into the wild, where they have grown as long as six metres. While it’s estimated that there’s as many as 150,000 of them in the Everglades, three weeks into the challenge only 41 had been caught. Which was sort of the point – to educate the public on just how wily these slithery guys can be. While there are plenty of ways to explore the Glades, Christina Soverns Schwartzman of Sawgrass Recreation Park, one of the region’s handful of adventure-focused tour operators, believes “airboats are by far the best way to explore by gliding over the sawgrass and cattails.”

→ nps.gov/ever → myfwc.com

→ evergladestours.com



F IS FOR FORT LAUDERDALE, NORWEGIAN'S NEWEST DESTINATION

Norwegian's new direct flights will land at Fort Lauderdale Airport. More than 12 million visitors a year come to the 'Venice of America', which boasts 23 miles of pristine beaches and more than 300 miles of canals. Fort Lauderdale is also smack in the middle of South Florida, with Miami and West Palm Beach within easy reach, and Florida Keys, Orlando's theme parks and the Bahamas just a little further afield (it's the main starting point for Caribbean cruises, too). For your days in town, it's all about boat rides and weekend nights at Cooley Hammock, the jumping nightlife area along Southwest 2nd Street.

→ sunny.org → porteverglades.net

G IS FOR GOURMET

For years, the Sunshine State's most enduring eateries

were either casual diners or over-the-top ostentations, but all of that has changed in the past decade. "The evolution of the South Florida food scene has reached the point where we can be called a true food destination," says Katie Sullivan, publisher of *Edible South Florida*. "Chefs are really starting to understand how great our local produce can be and are using it in incredibly creative ways. It has been a real eye-opener for South Florida foodies – and it can only get better." In recent years, some of Miami's most booked tables have been at the southern outposts of restaurants imported from New York City, like Scott Conant's *Scarpetta* and Andrew Carmellini's *The Dutch*. But the tides are changing. Now Miami's hottest tables are at restaurants that were born here, like *Michael's Genuine*, *Juvia* and *Yardbird* (which will be reversing the NYC-to-MIA trend when it opens a location in the Big Apple later this year).

→ ediblesouthflorida.com



H IS FOR (ERNEST) HEMINGWAY

It was following a trip to Paris that Ernest Hemingway first stumbled upon Key West, Florida's southernmost city and an island in the Florida Keys. "At the Hemingway Home, his residence in the 1930s, he wrote 70 percent of his works," says Dave Gonzales of the Ernest Hemingway Home & Museum, a 160-year-old mansion that's the most visited attraction on the island and home to more than 40 six-toed cats, all descendants of Hemingway's puss, Snowball.

→ hemingwayhome.com



I IS FOR IGUANAS

Like the Burmese python, the iguana is yet another formerly domesticated creature that has found its way into the wild and onto the invasive species list. "These beasts are non-native to Florida, but offer a great opportunity to view and photograph these unusual creatures," says Dr Kenneth L Krysko, senior biological scientist at the Florida Museum of Natural History in Gainesville. While they do add to the area's tropical mystique, they have no formal place in its eco-system, leading them to wreak serious havoc on trees, plants and well-manicured lawns. They've also been known to kick owls out of their burrows and get feisty with humans and pets, too. Most alarming have been the occasions – twice in the past five years – when plummeting temperatures caused hundreds to go into an immediate coma-like dormancy, creating what the local media called a "frozen iguana shower". → flmnh.ufl.edu



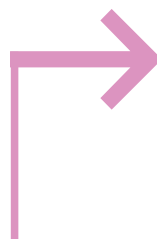
J IS FOR JUPITER
It may sound like an out-of-this-world place, but Jupiter, Florida is ground zero for the most American of pastimes. “Roger Dean Stadium is the spring training home of the Miami Marlins and the St. Louis Cardinals,” says stadium manager Mike Bauer. “There’s no better way to see your favourite Major League Baseball players up close and personal.” For fans of faster-paced sports, Jupiter’s Palm Beach International Raceway is home to a near-daily slate of high-octane entertainment.

→ racebir.com → rogerdeanstadium.com



L IS FOR THE LITTLE MERMAID
You’ve seen the animated version of Hans Christian Andersen’s *The Little Mermaid* – now see it for real in Weeki Wachee Springs, aka the City of Live Mermaids, one of Florida’s oldest and weirdest roadside attractions. It opened in 1947 and still has something of the bonkers old-school circus attraction to it: visitors watch through two-and-a-half metre-tall windows as women dressed as mermaids perform in the only underwater theatre of its kind in the world. → weekiwachee.com

K IS FOR THE (FLORIDA) KEYS
The Florida Keys is an 120-mile archipelago of around 1,700 islands beginning just south of Miami, from Key Largo to Islamorada and Marathon. The Keys are known for their subtropical beaches, conch shells (often served in chowder) and key lime pie. The main city is Key West, the state’s southernmost city, home to local institution Sloppy Joe’s, a bar/restaurant that was the favoured hangout of Ernest Hemingway – today, expect walls full of fun tropical tat and Hemingway memorabilia. → sloppyjoes.com



M IS FOR MINI-GOLF
Florida is perhaps the world’s best place for mini-golf, with more than 80 courses dotted around the state, especially near family-friendly Orlando. Try Panama City Beach’s Goofy Golf, overlooked by the glowing eyes of dinosaurs, or one of the Smugglers Cove courses, which have been voted the best mini-golf courses in Florida for five years in a row. The locations in Tampa, Clearwater, Fort Myers, Sarasota and Bradenton all offer the chance for players to feed alligators while enjoying an afternoon’s putt. → smugglersgolf.com → goofygolfpc.com



N IS FOR NASA

The Kennedy Space Center is the site from which every human space flight has been launched since 1968. And while a suspended US space programme means that we won't be seeing another shuttle launch any time soon, that hasn't stopped thousands of visitors from making the trek to Merritt Island to view the spot from which Neil Armstrong and pals blasted into space. You can strap in for a shuttle launch simulation, view a historic fuselage in the Rocket Garden, or have lunch with an astronaut – \$30 gets you fed and up close and live with a NASA vet.

→ kennedyspacecenter.com



O IS FOR OCEAN DRIVE

From the Versace Mansion to art deco hotels like the Colony Hotel, nothing says Miami like the bustling, neon-lit Ocean Drive. The 1.3-mile oceanfront stretch is packed with celebrities and gawking tourists most of the time, with the best people-watching at News Café (800 Ocean Drive), a perpetually-packed 24-hour diner and bookstore that was a daily stop for fashion designer Gianni Versace, who lived just a few blocks north. Its local magazine is *Ocean Drive*, referred to as the 'Bible of South Beach' for its glossy depiction of the wealthy and fabulous who frequent the area – like singer Gloria Estefan, who owns the art deco Cardozo Hotel and the gloriously camp Mango's Tropical Cafe, where the hot waitresses table-dance to carnival-esque Latin beats.

→ newscafe.com → cardozohotel.com

→ mangostropicalcafe.com



P IS FOR PALM BEACH

It's an American cliché: when you hit retirement age, you migrate south. The most well-heeled retirees make their way to Palm Beach, the 16-mile barrier island where the median age is 67. Originally established by Standard Oil founder Henry Flagler in the early 1900s (his magnificent home, Whitehall, is open to the public as The Henry Morrison Flagler Museum), the area still boasts many of its original affluent trappings, most famously the Italian-Renaissance-style resort, Breakers Hotel (www.thebreakers.com), which Flagler founded. Nearby you'll find several major museums and galleries, and the Lion Country Safari, a 500-acre preserve where giraffes and zebras roam in protected habitats. But what would retirement be without a game of golf? The Palm Beaches are home to more than 170 public and private courses. → norton.org → lioncountrysafari.com



Q IS FOR QUIDDITCH

In 2010, Orlando's theme park scene got a distinctly magical makeover with the opening of the Wizarding World of Harry Potter. Based on JK Rowling's fantastically popular book series, the park gives guests a chance to step into the scenes they've read about in the books and seen in the films. The flagship attraction is Harry Potter and the Forbidden Journey, a recreation of Hogwarts School of Witchcraft and Wizardry, where visitors can take a tour of the castle, interact with characters from the series and even witness a Quidditch match. → universolorlando.com/harrypotter



R IS FOR REPTILES

The Sunshine State is home to over 100 species of reptiles, some cute and non-venomous, others not so much. Since 1949, Gatorland, a 110-acre theme park, has been inviting people to get up-close to thousands of gators and crocs. There's the Gator Jumparoo Show, where gigantic alligators jump five feet above water to grab a snack from their trainer; and the Gator Wrestlin' Show, where experienced wranglers capture, sedate and then tickle their opponents. → gatorland.com





S IS FOR STAR ISLAND

Star Island, a residential enclave located on a manmade island in Biscayne Bay, stays true to its name. This highly exclusive neighbourhood – which has a population of fewer than 100 – is for A-listers only (think: Gloria Estefan; Sean P Diddy Combs; Shaquille O’Neal), and is the perfect illustration of the over-the-top opulence for which Miami is infamous.

U IS FOR UNDERWATER HOTEL

Jules’ Undersea Lodge, named after the French author Jules Verne, may not be 20,000 leagues under the sea but you’ll still have to scuba dive 21 feet through a mangrove lagoon to reach its entrance. Unlike other underwater hotels, of which there are a few, this Key Largo lodge isn’t just for the super-wealthy. Instead it’s quirkily utilitarian – compact, amusingly dated, somewhat tatty and – let’s seal the deal – all bookings come with a free delivery pizza. Your diver/driver probably deserves a tip. → jul.com



V IS FOR VERSACE MANSION

On the morning of July 15, 1997 – following his daily visit to News Café – famed fashion designer Gianni Versace was shot and killed by Andrew Cunanan on the steps of his three-storey Italianate mansion, located at 1114 Ocean Drive. Nearly two decades after the tragedy, the infamous site is still the third most photographed home in all of America (topped only by the White House and Graceland). For those with money to burn and the desire to move beyond the front gates, the property now operates as The Villa By Barton G, a super-exclusive boutique hotel, restaurant and event space. → thevillabybartong.com

T IS FOR THEME PARKS

Florida is the theme park capital of the world, where ticket takers at Orlando’s three major parks – Walt Disney World, Universal Studios and Sea World – punch more than 50 million admission cards each year. Disney’s Magic Kingdom, which welcomes more than 17 million visitors alone, trumps them all. But while Mickey and friends have called Orlando home for over 40 years, Mickey is not its oldest – nor its most famous – resident. God is here, too, at The Holy Land Experience, a Christian-themed park which opened in 2001 and depicts the architecture of Jerusalem in the 1st century. The park’s 40 exhibits include an interactive recreation of the Last Supper and a replica of the Garden Tomb where Jesus’s body was laid to rest.

→ disneyworld.disney.go.com → seaworld.com

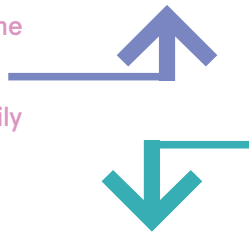
→ universolorlando.com → holylandexperience.com



W IS FOR WHITE SAND BEACHES

With 663 miles of beaches, Florida has too many options to count, from Miami's art deco lifeguard huts to the Florida Keys' palm-fringed white sandy beaches. If you only head to one stretch of sand, make it Bill Baggs Cape Florida State Park in Key Biscayne, which is regularly cited as one of the nation's 10 best beaches. Located just minutes from Miami and boasting more than a mile of perfect beachfront, the park is most famous for its much-photographed lighthouse, which is the area's oldest standing structure (it was originally built in 1825 then reconstructed in 1846). Visitors willing to climb the 109 steps it takes to get to the top can join in on a free guided tour, which take place twice daily Thursday to Monday.

→ floridastateparks.org/capeflorida



X X-RATED

Though clearly a southern state, Florida is possibly the most liberal state in the Cotton Belt. One need look no further than its sometimes free-wheeling attitude toward nudity, particularly in the Miami area. Chalk it up to the area's European influence; don't be surprised to look up from a trashy beach read and realise that you're the only one on the beach who has not removed most of their clothes. Haulover, located just north of Bal Harbour, is the area's only nudist beach – clothing is optional on the northernmost half a kilometre. → hauloverbeach.org



Y YBOR CITY

Ybor City in Tampa used to be home to over 245 cigar factories, which produced over 600 million cigars a year, making it – at least according to the tourist board – the cigar capital of the world. It was first established by cigar manufacturer Vicente Martinez-Ybor in 1885, and is today considered Tampa's Latin Quarter. Lonnie Herman runs walking tours exploring the area's history and its present-day blend of international sounds, smells and flavours. → yborwalkingtours.com



Z ZIPLINING

There are plenty of ways you can view Florida: on foot, from the water – or screaming through the trees at high speed with only a thin strip of wire between you and the ground below. Welcome to ziplining, the preferred method of travel for thrill-seekers everywhere. In St Cloud, Florida EcoSafaris riders traverse more than 750 feet of zipline from 55 above the ground, with deer, gators, bears and panthers among the wildlife that might be spotted below. For an added dose of danger, opt for a moonlight ride. → floridaecosafaris.com



Norwegian flies direct to Fort Lauderdale from Copenhagen from November, and from Stockholm from December

con
nect

Find more online
→ visitflorida.com
→ floridathemeparks.com
Book your flights
→ norwegian.com

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SWEDIE EU VIS



ENO RO ION



Swedes have a worldwide reputation for glacial cool. So how did they become the world's most passionate Eurovision fans?





Abba. You might have heard of them

E

urovision has long seemed like an unlikely prong in the makeup of Brand Sweden. There's the minimalist design, the edgy

fashion, the cool electropop singers, the world-renowned social welfare... And then there's Eurovision. It's loud, it's brash, it's cheesy – and Sweden loves it. Last year, when Loreen won the country's fifth Eurovision title (only Ireland has won more), more than a third of the country tuned in to watch.

But even the popularity of Eurovision pales in comparison with the Melodifestivalen, or Melo, the national singing contest which is shown on television every Saturday night through the winter, and whose winner represents Sweden at Eurovision. Melo has run since 1959, and cosy Saturday nights watching it have become an integral part of the Swedish wintertime, with stores reporting a rush on crisps and fizzy drinks on Saturday afternoons.

The Melodifestivalen final this March – in which former boyband member Robin Stjernberg surprisingly beat off Yohio, a 17-year-old boy who looks like a Japanese cosplay girl – was watched by more than 4.13 million Swedes. The same event in 2012 was the year's most-watched show in Sweden, with the various stages of the contest taking third, fourth and fifth in the annual viewing rankings; the Eurovision final came in sixth (the iconic Donald Duck Christmas Eve show was second).

"The Melodifestivalen and Eurovision are to Sweden what the Superbowl is to America," says David Landes, an American who edits The Local, an online portal for Swedish news in English. Landes had never heard of Eurovision when he arrived in Sweden in 2000; now, he says he's become a convert, partly because he has two young children, and for them it's an unavoidable part of life.

"You just get swept up in it," he says. "People have Melo viewing parties or gather in bars, and all the kids know the songs. My four-year-old prances around and sings Melo songs, and at the end of the year all the forms at school do a performance – there will always be three or four songs from the Melodifestivalen in there. It's a cultural marker, like the World

Series of baseball was for me as a kid."

Mattias Johansson is president of the Swedish branch of the OGAE (Organisation Generale des Amateurs de l'Eurovision), an international Eurovision fanclub. The group has about 400 members, making it one of Europe's biggest, and they organise regular get-togethers, from picnics to gala dinners and voting nights, including two big parties a year – one in the autumn and one for the Melodifestivalen final. This year, 250 people came, watching the final before having their own party with a Eurovision-only DJ set and live performances from Eurovision acts. "We have a great variety of people – male and female, old and young – but they just all share a love for this kind of music," he says.

Johansson – who names Annabel Conde's *Vuelve Con Migo* for Spain in 1995

as his all-time favourite Eurovision tune – says it's the tradition and the family aspect that drew him to Eurovision in the first place. "I remember being six years old and watching my first one with the family," he says. "It was a party with the whole family. There was just something really cosy about everyone around getting excited about the same thing.

"I'm a history fan, and as I grew up I started to go back in time, looking at bands like Abba, who've become a part of my life," he continues. "Sweden has entered almost every year since 1958, so there's a rich tradition and culture there. Everyone in Sweden has grown up with it."

Although the Melodifestivalen final doesn't take place until mid-March, from autumn of the previous year the papers are full of gossip about which artists »

"The Melodifestivalen and Eurovision are to Sweden what the Superbowl is to America"



Last year's champion, Loreen, doesn't quite fit the mould of the smiling Miss World-style Eurovision winner. Known for her politics, she met activists at last year's event in Azerbaijan, before criticising the country's human rights record

Charlotte Perelli (née Nilsson), won in 1999, and came 18th in 2008. She has also been a TV host, written fitness books and played Eva Peron in *Evita*



Robin Stjernberg, this year's Swedish Eurovision entry. He used to be in boyband What's Up! with Eric Saade, who came third in the 2011 Eurovision



“There’s always this feeling that the latest act might just be the next Abba”

will be involved. “It’s not just frivolous, either,” says David Landes. “There’s been a lot of talk about how they brought in an international jury for the Melo final, to add to the telephone voting from viewers – the idea was to get a candidate that would do well at Eurovision. It’s taken seriously.”

As it turned out this year, Yohio won more votes from the public, but Stjernberg edged the final vote because of the international jury – the idea presumably being that a wholesome young man would do better at the Eurovision final than a lachrymose boy dressed as a girl. For the record, Stjernberg also beat out the ice

hockey-playing David Lindgren, a curious hybrid of crooner and boyband member, and Louise Hoffsten’s bizarrely-titled song, *Only The Dead Fish Follow the Stream*.

As to why Sweden is so big on all things Melo and Eurovision, Landes has a few ideas. “I think the fascination really started with Abba.” *Waterloo* is the bestselling song ever to come out of Eurovision (more than six million copies sold) and launched the band’s international career. “There’s always this feeling that the latest act might just be the next Abba,” he continues. “More than that, even though Sweden punches well above its weight in a lot of ways, there

is just this sense of pride when it does well at Eurovision.”

Perhaps that’s down to Sweden’s singing culture, with more than 600,000 Swedes performing regularly in a choir. “My wife and her mother both sing in choirs,” says Landes. “It’s just something a lot of people do, and if you’re into singing, you’re more likely to get excited about a singing contest.”

Landes notes that many of Sweden’s music acts “actively distance themselves from Eurovision association”, even if Melodifestivalen songs inevitably dominate the Swedish charts. On 1 March,

the Swedish iTunes top ten featured nine Melodifestivalen tunes, with Sean Banan's *Copacabana* at the top. The song might be described as a Swedish *Gangnam Style*, a catchy comedy rap with a little less satire and dancing skill.

Only Robin Stjernberg, alas, will be on stage when the Eurovision final comes to Malmö in May, and more than 125 million viewers around the world will tune in (Eurovision is said to be the world's most-watched non-sporting event). Jan-Erik Westman, a spokesperson for host broadcaster SVT, tells us why the town was chosen in the first place: "It's a smaller city. We wanted to scale the event down

and make it more intimate, so that you get that Eurovision feeling in the whole city," he says. "We also chose Malmö because there are more than 160 nationalities in the city and Eurovision is really about getting people together and building bridges between cultures. We wanted to take it back to the philosophy that existed in the 1950s." Whatever the philosophy, Sweden will be watching in large numbers.

The Eurovision semi-finals and finals take place in Malmö on the 14, 16 and 18 May
→ eurovision.tv



Norwegian flies to Malmö from Stockholm, or it's a short train ride from Copenhagen

1984 champions Herrey's, three Mormon brothers who were Sweden's bestselling pop group in the 1980s, and ahead of the trend-curve when it came to New Balance trainers



Sweden's five key Eurovision moments



The first one
Sweden made its debut in the competition in 1958, when singer-actor Alice Babs came fourth for *Lilla stjärna*. The song is the only Swedish entry ever not to be chosen through the Melodifestivalen, which started in 1959 – it was chosen by Sveriges Radio.



The last one
Malmö is hosting Eurovision 2013 because Swede Loreen won last year's competition in Baku, Azerbaijan, with her catchy hit *Euphoria* – and a new record of 18 maximum scores.



The four other wins...
... were Charlotte Perelli (then Charlotte Nilsson) in 1999 with *Take Me to Your Heaven*, Carola's *Fångad Av En Stormvind* (1991), *Diggi-loo Diggy-ley* by Herrey's (1984) and, of course, Abba's *Waterloo*, in 1974.



Abba
In a 2005 show to celebrate 50 years of the Eurovision Song Contest, *Waterloo* was voted the best Eurovision entry ever.



And the bad ones...
Sweden's worst showing came in 1992 with Christer Björkman's *I Morgon är En Annan Dag*, which came 22nd. The country boycotted the contest in 1970 over voting procedures and didn't progress beyond the semi-finals in 2010 – the first time that Sweden hadn't appeared in a final since back in 1976.

Malmö at a glance

- It's Sweden's third-largest city, with a population of 302,835
- 41 per cent of the population have foreign backgrounds, with Iraqis the largest immigrant group
- It's already hosted Eurovision once, in 1992
- It's home to one of Carl Fredrik Reuterswärd's original 'Non-Violence' sculptures, a now-iconic tied gun image made in the wake of John Lennon's murder in 1980
- And don't forget the 264m Turning Torso (pictured), Scandinavia's tallest building and home to 147 apartments

And here's what to do while you're in Malmö..

Words by Steve Vickers





Bastard chef Andreas Dahlberg: takes ingredients seriously



1/

Follow the Bastard buzz

Getting a buzz for a Malmö restaurant isn't easy when you're 35 minutes by train from worldwide food mecca Copenhagen – but Bastard has got people in Copenhagen talking, and it's not just for the rude name.

"We care," says head chef Andreas Dahlberg with a smile, as the smell of freshly cooked pâté wafts out from an oven in the restaurant's open kitchen. "We care about the wine. We care about where the food comes from, how we cook it, and how we present it. Everybody who's working at Bastard [he pronounces it 'bar-starred'] is deeply involved with the food."

When Dahlberg and co-owner Nina Christensson opened the restaurant a little over three years ago, their unusual formula raised eyebrows: tattooed waiting staff, chequerboard floors, candlelit tables and noisy rock tunes. "We wanted to open a restaurant that everyone could go to, with great food and great staff, but in a casual dining space," he says.

The menu is tweaked daily but is mostly meat-heavy, with dishes like chicken livers and raw ox giving Bastard something approaching cult status among flesh-hungry locals. "In the beginning people liked to put a label on what

we were doing," Dahlberg says. "They said it was a nose-to-tail place, just because we had a few intestines on the menu."

When you try the house special – a wooden slab of finely sliced charcuterie served with salty gherkins – it's clear the real focus is on quality, rather than quirkiness. If even a single ingredient runs out, whole dishes are removed from the menu. "We don't continue with a dish if we're not able to get the stuff we're looking for," says Dahlberg.

And that name? "It's just easy to remember." → bastardrestaurant.se

Where else chef Andreas recommends...

→ Saltimporten Canteen

"They do really, really good lunches," says Andreas of this hip harbourside restaurant with views of the Turning Torso and a single daily lunch dish – think beef chuck with celery and rosemary on Mondays.

→ saltimporten.com

→ Belle Epoque

This late-night cocktail and DJ joint is becoming just as known for its locally sourced food (pig cheeks served with shitake mushrooms) after Bastard's old sous chef moved there. → belle-epoque.se

2/

Eat in someone's home

A few years ago, after travelling the world and regularly being invited into strangers' homes for dinner, mother-of-two Mia Klitte came up with the idea of doing the same in Sweden. "In Sweden, that very rarely happens," she says.

Now visitors who want to meet locals are asked to fill in a form – listing your interests and what you hope to gain from the experience – then matched with a local family, couple or individual, and invited over for dinner.

Mia says there are now around 40 'ambassadors' in Malmö. "We have students in their early 20s, mothers in their 40s, people with grown-up kids, single mums, single dads and gay couples."

It costs SEK750 (€90) per adult – but Mia encourages hosts to buy quality local produce, especially as a third of Sweden's agricultural production takes place in nearby Skåne.

If dinner sounds too much, Mia's company can arrange for visitors to meet locals at a café for a Swedish *fika* (roughly translated, a chat over coffee and a cake) – favourite topics, she says, are Sweden's social security system and the arcane process of buying booze.

→ mication.se





Ragnar Kjartansson's 'Scandinavian Pain' installation, shown next month at the Moderna Museet

3/

Discover electronic art

Malmö has become an unlikely hub for electronic art, with a glut of shows in recent years and a handful of permanent installations. Head to Malmö Centralstation's platform 4a to see Tania Ruiz Gutiérrez's dreamy projections of train rides through distant lands, with palm trees and painted shacks whizzing past oversized 'windows' on the concrete walls. Or check out Annika Svenbro's life-like *Ögat* (The Eye) – built from LEDs in a wall beside the Turning Torso skyscraper, it's a blinking eye that subtly changes throughout the day. Nearby, in the waterfront Scaniaparken, is a sound installation by Bo Andersson and Gunnar Ericson, four sunken speakers which fill the air with soothing music and jangling sound effects between 11am–11pm.

There are decent galleries, too...

→ Johan Berggren Gallery

This afternoon-only gallery in the Värnhem neighbourhood is the place to come for Saatchi-esque avant-garde art from young local artists. → johanberggren.com

→ Moderna Museet

Moderna Museet Malmö (sister to the Stockholm one) is housed in an old city centre electricity plant. From 3 May, it'll host a special exhibition featuring big Nordic names like Edvard Munch and Ragnar Kjartansson. → modernamuseet.se

Find more online

- malmotown.com
 - malmo.com/tourism
 - www.sydsvenskan.se
- Book your tickets
- norwegian.com



4/

Find Malmö's owls

Local author and nature enthusiast Erik Hirschfeld started Vilda Malmö to remind people that there is nature all around them, even in the city. More than 300 different bird species have been spotted in and around Malmö, including nocturnal eagle owls, and Erik and his team of expert guides run well-informed birding tours of the area. They can also help wildlife fans find bats, dragonflies, wild flowers and salamanders.

A new, English-language 'eel safari' is planned for this July, when a small group will be invited to snorkel through the shallow waters just outside the city centre, learning more about the mysterious European eel, which is most commonly seen in December, when it's served up as part of the traditional Christmas dinner. → vildamalmo.se

5/

Take the plunge

A ten-minute bike ride from the city centre is Ribersborgs Kallbadhus, an elegant wooden bathhouse built at the end of a pier, which stretches past a sandy beach and out into the chilly sea. Since 1898, people have been coming here to take a dip in the sound that separates Sweden from Denmark, in the belief that it'll keep them happy and healthy. The baths are open all year round, and although the water can be near freezing during winter, making a dip off limits to all but the toughest locals, temperatures in the summer can reach a relatively balmy 13°C.

There are separate bathing areas for men and women, and swimsuits are optional. However, clothing is forbidden in the saunas, which have views over the water. If you're not quite prepared to do everything the Swedish way, don't worry: you can take a towel to protect your modesty.

→ ribersborgskallbadhus.se



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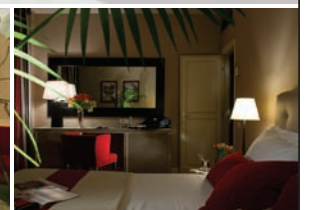
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1.



The hard shell

Do you know your *Pleurotomaria quoyanus* from your *Clanculus corallinus*? We thought not. Get up to speed with our guide to Europe's best shells and the beaches where you can find them

Words / Pierre de Villiers → Photos / Liz McBurney

2.



“It is perhaps a more fortunate destiny to have a taste for collecting shells than to be born a millionaire,” remarked the author Robert Louis Stevenson, who was clearly spending his money in all the wrong places. Catherine the Great and Aristotle also indulged in a spot of beachcombing, scouring the sands for the hard exoskeletons of marine mollusks. And who can blame them? Shells are beautiful, plentiful and free to anyone who strolls down to the beach. They’ve been used as currency, inspired art and architecture, turned into instruments, and displayed at museums across the world.

The history of conchology, the scientific study of mollusc shells, is full of characters as colourful as the shells themselves. German botanist Georg Eberhard

1.
Lurida lurida
↓
Where to find it:
Greece, Italy, France, the Balearics and Malta.
Fly to:
Ibiza, Menorca, Sardinia, Malta, Corfu, Corsica
Why it's so special:
Lurida Lurida is famed as the most beautiful of the cowries, a group of sea snails – happily, it’s also the most common. Fine specimens can be found among the seaweed in the Balearics. “These shells are so glossy they are commonly known as porcelain shells,” Poppe explains.
What’s it worth?
NOK40.

2.
Bolinus brandaris
↓
Where to find it:
Spain, Portugal and Italy.
Fly to:
Malaga, Murcia, Algarve/Faro, Sicily
Why it's so special:
At one time, this spiky shell was used to make a purple dye so expensive only nobles could afford it. It made the Roman emperor’s toga purple as well as the sails on his ship. That posh bolinus purple is still considered prestigious today – it’s used to make vestments (robes) for the clergy.
What’s it worth?
NOK22.

Rumphius gave the world its first mollusc taxonomy in the 17th century and R Tucker Abbott, known to everyone but his own mother as Mr Seashell, gave conchology mass appeal with his definitive *American Sea Shells* tome in the 1950s. These days, a gloriously moustachioed Belgian by the name of Guido T Poppe is widely considered Europe’s foremost shell expert and dealer.

Poppe explains how, until the mid-18th century, shell-collecting was largely the occupation of royalty. He credits these early royal curiosity cabinets full of many discoveries as the foundation for sea side countries’ natural history museums. It’s easy to see why shell collecting was the preserve of the aristocracy – you can’t get competitive in the conchology scene without clocking up some serious miles, »

3.



as well as getting your Latin up to speed. After all, there are around 100,000 different species, and some of the most valuable and unusual are to be found in far-flung corners of Asia such as the Philippines, Indonesia and Papua New Guinea.

The good news is that although Europe languishes behind in the shell stakes with a mere 2,500 species, Poppe says that European varieties are “very diversified and beautiful”. He says that you’ll find the most shells on the Atlantic Ocean’s sandy beaches, especially bivalves (clams/oysters), while the Mediterranean’s rocky coasts are often home to many gastropod (snail) species. “All along the Mediterranean, one can see thousands of shells on each parcel of rocky coast,” says Poppe. “Even in harbours, when the water is clean, there will be many thousands

of shells clinging to the walls, especially during low spring tides.”

Deeper into the sea, the Med holds more gems, such as the giant mussel species *Pinna nobilis*, which grows to almost one metre. “These mussels were used in ancient times to produce a very expensive textile and were also eaten,” says Poppe. “Today they are protected, despite the fact that they’re still very common.”

Rare shells like the gastropod *Pleurotomaria quoyanus*, found in the southeastern Caribbean Sea, can fetch up to US\$4,000 (NOK23,000) – though the chances of finding a shell of value in the Med are slim. However, head to the right beach at low tide, and you might just find your own gem. *For a list of seashells that are off limits in the Mediterranean see sosgrandbleu.asso.fr*

3.

**Aporrhais
pes pelecani**



Where to find it:
Eastern Atlantic Ocean
– from Norway to the
Mediterranean.

Fly to:
Stavanger, Haugesund,
Bergen, Bilbao, Lisbon

Why it’s so special:
A species of sea snail
most commonly found
in mud that lives below
the tidal level, *Aporrhais
pes pelecani* shells
occasionally wash up
on beaches. They’re
instantly identifiable
because of the three
or four points found on
the expanded outer lip.
It’s said to resemble a
pelican’s webbed foot
and was first named by
Swedish botanist Carl
Linnaeus.

What’s it worth?
NOK12.

4.

**Cassidaria
tyrrena**



Where to find it:
The western
Mediterranean.

Fly to:

Ibiza, Menorca,
Mallorca/Palma
Why it’s so special: This
large, conch-like shell
is known for its clean
circular curves. It’s most
commonly found clinging
to lobster pots and fish
traps, and you’ll be lucky
to find one on a beach.

What’s it worth?
NOK75.

4.



Where to find shells

British Shell Collector's Club members John Wicher and Yves Terryn reveal where to look for the Med's finest mollusks

Agios Dimitrios, Greece

Fly to: Athens

“This long, sandy beach not far from Athens is a hotspot for splendidly intricate sea snails such as *Clanculus corallinus* and *Ocenebrina edwardsi*.”

Albufeira, Portugal

Fly to: Algarve/Faro

“Some of the fossil sea shells on this pretty and lively beach are said to be up to 23 million years old. A range of real beauties also drift onto the sand from the fishermen's nets off the coast.” »



5.



Stavros Beach,
Chania, Greece

5.

**Conus
gloriamaris**



Where to find it:

Ok, you have to go to the Pacific or Indian Oceans for this one

Why it's so special:

The Glory Of The Seas was for years considered the rarest shell (throughout the 19th and 20th centuries there were fewer than 100 available), and therefore the most valuable. In 1792 a collector bought one and smashed it to keep the value of his own shell high. But then divers found its habitat on the sea floor off the Philippines in 1970, and the value plummeted. It's still beautiful, though

What's it worth? NOK128 for a small one, rising to thousands for a larger specimen.

Chania, Greece

Fly to: Crete/Chania

“This beautiful port town is rich in cone shells, especially around the small harbour. Stavros Beach, to the northeast, is a great spot for beachcombing and snorkelling.”

Phaselis, Turkey

Fly to: Antalya

“The historic town and harbour of Phaselis is only accessible by boat and dirt road – but it's worth it. It's a unique setting for shell collecting, because you can do it among the columns and walls of a forgotten city dating back to 700BC. The antique harbour area has sunk into the sea, creating a flat surface only a metre below the water line that's rich in shells. The Chiton olivaceus snail here is quite dark, with a contrasting white pattern.”



Porto Palo di Menfi, Sicily

Fly to: Sicily

“The coast around the hillside town of Menfi is a great place to find a diverse range of shells. Probably the best spot is the beautiful sandy beach east of the marina, which is one of the widest in the area. West of the marina is a low cliff, at the bottom of which is a rocky plateau that’s exposed at low tide, with small rock pools and lots of seaweed. It is one of the best places in the Mediterranean to gather *Conus mediterraneus* cone shells in all shapes, forms and sizes.”



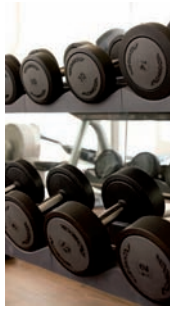
Norwegian flies to all of the above destinations from Oslo, and to most of them from Stockholm and Copenhagen. There are also flights to 12 Mediterranean destinations from new hub London Gatwick



Porto Palo di Menfi, Sicily

Find more online
→ conchology.be
→ nhm.ac.uk
→ mnhn.fr
Book your tickets
→ norwegian.com

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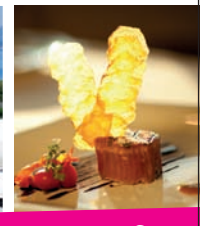
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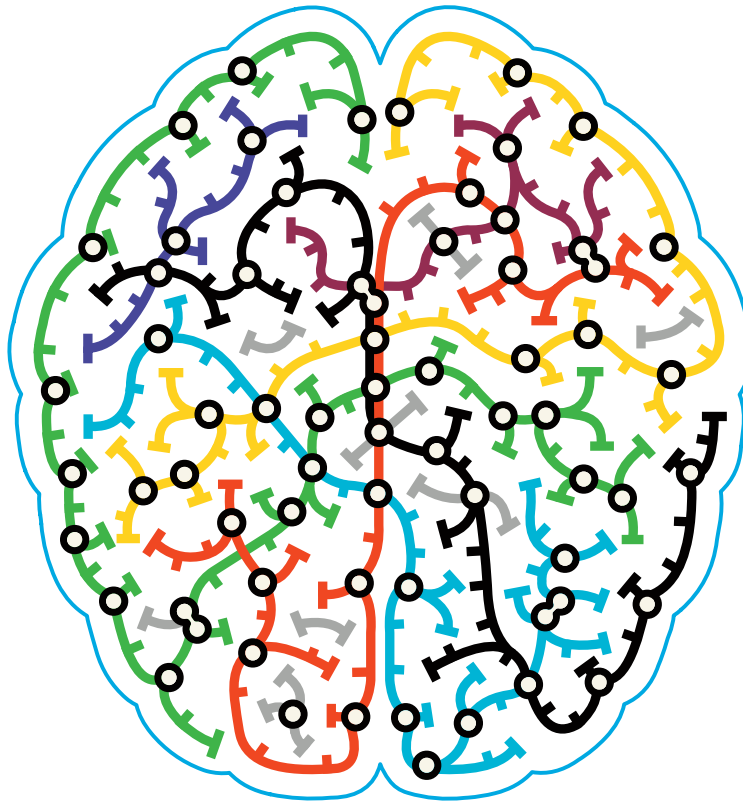
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Underground interests

From urban explorers and Tube Challengers to spatial analysts, the London Underground exerts a curious fascination. To celebrate its 150th anniversary, we meet some true Tube obsessives

Words / Peter Watts → Photos / Louise Haywood-Schiefer

The London Underground attracts nutters. That might not be the politest way of putting it, but there's something about this 150-year-old transport system that draws the obsessive, the curious, the completist and the competitive. Perhaps it is the sheer legacy – that long, deep history – but there is something compelling about the network of intestinal steel tunnels and entombed stations. From the Tube Challengers, who dash round the network trying to visit all 270 stations in a single day, to the man who marched 403 miles along every line above ground, people are always seeking peculiar new methods to engage with the Tube's complexities.

Christian Wolmar, whose *The Subterranean Railway* is one of the most popular histories of the Underground, believes people are enthralled by the ways in which the Tube imposes itself on

London. "I don't think there's any other transport system that encompasses so many things, from fantastic station design to the amazing posters and the iconic map. It continually fascinates."

Wolmar believes this enduring passion is down to history more than size. "It's by no means the biggest network in the world, but the age is crucial," he says. "There is a lot of history encapsulated within it and there's also this image that has been intertwined with London." The Tube's "brand" was created in the first half of the 20th century with the introduction of the roundel, posters, stations, map and typeface that came to define the network. "It was a very early piece of branding and it has become London's brand, not just the Underground's," says Wolmar. "That is what separates it from the Paris Metro and New York Subway. They are important to their cities, but they don't have the same style and history, or draw the affection of the people." »

Ben Pedroche

→ Ghost station expert

“Ever since I was young I was fascinated by the Tube. My brother told me about the abandoned ‘ghost stations’ and the more I read about them the more fascinated I became.

“There are about 25 ghost stations. There are some great ones on the Piccadilly line, where they built too many stations. One of them, Down Street, has a great history: it was used as a temporary cabinet war room during World War II. The best known one is Aldwych, where the London Transport Museum hosts occasional tours. Some have completely disappeared, like British Museum – you can glimpse the platforms on the Central line, but there’s no building. The only people with a good idea of what infrastructure remains are the urban explorers. These guys have explored every abandoned station on the network. Sometimes they break in or they slip in when engineers are working at night.

“I decided to write a series of walks that take you past some of the remaining parts of stations at street level, and I also included some train rides where you can still see platforms. The best train journey is the Metropolitan line from Finchley Road to Liverpool Street, where you pass three ghost stations and then a load of unused platforms. A lot of trains go through these ghost stations, so hundreds of thousands of people pass through them every day and don’t even know they are there.”

Ben Pedroche’s Do Not Alight Here: Walking London’s Lost Underground and Railway Stations is published by Capital Transport Publishing

“The only people with a good idea of what infrastructure remains are the urban explorers”



James Cheshire

→ Lecturer → Centre for Advanced Spatial Analysis
→ University College London

Know your Tube

↓
The busiest station is Waterloo, which serves 82 million passengers each year.

↓
The length of the Tube network is 402km, 45 per cent of which is in tunnels.

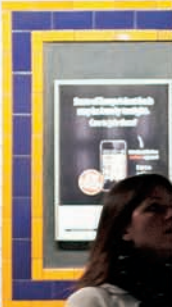
“We’re interested in how cities work and particularly how London works, and the Tube is a huge part of that – if you didn’t have the Tube, you’d have all kinds of problems. We map data about the Tube because people respond well to maps, especially Tube maps. People love any map related to the Tube and they trust maps.

“We get the data that Transport for London (London’s transport governing body) uses for departure boards and use that to run a live map showing an approximate position of where every single train is on the system at any particular time. We also have that data on every single individual journey taken in London. We use these to map large-scale flows of people to find out which are the busiest stations. Then we can model specific situations – such as what might happen if King’s Cross had to close. We are interested in what happens when things don’t work so when we got the data from the (London 2012) Olympic Games we were secretly hoping something would go wrong, but the network held up really well so all you have is data showing everybody moving around easily.

“We are working towards finding more sophisticated ways to model the data. At the moment if there’s a problem on the Tube you find out too late and aren’t presented with an alternative journey. We want to be able to tell people in advance about problems while presenting useful alternatives.” »



Pass along platform for level access boarding zone



“We run a live map showing where every single train is on the system”

Andi James

→ *Tube Challenge champion*

“The Tube Challenge is visiting all 270 stations by Tube. If you are on a train, you don’t have to physically step onto the platform just pass through the station, and you can use buses or run between stations if you wish. The first official record was set in 1959. I heard about it in 2007 and have been doing it ever since. I’ve done it about 46 times now. My winning time (held with Steve Wilson) is 16 hours 29 minutes and 13 seconds, and that’s stood since 2011.

“If you are going to do it, it needs to be when all the lines are running – that’s Monday to Friday – you need to have a good route and no delays. There are some places that are difficult like Kensington Olympia, where there are only nine trains a day. You have to be fit as some of the runs are very long, so prepare for a lot of pain. Research your door positions because you don’t want to get off at the wrong end and waste five minutes fighting through hundreds of people. I know door positions for every platform in London.

“The first time I did the challenge, I spent three weeks calculating all the exchanges and another week physically researching the different runs. I can improve on my winning route, but so can a lot of other people. About 100 people try each year. Whenever I see people running from Finchley Central to Mill Hill East, I know they are either on the Tube Challenge or they are really desperate to go to Mill Hill East.”



“Kensington Olympia is difficult, as there are only nine trains a day”

Mark Mason

→ *Tube-line walker*

“I wanted to do a book about London and the only way to discover any great city – except possibly Los Angeles – is by walking. I was looking for a route, and then I looked at the Tube map and decided to walk the whole network, all 403 miles. When I started, I thought each line would have its own character, but that’s not how London works. Even within each neighbourhood there are great differences and most of these lines go from one side of London to another. Walking the lines taught me how little about London I already knew.

“The stations were a constant reminder that I was staying on the line; they provided a discipline, a logic, and also a nice sense of achievement. They are beautiful buildings, as well. At Southgate, they still have to use period lettering above the shops near Charles Holden’s 1933 station so one has the words ‘Fried Chicken Outlet’ spelt out in art-deco lettering.

“The longest walk I did in one day was the Piccadilly line, all 39.5 miles (63.5 km) of it. It was hard work, but now when I take people on guided walks along sections of some of the lines, a few of them tell me they are going to carry on until the end.”
Walk the Lines: The London Underground, Overground (2011) is published by Random House



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Know your Tube



London’s first underground line opened on 9 January 1863, running from Paddington Station to Farringdon Street.



In the 1930s, the spirit of an Egyptian mummy was said to haunt the disused British Museum stop, near today’s Tottenham Court Road.



LIVERPOOL ST. STATION

This way to main road
then turn left



Pedestrian Route
Only



THIS IS SUPPOSED TO BE HERE
DO NOT REMOVE

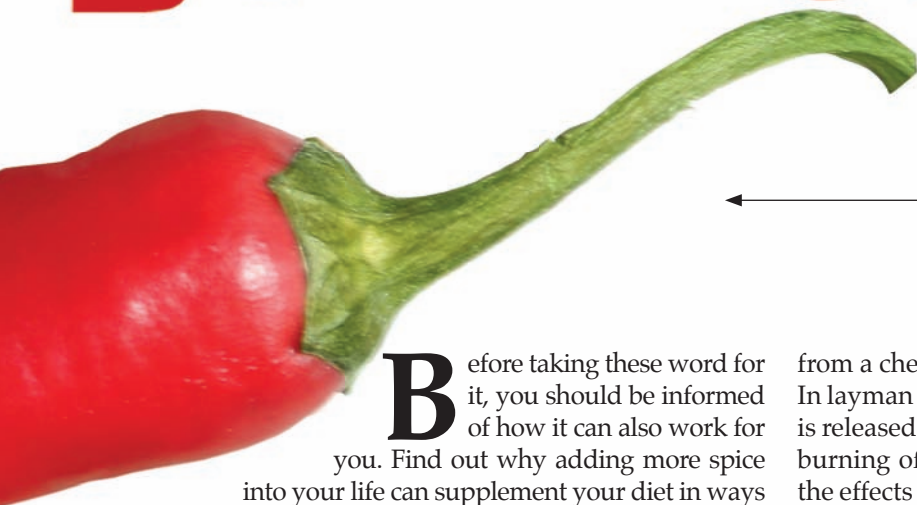
**“I walked the Piccadilly
line in one day, all
39.5miles of it”**



Hollywood is swearing by it

If you are reading this article you have probably heard of chili peppers being highly revered as an essential component in the Hollywood diet. You've seen how celebrities are able to shape their bodies into always fitting their parts. You've heard about Beyonce losing weight before filming Dreamgirls.

BURN YOUR FAT



Chilli peppers help you burn fat like firewood. - If you combine the effects of eating chilli peppers with exercise, you are able to achieve even better results.

Before taking these word for it, you should be informed of how it can also work for you. Find out why adding more spice into your life can supplement your diet in ways you never imagined before. You never would have thought that just by adding more pepper into your diet that it could help you lose weight so easily. Lets see why this is the case.

The latest wonder diet pill Chili Burn™

Scientists have known for years that eating chillies creates heat in the stomach and bowel, which in turn increases your metabolic rate. But as any chef will tell you, chilli is also a powerful irritant and so the problem for the diet industry has always been, how to harness chillies not causing stomach upsets. The Swedish company New Nordic seems to have provided the answer in the latest wonder diet pill Chili Burn. Chili Burn contains capsaicinoids, the active ingredient in chilli, which is said to stimulate the metabolic rate, burn fat and carbs, and increase oxygenation rates in an exercising body.

One of the most popular food supplements

Tests carried out conclude that you burn significantly more calories by the hour after a workout with chilli than those taking a placebo pill. You also burn more calories before the workout. No wonder then, that Chili Burn is one of the most popular food supplements in the market. It all started in Sweden, but after Chili Burn was launched in the US, Hollywood celebrities are swearing by it. Chili Burn is found on the shelves of pharmacies and health stores in more than 20 countries around the world.

Chilli pepper helps you burn fat like firewood

When chilli pepper enters your body, especially in the areas inside the mouth, you experience a burning sensation around the inner walls of your mouth. You may think that it's burning; but that's not all. The feeling of being burnt comes

from a chemical contained in chilli peppers called capsaicin. In layman terms; as this chemical enters the body, adrenaline is released into the blood stream causing the breakdown and burning of fats to take place in the process. If you combine the effects of eating chilli peppers with exercise, you are able to achieve even better results.

Taking Chili Burn is a quick and easy solution

If you can't stand a lot of spices, the solution could be the Chili Burn tablet. Then you don't have to worry about overwhelming yourself with spices, to receive the dietary benefits that capsaicin gives you. Even if you are someone, who enjoys eating spicy foods, taking the Chili Burn supplement is a solution for you, when you want a quick fix.

Where to find Chili Burn

You will find Chili Burn tablets in the fine stores listed below plus in many independent health stores. You can also visit the manufacturer's web site for further information and on-line shopping: www.newnordic.com



The Turquoise Coast / By Norwegian

The Turquoise Coast, or Turkish Riviera, is home to two wonders of the world, an iconic sailing route and a hotel built like the Kremlin – not to mention *those* beaches. We take a tour

At a glance

↓
The Turkish Riviera has more than 1,000km of shoreline along the Aegean and Mediterranean Seas.

↓
Its unofficial capital, Antalya, has a population of more than 1 million. In 2011, 10.5 million people visited from abroad, making it the world's fourth-most-visited city.

↓
Every month from May to October, the average daily temperature on the coast is more than 20°C. In July and August, it's 28°C.

↓
Dalaman Airport is one of the world's best connected for holiday spots: Marmaris, Fethiye, Köyceğiz, Dalyan, Kaş, Ölüdeniz and Hisarönü are all nearby.



The map

02



Alanya
Two hours from Antalya, Alanya is like a growing younger sibling, as its 20km of sandy beaches slowly become filled with high-end resorts. Still, hillside cafés and ancient ruins maintain some real charm.



Antalya
Antalya is the region's biggest and most progressive city, boasting Dubai-esque hotels and top restaurants. The preserved Roman-Ottoman quarter of Kaleiçi is a must-see.



Fethiye
Built around a natural harbour, Fethiye is the most common start and end point for Turkey's iconic Blue Cruises, on wooden *gülets*. It's near the ghost town of Kayaköy as well as countless great beaches.



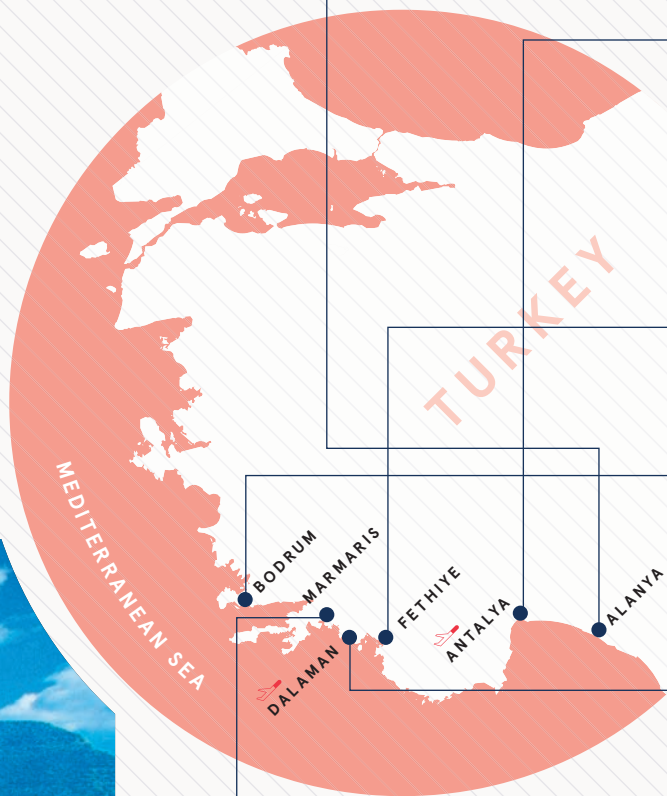
Dalaman
Dalaman, the central town of the district with the same name, isn't much, but it's bang in the middle of the Turkish Riviera's top spots, from the beaches at Ölüdeniz to the unspoilt fishing town of Kaş.



Marmaris
Once a sleepy fishing village, Marmaris is now a full-speed holiday destination, stuffed with package tourists galore. But the rugged coastline nearby, backed by pine-covered mountains, is stunning.



Bodrum
A town of contrasts, Bodrum is on the one hand a beautiful historic city, with palm-lined streets and pretty houses, but despite gentrification, part of the city's still ruined by hard-drinking tourists.



01

The travel-brochure shot

The classic postcard image of the Turquoise Coast is the Blue Lagoon at Ölüdeniz – which means ‘Sea of the Dead’ in Turkish – a sandy beach that stretches into the sea, with crystal clear water on either side. Ölüdeniz is 60km from Dalaman Airport.



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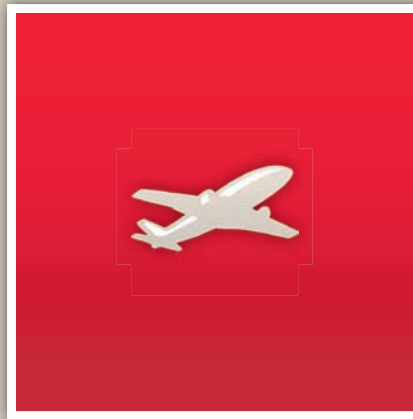
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Norwegian Reward in a glimpse



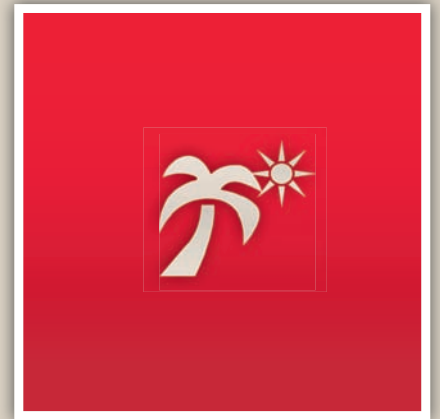
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It's not all big resorts...

03



Kale is a beautiful village, which you can only get to by fishing boat from Üçagiz in the Antalya Province – with its rickety shorefront jetties, quaint restaurants and cottages draped in bougainvillea, it's one of the most charming spots on the Turkish Riviera, topped off with a ruined castle. Stay at Nesrin's Bademli Ev (+90 242 874 2170), a friendly B&B surrounded by greenery, plus shaded balconies overlooking the sea.

Set in a gorgeous environmentally protected area, Dalyan – 40 minutes from Dalaman Airport – is surrounded by ancient ruins and wetlands that are home to everything from storks to the endangered loggerhead turtle. Head to the Iztuzu sandbar, a 5km stretch of white sand and tranquil sea, or check out the local mud baths and warm sulphur pools. Stay at the farmhouse-like Aydos Club boutique hotel, on the Dalyan River → aydosclub.com

05



Where to spot a celeb



Türkbükü, close to Bodrum, is known as the St Tropez of Turkey, where pop stars, footballers and models stroll the boardwalk filled with posh bars and restaurants. Indeed, model Kate Moss was spotted here last year. There's no beach, so everyone prostrates their polished bodies on a wooden deck stretching out into the sea. Stay at the Ada Hotel (adahotel.com), an elegantly rustic stone-walled boutique hotel with a stunning hammam.

04 ... But Antalya does have some wacky hotels



The 464-room **Adam & Eve** claims to have more mirrors than any other hotel (many on ceilings), free condoms in the bathroom and an Angel Service (women dressed as angels). Ooh-er. → adamevehotels.com



The **WOW Kremlin Palace** boasts brash recreations of everything from St Basil's Cathedral to the Bolshoi Theatre. Ironically, fewer Russians stay here than at many Antalya hotels. → wowhotels.com

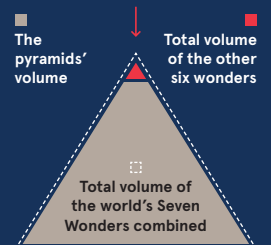


The 640-room **Rixos Premium Belek** claims to be Europe's first seven-star hotel – if 10 tennis courts and 160 designer shops aren't enough, there's a dolphin show with a karaoke-singing walrus. → rixos.com



The airy, whitewashed **Marmara Antalya** claims to be the world's first revolving hotel: 24 rooms in its Revolving Loft rotate 360° every seven hours for views of the sea and mountains. → themarmarahotels.com

In the know



The Turkish Riviera boasts two of the Seven Wonders of the Ancient World: the Mausoleum at Halicarnassus and the Temple of Artemis at Ephesus. They're ruins – of the rest, only the Pyramids of Giza still stand, while others have been destroyed by earthquakes and fires.



The Blue Cruise

06

The term Blue Cruise – now part of the Turkish travel lexicon – was created for trips along the Turkish Riviera, which involve lots of swimming and just a bit of sightseeing. The trips on *gülets* (traditional wooden yachts) typically run from Fethiye to Demre or Antalya over four days, stopping everywhere

from Butterfly Valley to the rustic fishing town of Kaş. Companies such as Blue Cruise (mybluecruise.com) will take you on the classic route, or you could go for a quirkier itinerary on Australian-run Before Lunch's cruises, which start and end in Fethiye.

→ beforelunch.com

08



Important people hung out here...



Antony and Cleopatra's wedding might have been the must-attend event of the Roman era – they tied the knot in Antioch (now Antakya).



Herodotus, the Greek historian known as the father of modern history, was born in Bodrum in 484BC – among other things, he helped come up with the Seven Wonders of the Ancient World.



St Nicholas – the inspiration for Santa Claus – was born near Demre (formerly Myra) near Antalya in 270AD. Among many myths surrounding the gift-giving saint, one is that each year his relics exude a clear liquid said to possess miraculous powers.

07 Where to see old stuff...



Aspendos Roman theatre

This stunning amphitheatre near Antalya dates back to 155BC and is best seen during the Aspendos International Opera and Ballet Festival in June (aspendosfestival.gov.tr), when top companies perform here.



Temple of Apollo ruins

The seaside Temple of Apollo near Side (60km from Antalya) is one of the country's most important historical sights, but also a spectacular spot to see ancient ruins framed by azure sea.



Lycian tombs at Dalyan

The Lycians were known for their tombs and the versions cut into the cliffs at Dalyan are some of the best, dating back to 400BC. See them from a boat up the Dalyan Çayı River, which runs through the town.



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09



Ideas for the kids



Turquoise Coast Adventure

UK travel company Exodus (exodus.co.uk) runs an eight-day **Turquoise Coast Adventure**, based in the harbour town of Kaş, designed for families. The trip includes an overnight stay in a mountain village and you can also choose to go sea kayaking at Kekova or walk in the spectacular Saklikent Gorge.



Go farming

The **Pastoral Vadi Organic Eco Farm** in Fethiye (pastoralvadi.com) is in the middle of a valley surrounded by pine forests and a river. Kids can join arts and crafts classes, learn to make *börek* (fried, filled pastries), help out at the farm or go fishing. The bungalows are all made from stone, mudbrick or wood, and all the food is local and organic.

Walk the Lycian Way The 500km walk from Ölüdeniz, near Fethiye, to Hisarcandır, about 20km from Antalya, is one of the world's most famous hikes and it usually takes 25 days to cross the old mule trails between the coast and mountains. Only to be attempted in the cooler spring or autumn months.

→ lycianturkey.com

Live the outdoor life It's not all beaches in southern Turkey. Sakli Göl Evleri, 64km inland from Antalya, features seven luxury tents and five bungalows in the forest overlooking the peaceful Lake Karacaören. Days are spent hiking, fishing, canoeing and cycling, and it's close to the ancient ruins of Sagalassos.

→ sakligolevleri.com

Swim the coast Open-water swim specialists Swim Trek offer seven-day breaks around the beaches and islands of the Lycian coast, based from the pretty harbour town of Kaş. There's an average 6km of swimming every day, so you'd better be fit before you start.

→ swimtrek.com

Don't want to just lie there?

10



Species-spotting on the Turkish Riviera



Loggerhead turtles



British lager louts



Big-spending Russians



In the know

↓ Antalya's football team, which plays in the top Turkish league, has perhaps the least chantable name in football: Medical Park Antalyaspor, after its sponsors, one of the country's biggest hospital groups.



Where the travel agent recommends

11



Exclusive Escapes is the UK's top online agent for trips to the Turkish Riviera. The company's Felicity Hoad gives us a few tips...

Şövalye (pronounced chevalier) near Fethiye is a sleepy, entirely pedestrianised island – ideal if you want peace and quiet to roam the shady walkways through pine-scented forests.

There's only one hotel on the island – the 12-bedroom Ece boutique hotel, which is surrounded by sea, and this year has a new beach club and waterside restaurant. If you go canoeing or snorkelling, you paddle over ancient ruins directly offshore, which include submerged houses, an old city wall, churches and a Roman

cistern. There's also a courtesy boat to the town of Fethiye.

Chichi Kalkan is an archetypal Mediterranean harbour town, with a horseshoe-shaped bay, rooftop restaurants overlooking the sea and a bustling weekly market.

It's also home to Hotel Villa Mahal, a waterfront boutique hotel which was awarded "most romantic hotel in Europe" by Condé Nast Johansens and featured in the *Sunday Times'* (UK) list of the 100 best hotels in Europe. With just 13 bedrooms, it boasts stunning sea views from all rooms – suites have their own pools; everyone else has to put up with the infinity pool. → exclusiveescapes.co.uk

12

If you only eat at one place...

Fethiye's fish market is a raucous courtyard packed with stalls. At some you buy a vast array of fresh-caught fish, from sea bream to giant prawns and plump sardines; others are basically small restaurants that will cook the fish for a small charge, and serve with *raki* (local aniseed-y spirit) and hot Turkish bread, often to the accompaniment of local bands.



In the know

Want to read what an array of writers say about the Turkish Riviera? Rupert Scott's *Turkish Coast: Through Writers' Eyes* is an edited collection of thoughts on the coast by everyone from Plutarch and Homer through Byron to Louis de Bernières.

connect

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Fast forward a few years and Matti has now designed an entire range of wooden frames, available through his company, Kraa Kraa Eyewear. Every pair of glasses is manufactured with the same passion for beauty, quality and fine material, and the majority of the work is done by hand.

The manufacturing process begins with the careful selection of the wood – typically birch, which is native to Finland, although exotic woods such as wenge and teak are also used in small quantities. Each piece of veneer is meticulously checked for imperfections, before being crafted into one of several simple yet timeless styles. The frames are designed to suit a multitude of head shapes, but are also heat moldable to ensure a perfect fit every time.

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The Statsraad Lehmkuhl is a three-masted steel bark, built by Johann C. Tecklenborg AG in Bremerhaven-Geestemünde in

1914. This beautiful, traditional sailing ship is moored in Bergen, which is also the port of departure for 2013 voyages to Selje, Kirkwall, Aarhus and Torshavn. Statsraad Lehmkuhl will sail the Tall Ship Race leg from Aarhus to Helsinki in July 2013 – and you can participate!

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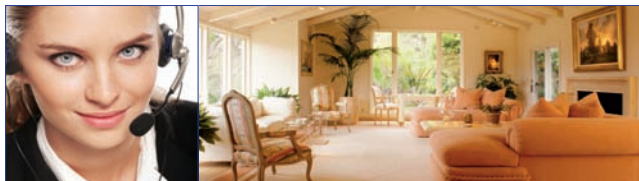
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Adnan Icaigic © Tromsø University Museum

TROMSØ UNIVERSITY MUSEUM

The best of northern tradition, history and nature can be found among this welcoming museum's fascinating exhibitions. This polar bear cub (*above*) awaits you at the Polar Museum, alongside brave explorers and rough hunters. Meanwhile, Tromsø Museum features even more bears, as well as the Northern Lights (make your own in the plasma chamber!), the indigenous Sami people, Vikings, Medieval church art and the oldest chewing gum in Scandinavia, chewed by a five-year-old 3,000 years ago!

Tromsø Museum: Lars Thørings veg 10, Polar Museum: Søndre Tollbugt 11
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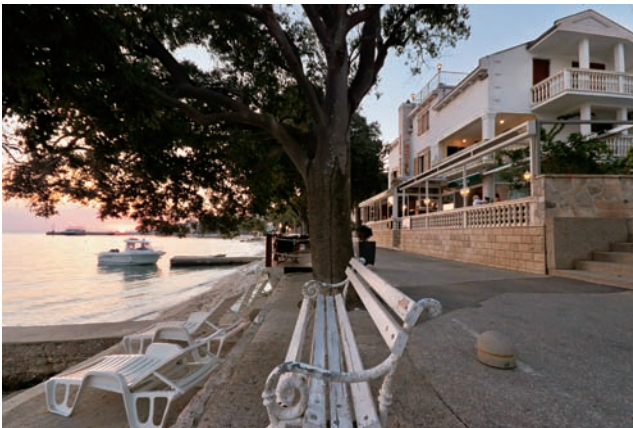
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KINGCRAB HOUSE

Located in the Shopping Gallery, in the centre of Levi, this delightful restaurant specialises in all manner of Arctic seafood and traditional Lappish dishes. However, it is the eponymous King Crabs that take pride of place. Fresh from the Arctic Sea in Northern Norway, you can choose your own live crab from the aquarium – a unique experience offered by no other restaurant in Europe. It is then caught and beautifully cooked in a variety of exciting ways, with crab in a coconut and chilli sauce being a particular highlight.

The owners, Håkon and Toini Karlsen, are experienced restaurateurs, having previously run a summer restaurant in an old



fish factory in Repvåg. They opened KingCrab House in 2012, after holidaying in Levi for many years and spotting that a market existed for a such an establishment. It has immediately become a favourite among locals and is drawing in visitors from far and wide, in no small part due to the young and talented staff, such as 22-year-old daily manager Laura Peippo and 21-year-old chef Joonas Pöllänen.

The restaurant is open all year except for May and October.

6 Mariankuja, Shopping gallery, Levi, Finland
+358 40 160 1911, kingcrabhouse.fi



KROA

Home to a real sense of history and Longyearbyen's most relaxed and welcoming restaurant atmosphere, Kroa is a delightful venue for a good dinner or a drink with visitors and locals alike. The walls are adorned with pictures and equipment from the trapping period that took place on Svalbard 100 years ago, while the chefs and waiting staff create terrific meals out of the finest seasonal ingredients. A treat for all the senses, this restaurant is a must-visit for those seeking to experience Svalbard.

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Located in a manor house dating from 1837, once owned by a prominent family in the fishing industry, Compagniet is Tromsø's oldest restaurant. The dining rooms are rustic yet distinguished, while the constantly evolving menu features the best ingredients from the northern countryside, matched by an impressive selection of continental wines. Here, enjoy local cuisine, such as reindeer, grouse and cloudberries, skilfully prepared by the finest chefs north of the Arctic Circle.

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TAKET BERGEN

Situated at the top of the famous Zachariasbryggen, this rooftop terrace is the most ideally placed beer garden in Bergen. From here, you can enjoy wonderful views over the town, the fjord or the famous fish market, and enjoy a meal from one of the building's many excellent restaurants. On a sunny afternoon, there's no better place to sit and watch the world go by, although the heated lounge and glass ceiling ensures that this is a spot that can be enjoyed all year around.

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BLÅ PORTEN

The historic Blå Porten restaurant and cafe in Djurgården has become a favourite haunt of Stockholm's culture-enthusiasts and young art lovers, attracted by the unpretentious atmosphere, wonderfully diverse crowd and unique environment. With its fantastic selection of delicious cakes and snacks, it is the ideal spot for a quiet coffee or lunch in the sunshine when visiting the island. Open every day from 11am.

64 Djurgårdsvägen, Stockholm, Sweden
+46 8 663 87 59, blaporten.com



RESTAURANT PUISTOLA

When strolling through the heart of Oulu, you can't fail to notice the big and inviting windows that front Puistola, a cosy restaurant that is well worth a visit when you have the appetite for something special.

Puistola boasts three different concepts: a deli, a bistro and a fine dining restaurant with its own wine cellar. The restaurant is found at the base of a light coral-coloured, Jugend-era building of the same name, and this beautiful setting makes for a delicious evening out.

The chefs combine local Nordic ingredients with contemporary European techniques. Fresh ingredients and self-made products are present in every dish, and there's even a bakery downstairs providing

all the pastries for the Deli. The restaurant is open throughout the day, catering for both early-bird breakfast eaters and late-evening fine diners.

The 100-year-old house has long been a cultural hot spot. For example, the hall that houses the Bistro was once home to Oulu's first cinema. The cinematic spirit is still present in the artistic chandelier where the projector used to be and the kitchen, located on the opposite side of the bay window, exactly where the silver screen once stood.

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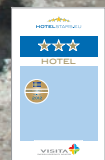
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DON'T SWEAT IT!

Eliminate sweating in all its forms with one simple procedure

Hand sweating remains a serious problem for a significant minority of the population. Not only can it cause considerable embarrassment and loss of credibility in business and your personal life, but it can also be a frustrating hindrance in your daily routine, making, for example, handshaking very uncomfortable and your papers blotchy because of your wet hands.

There has never been a thorough explanation as to why some people suffer from sweaty hands and others don't, and so this is known as idiopathic sweating. It is often present soon after birth, and so must be hereditary in some way. While stressful events are prone to aggravating the problem, they are not the primary cause of hand sweat.

Previously, this was managed with botox, iontoforesis or endoscopic sympathectomy (ETS), a powerful treatment that involves the cutting or cauterising of the sympathetic nerves. When this operation is performed, the hands often become bone dry without any friction. However, in more than 60% of cases, the operation also causes extreme compensatory sweating within a couple of months, in which sweating increases considerably on the lower body, generally to an unbearable excess.

Now, hand sweating can be treated with a sympathetic block – a far more delicate and less traumatic method than ETS. Here, the sympathetic chain is gently compressed with tiny clips at the precise location of the sweat regulation. This exact and drug-free treatment can be performed as day surgery under light anaesthesia, and is shown to have a significant beneficial effect on sweating, with far fewer side-effects

than the old ETS procedure. Less than 10% of people suffer problems with compensatory sweating afterwards, while the process is also reversible if the patient should feel discomfort in any way.

Similarly, a sympathetic block can be used to combat facial sweating, even though its causes are markedly different. Very seldom is this hereditary; instead, the cause is often psychological, with its roots in early childhood. For example, an insecure atmosphere or even a single negligent remark can result in a child feeling unwanted, which may trigger feelings of shame and discomfort in later life. This may result in a type of existential anxiety or anguish, leading to blushing and cold sweats.

The insertion of a sympathetic block will quickly allow the patient to return to a normal life, safe in the knowledge that these symptoms are under control. The procedure can also help address social phobia, panic attacks and common fears such as flying, heights or the dark. It can reduce stuttering and trembling, and even assist with alcoholism or drug withdrawal, since these are often linked to social anxiety.

Sympatix, under the guidance of Dr Timo Telaranta, is a world-leading specialist clinic in sympathetic block treatment, and operates across multiple locations in both Finland and Italy. Visit the website for further information, and fill in the questionnaire to receive prompt feedback on how the treatment could benefit you.

sympatix.fi, telaranta@gmail.com, +358 50 67222

Questionnaire: bit.ly/XaAYuz

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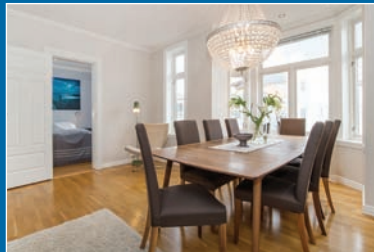
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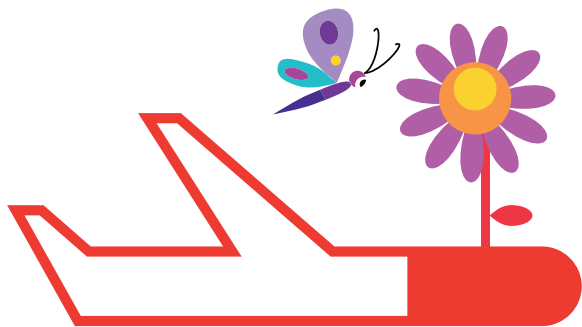
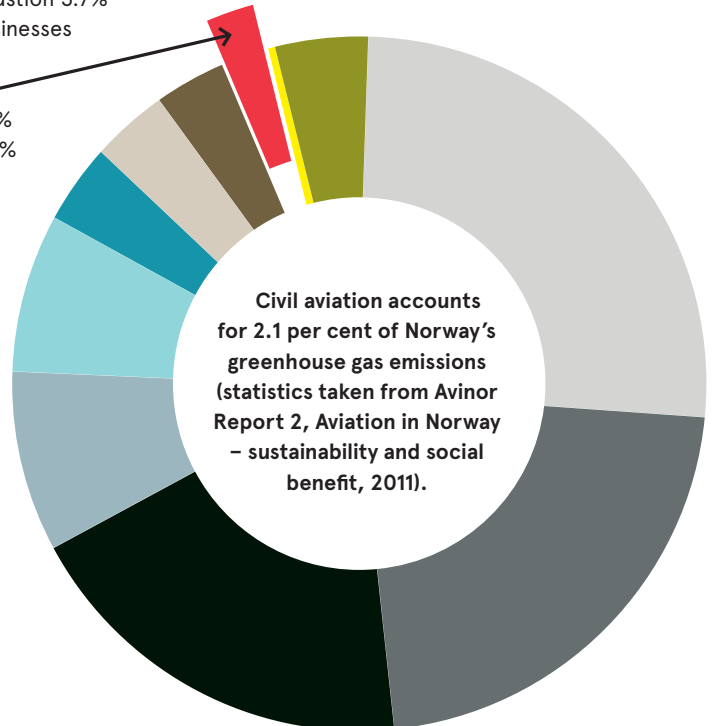
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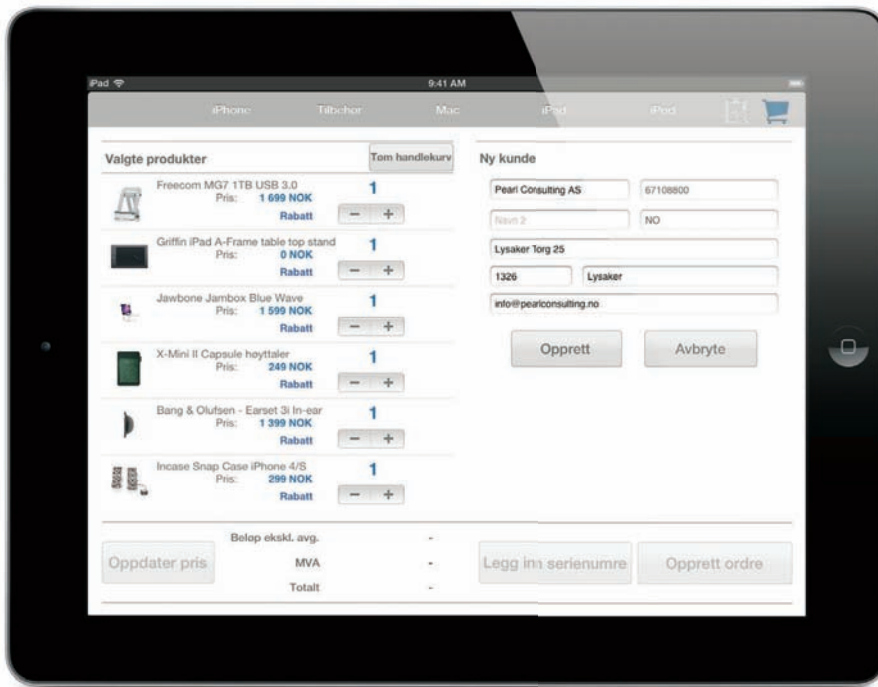


Distribution of national greenhouse gas emissions in Norway, 2009

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- Shipping (fishing domestic) 7%
- Energy supply 3.5%
- Other mobile combustion 3.7%
- Heating in other businesses and households 3.3%
- **Civil aviation 2.1%**
- Military aviation 0.2%
- Other emissions 4.3%



Norwegian focuses on keeping emissions low – and the way to do that is to invest in new and more environmentally-friendly aircraft. Norwegian has one of Europe's youngest fleets, and also one of its most environmentally-friendly.



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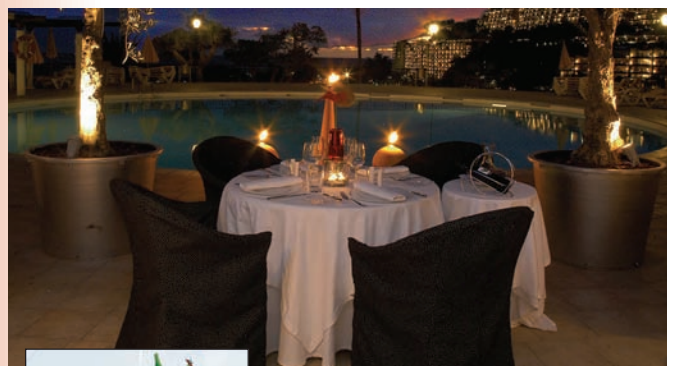
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Unicef

Texting to tackle AIDS

RapidSMS and mobile apps are changing the fight against HIV and AIDS in Zambia

At the Nameembo Rural Health Clinic in Zambia, Gloria Moonga quietly holds her six-week-old son Issac. Nurse Eklina Chibenga is collecting a blood sample to determine the baby's HIV status.

Early in her pregnancy, 21-year-old Gloria took a test herself and discovered she was HIV positive. Though it was a shock, early diagnosis meant she quickly received prevention of mother-to-child transmission (PMTCT) medication.

PMTCT treatment means there is a 98 per cent chance the child of an HIV-positive woman will be born without HIV. The sooner treatment begins, the better the odds for the child.

Gloria's speedy treatment has been helped by an innovative HIV prevention project called Programme Mwana. The UNICEF-supported programme uses mobile phones to improve early infant HIV diagnostic services, patient tracing, and post-natal follow-up and care. It has been particularly successful in reducing delays in transmitting results from HIV test laboratories to rural health clinics, notably in hard-to-reach areas.

The programme uses RapidSMS, a free and open-source framework, to build mobile applications for dynamic data collection, logistics and, of course, communication. It currently runs in 62 health facilities in rural districts of Zambia, but should be available throughout by 2014.

At Nameembo, it has meant the turn-around time to receive results has been reduced from two months, when couriers were used, to two weeks. "The SMS delivery of the test results has really helped us," says Eklina, who has worked at the clinic for 10 years. "Before it was difficult to get results, the time was too long and the nearest main health facility where we went to collect results is 28km from here; many of our clients have to walk."

The five-room clinic provides various services to an estimated



RemindMi agent Mildred Kawala records the birth of Lonar Hamuzala's baby boy in Zambia

15,000 local people. Another young mother, Lonar Hamuzala, has just delivered a baby girl; beside her, RemindMi agent Mildred Kawala is registering the birth. RemindMi is a mobile application that stores, shares and provides notifications of important reminders and dates, which are used to improve post-natal follow-ups.

It was a RemindMi agent who traced Gloria to her house to remind her about her post-natal appointment. And she will get her son's test results in 14 days – delivered via SMS. "I feel good because I know that my child will be protected," says Gloria.

Send an SMS to fight HIV/AIDS

You can join UNICEF in the fight for an AIDS-free generation: from inside Norway, send an SMS to 2160 with the code "20" – to give NOK20 (€2.7). With NOK20 you donate two HIV-tests – the first step towards a life without HIV for two children.

You can also give your support through www.unicef.no

Norwegian and UNICEF have been working together for children since 2007. As a Signature Partner to UNICEF, Norwegian supports the organisation's work giving children the best possible start in life, and a safe and happy childhood. Norwegian is particularly engaged in UNICEF's work against HIV/AIDS, providing financial support to a PMTCT project in Ukraine.



Menu

Norway domestic flights

Only available on flights over 1 hour

	NOK
Fresh food	
Breakfast box & hot drink	70
Sandwich	55
Snacks	
Muffin	25
Chip and dip	45
Little grazing snack box	55
Sørlandschips	25
Nuts	25
Kids box	45
Milk chocolate	20
Hot beverages	
Coffee	25
Tea	25
Soft drinks	
Water	25
Pepsi	25
Pepsi Max	25
Royal Club Orange	25
7UP	25
Orange juice	20
Alcoholic beverages	
Red wine	50
White wine	50
Beer	40
Champagne	90
Combo deals	
Hot beverage & muffin	45
Hot beverage & water	45
Wine & water	70
Sandwich, Sørlandschips & soft drink	95

Sweden and Finland domestic flights

	SEK	EUR
Fresh food		
Breakfast box & hot drink	80	9.50
Snacks		
Muffin	30	3.50
Chip and dip	50	6
Little grazing snack box	65	7.50
Sørlandschips	30	3.50
Nuts	30	3.50
Kids box	50	6
Milk chocolate	25	2.50
Hot beverages		
Coffee	30	3.50
Tea	30	3.50
Soft drinks		
Water	30	3.50
Pepsi	30	3.50
Pepsi Max	30	3.50
Royal Club Orange	30	3.50
7UP	30	3.50
Orange juice	25	2.50
Alcoholic beverages		
Red wine	55	6.50
White wine	55	6.50
Beer	45	5.50
Champagne	105	12
Combo deals		
Hot beverage & muffin	55	6.50
Hot beverage & water	55	6.50
Wine & water	80	9.50
Sandwich, Sørlandschips & soft drink	115	13

Express

International flights under 1 hour 20 minutes

	NOK	DKK	SEK	EUR
Fresh food				
Breakfast box & hot drink	70	70	80	9.50
Snacks				
Muffin	25	25	30	3.50
Chip and dip	45	45	50	6
Little grazing snack box	55	55	65	7.50
Sørlandschips	25	25	30	3.50
Nuts	25	25	30	3.50
Kids box	45	45	50	6
Milk chocolate	20	20	25	2.50
Hot beverages				
Coffee	25	25	30	3.50
Tea	25	25	30	3.50
Soft drinks				
Water	25	25	30	3.50
Pepsi	25	25	30	3.50
Pepsi Max	25	25	30	3.50
Royal Club Orange	25	25	30	3.50
7UP	25	25	30	3.50
Orange juice	20	20	25	2.50
Alcoholic beverages				
Red wine	50	50	55	6.50
White wine	50	50	55	6.50
Beer	40	40	45	5.50
Champagne	90	90	105	12
Combo deals				
Hot beverage & muffin	45	45	55	6.50
Hot beverage & water	45	45	55	6.50
Wine & water	70	70	80	9.50
Sandwich, Sørlandschips & soft drink	95	95	115	13

International menus are distributed on board

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We prefer





Breakfast



Soft drinks



Crisps & snacks



Crackers & nuts

Entertainment

Available on overhead monitors of Norwegian Boeing 737-800 aircrafts

Onboard channels



Video magazine

We bring you seasonal videos from our destinations together with some short films and funny cartoons. On all flights.

Suitable for all ages.

Genres:

Travel, nature, sport, comedy, animation.

Language:

Mute/non-audio.



TV shows

Enjoy our selection of famous TV programmes, suitable for all ages and genders.

Genres:

Family, comedy, travel.

Language:

Mute/non-audio.

Outbound →

(Flights from Denmark, Finland, Norway, Sweden and the UK)

Jungle Beat / This Little Light of Mine

Jungle Beat features a cast of animals in bizarre situations – with hilarious results!

Uncle Max / Uncle Max Goes Swimming

Max causes trouble when he takes Luke and three of his friends to the swimming pool.

Tom & Jerry / The Bowling Alley-Cat

Hilarious capers at a closed bowling alley as Tom sets out to stop Jerry's private game.

Charlie Chaplin / His New Job

Charlie is trying to get a job in a movie, but after causing difficulty on the set he is told to help the carpenter. When one of the actors doesn't show, Charlie is given a chance!

A Sea Turtle Story

A moving and exquisite stop-motion animated film that chronicles the life cycle of this critically endangered species, capturing the beauty of the ecosystems that sea turtles inhabit.



Inbound ←

(Flights to Denmark, Finland, Norway, Sweden and the UK)

Gazoon / Aerobics

Take a group of wild animals in the African savannah, add wacky behaviour, and you've got Gazoon – an animated comedy with a tender and surreal touch.

Mr Bean Animation / Ray of Sunshine

In a cloudy country, every ray of sunshine is precious, so Mr Bean pursues one.

The Road Runner / Fast and Furry-ous

In the first-ever episode, the Coyote sets out to catch the Road Runner by using a rocket, a boomerang and a giant rock, but he finds out the hard way that apprehending the Road Runner is not a simple task!

Caramba

A collection of great gags featuring crazy antics with wacky and funny scenes of urban mishaps.

Uncle Max / Uncle Max in the Wild West

Max takes Luke to a cowboy theme park, where everyone is dressed in cowboy hats.

Bead Game

In this animated short, thousands of beads are arranged and manipulated, assuming shapes of creatures both mythical and real.



Boarding music of the month

To make you feel welcome and relaxed onboard

Elisabeth og Elinborg, Vamp (Norway)

Blue, First Aid Kit (Sweden)

Today Has Been OK, Emiliana Torrini (Iceland)

Born to Be Free (single version), Borko (Iceland)

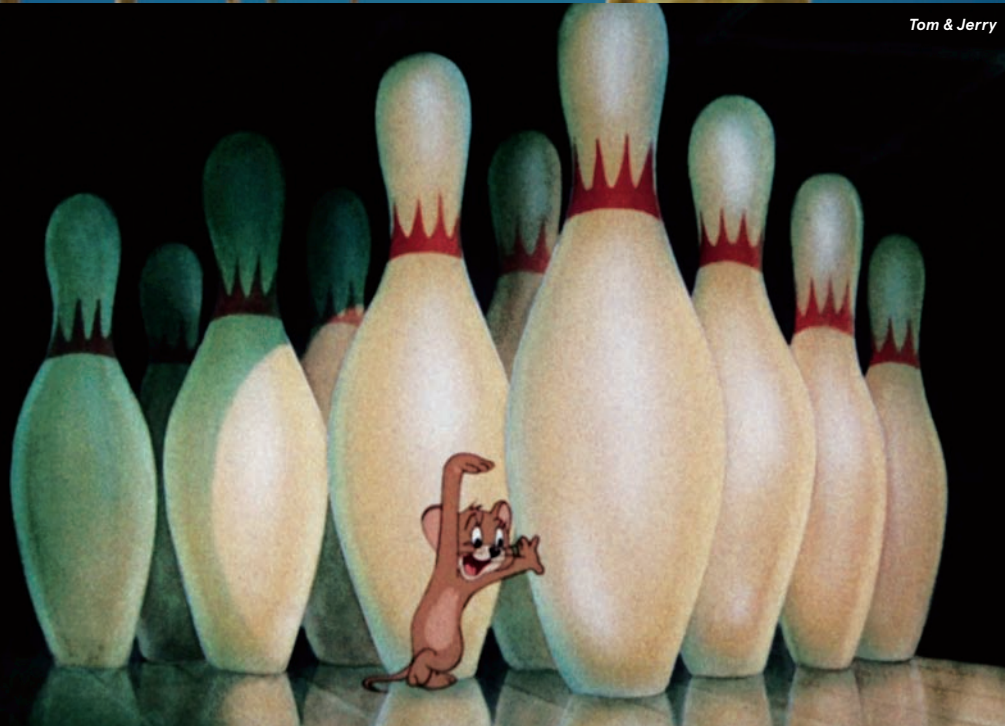
Denne Veien, Kari Bremnes (Norway)

Onko Se Oikein, Erin (Finland)

Alle Har En Drøm, Mads Langer (Denmark)



Head underwater in
A Sea Turtle Story



Tom & Jerry



NEW!

Rent movies and TV shows directly on your own device

When you bring your tablet, smartphone or laptop and headset onboard, you can now rent movies and TV shows directly onto your own device.

Norwegian is the first airline in Europe to offer passengers the opportunity to rent and choose among hundreds of hours of entertainment streamed directly to their own devices. This brand-new product is the result of two years' cooperation with Norwegian's WiFi partner Row 44 and movie distributors all over the world. Passengers can rent a wide selection of movies and an all-access TV package. Once purchased, the film or TV package will be available for the next 24 hours onboard Norwegian's aircraft with WiFi.

How to rent

- 1→ Activate your WiFi device at an altitude of 10,000ft or more.
- 2→ Connect to the wireless network "Norwegian Internet Access".
- 3→ Open your browser and the WiFi portal will load automatically.
- 4→ Browse and select movies or TV shows.
- 5→ Run the mandatory device, Hollywood compatibility check.
- 6→ Enter your payment details and rent the all-access TV package or the movie of your choice.
- 7→ Sit back and enjoy the entertainment.

The product is available onboard all Norwegian's aircraft with WiFi for 24 hours. The product is not available for download and cannot be accessed outside the aircraft.

Plane facts

Aircraft fleet



Boeing 737-800s

The Boeing 737-800 serves all routes in Norwegian's network, but is typically deployed on high-density and long-haul routes to North Africa, the Canary Islands and Dubai due to the aircraft's longer range and higher efficiency.

- Number of aircraft: 64
- Seats: 186/189
- Crew: Two pilots and four cabin crew
- Engines: CFM 56-7B26
- Max start weight: 78,999kg
- Length: 39.5m
- Height: 12.5m
- Wingspan: 35.8m
- Engine thrust: 26,400lbs per engine
- Cruise speed: 858kph

Boeing 737-300s

The Boeing 737-300 serves most of Norwegian's network with the exception of flights to North Africa, the Canary Islands and Dubai.

- Number of aircraft: 10
- Seats: 148
- Crew: Two pilots and three cabin crew
- Engines: CFM 56-3
- Max start weight: 61,915kg - 63,276kg
- Length: 33.4m
- Height: 11.1m
- Wingspan: 28.9m
- Engine thrust: 22,000lbs per engine
- Cruise speed: 797kph

Timeline



1993

- Norwegian Air Shuttle ASA is incorporated.
- Operates as a regional airline on behalf of Braathens SAFE with six Fokker F-50 aircraft.

2000

- Norwegian starts operating helicopters and ambulance aircraft through its subsidiary Lufttransport AS, which was spun off in 2002.

2002

- SAS notifies Norwegian that all contracts with the SAS-acquired Braathens are terminated.
- Left with no choice, Norwegian starts direct competition against SAS using jet aircraft on domestic routes in Norway.

2005

- The low-cost jet operation reports a profit for the first time.

2006

- A new system for ticket sales and distribution is launched, radically reducing the airline's distribution costs.

2007

- Norwegian places the year's largest aircraft order in Europe.
- The Stockholm base is established.
- The full-scale internet bank Bank Norwegian is launched.



2003

- Listed on the Oslo Stock Exchange.
- Becomes the first provider of ticketless and point-to-point travel in Scandinavia.



2008

- Delivery of the first Boeing 737-800.
- The Copenhagen base is established.
- The telephone company Call Norwegian is launched.

2010

- Named second-best airline in Northern Europe, and third-best low-cost airline in Europe by Skytrax World Airline Awards.
- Launch customer of the new Boeing SKY aircraft interiors.



2012

- Norwegian celebrates 10 years in the air.
- Norwegian purchases 222 new aircraft. This is the largest-ever aircraft acquisition in Europe.

2009

- After another successful year, Norwegian is named Market Leader of the Year at the ATW Airline Industry Achievement Awards.

2011

- Launch of high-speed inflight internet broadband.
- Helsinki base is established.

2013

- Norwegian opens new hub at London Gatwick.

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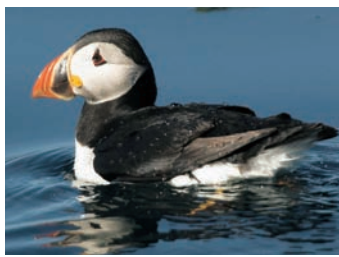
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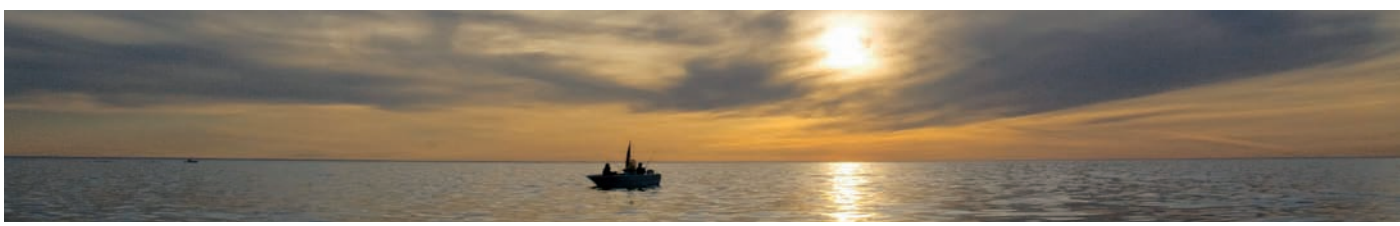
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From Ålesund

- Bergen
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NEW ROUTE

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From Malmö

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- Stockholm

From Stockholm

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NEW ROUTE

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- Stockholm



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In the air

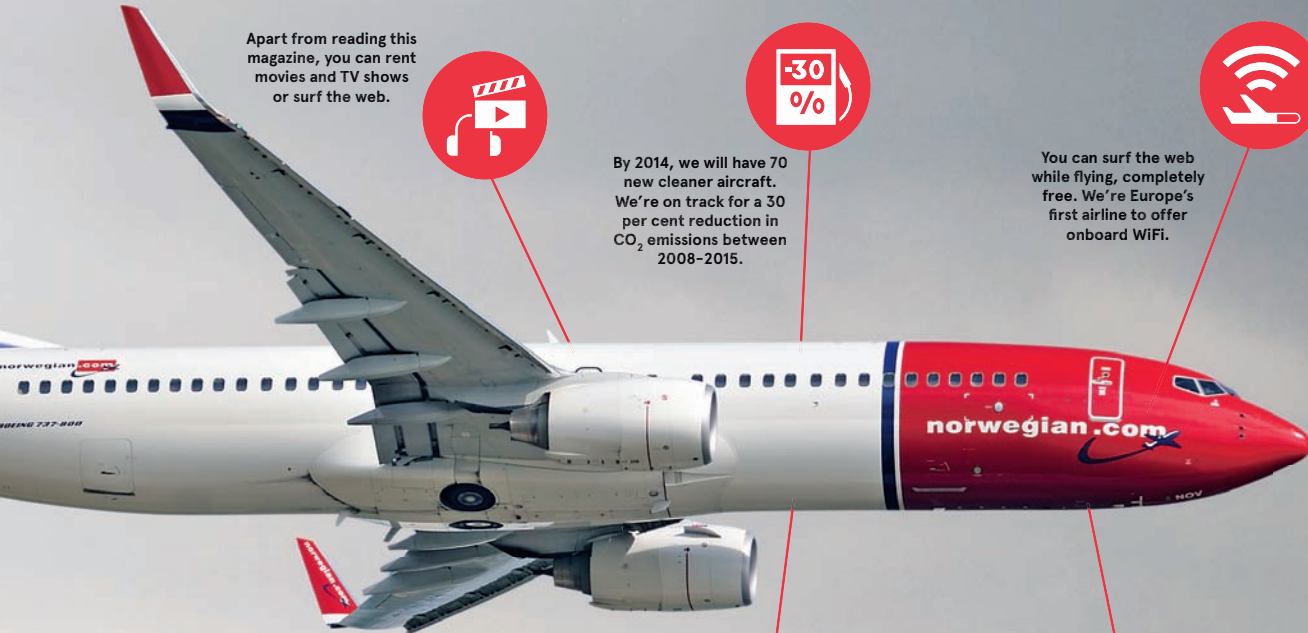
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Hero in focus

This month we pay tribute to trailblazing hero Minna Canth – Finnish writer, social campaigner, widow and mother of seven

Minna Canth

19 March 1844 → 12 May 1897



PHOTO: VICTOR BARSOKEVITSCH, SOURCE: KUOPIO CULTURAL HISTORY MUSEUM

Pictured: Writer Minna Canth's work made her an important voice in the fight for social reform in Finland

One of the most influential and controversial figures in Finnish literature, Minna Canth was the first woman to write for wider audiences in Finland. She also contributed to several newspapers, all the while running a successful haberdashery store in the town of Kuopio. After her husband Johan died in 1879, she brought up their seven children on her own.

Her works were groundbreaking in Finland for being written in Finnish rather than Swedish, as was the norm in Finnish literature at the time, and also because they attacked the religious, conservative society she saw around her. Canth criticised the way poor people were treated by the upper classes and the state and she often tackled the legal standing of women in Finland, the need for equal education for girls, as well as the perils of alcoholism and prostitution.

In her play *Työmiehen Vaimo* (*The Worker's Wife*, 1885), Johanna's husband Risto is an alcoholic who spends all his wife's money on drink, but she can't complain as, legally, her money belongs to him. The play created such an outcry a new law was enacted, giving women a right to their own property in marriage.

Alongside plays and novels, Canth is also known for her short stories, including *Papin Perhe* (*The Clergyman's Family*, 1891), *Anna Liisa* (1895) and *Kauppa-Lopo* (*Lopo the Peddler*, 1889). They tend to feature strong female characters who are either crushed or forced to fight against the inequalities and unjust moral standards of the day.

Canth's work is still widely studied, read and performed in Finland today. Her face has appeared on Finnish stamps and in 2007, her birthday (19 March) became a public flag day in Finland, which commemorates not only her life and work but also social equality in the country.

Words by Suvi Ahola

Tail fin heroes

Meet Norwegian's tail fin heroes – 60 legends from Norway, Sweden, Denmark and Finland



Niels Henrik Abel
Norwegian mathematician



H.C. Andersen
Danish writer



Peter Christen Asbjørnsen
Norwegian folklorist



Jens Glad Balchen
Norwegian professor



John Bauer
Swedish artist



Elsa Beskow
Swedish author



Kristian Birkeland
Norwegian natural scientist



André Bjerke
Norwegian writer



Villhelm Bjerknes
Norwegian meteorologist



Bjørnstjerne Bjørnson
Norwegian writer



Karen Blixen
Danish author



Tycho Brahe
Danish astronomer



Georg Brandes
Danish literary critic



Ole Bull
Norwegian violinist



Erik Bye
Norwegian artist



Minna Canth
Finnish writer and activist



Ivo Caprino
Norwegian film director



Anders Celsius
Swedish astronomer



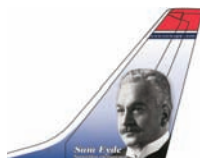
Camilla Collett
Norwegian writer



Aril Edvardsen
Norwegian evangelist



Thorbjørn Egner
Norwegian writer



Sam Eyde
Norwegian entrepreneur



Kirsten Flagstad
Norwegian opera singer



Wenche Foss
Norwegian actress



Greta Garbo
Swedish actress



Edvard Grieg
Norwegian romantic composer



Helmer Hanssen
Norwegian polar explorer



Piet Hein
Danish philosopher



Sonja Henie
Norwegian figure skater



Ludvig Holberg
Danish-Norwegian writer



Henrik Ibsen
Norwegian playwright



Helge Ingstad
Norwegian explorer



Gidsken Jakobsen
Norwegian aviation pioneer



Ludvig Walentin Karlsen
Norwegian preacher



Søren Kierkegaard
Danish philosopher



Christian Krohg
Norwegian painter



Norwegian and our tail fin heroes

When Norwegian entered Norway's domestic market in 2002, we challenged a well-established and long-lasting airline monopoly. So it felt natural for us to adorn the tails of our aircraft with Norwegian legends who have pushed the boundaries, challenged the established order of things and inspired others in a positive way.

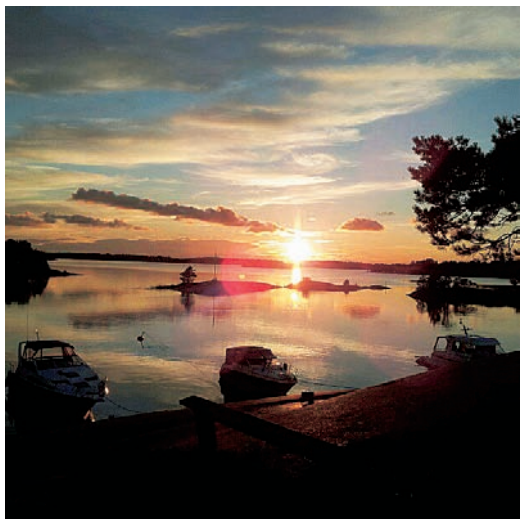
And after establishing ourselves in Sweden, Denmark and Finland, we have become a Nordic company – something reflected in our heroes, from Swedish actress Greta Garbo to Finland's national poet, Johan Ludvig Runeberg.

Our tail fin heroes are an interesting lot – Henrik Ibsen (1828–1906) was described as the best dramatist since Shakespeare; Søren Kierkegaard (1813–1855) was the original existentialist philosopher; and Denmark's Knud Rasmussen (1879–1933) has been called the "father of Eskimology". Read more about our heroes at norwegian.com.

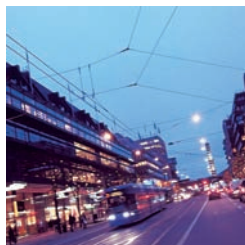
Your destination

Stockholm

You, the reader, pick your favourite spots in the Swedish capital



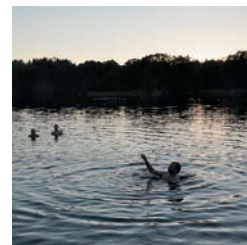
↑ You'll find big skies and beautiful sunsets on Stockholm's archipelago, snapped in all its glory here by *emil_honig*.



↑ *katotz* captured the trams and glittering lights on central Stockholm street Hamngatan, near Kungsträdgården.



↑ Stockholm's Metro system is the world's biggest art gallery, according to *jennifer_in_Sweden* who sent us this pic.



↑ *evawrede* has made us yearn for summer with this shot of night swimming at Källtorpssjön in Hellasgården.



↑ Forget Japan, for a spot of cherry blossom spotting, take a stroll through Kungsträdgården in late April/early May, says *larsjoh*.

← Stockholm is going crazy for dumplings and *Bente_J* recommends dinner and tea at Beijing 8 in Söder.



↑ This old-school pharmacist on Main Street, Storgatan, has us intrigued and looking for an excuse to go and buy some paracetamol. Nice one, *annhog*.

Create our Amsterdam guide and win trips!

Every month, we create a city guide based on recommendations by you, the reader. For our June issue, we're looking for tips and Instagram pictures of Amsterdam. They can be restaurants, bars, things to do or anything you can think of – the more interesting the better. Upload a picture and a tip to our Instagram using the hashtag #storbytur and #Amsterdam by 30 April, and you'll be in with the chance to not only appear on the pages of this magazine, but to win a trip for two with direct short-haul flights from your city of departure. There's a maximum of three tips per reader.

Prizes are for return flights only (no connections), winners must be over 18 and flights must be used within six months of being issued.

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