



# ÅLESUND & SUNNMØRE TRAVEL GUIDE 2015






Stogen

## CONTENTS

Map Sunnmøre Region	02
Town map Ålesund	04
<b>Culture</b>	<b>08</b>
<b>Sightseeing</b>	<b>22</b>
<b>Hiking</b>	<b>28</b>
<b>Outdoor adventures</b>	<b>36</b>
<b>Families &amp; children</b>	<b>46</b>
<b>Skiing &amp; winter</b>	<b>50</b>
Accommodation	58
Restaurants & nightlife	62
Shopping	64
Transport	66
Practical information	68
Advertisements	69



### ONLINE BOOKING

Online booking of accommodation and activities:  
[www.booking.visitalesund.com](http://www.booking.visitalesund.com). Look for this symbol: 

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 +47 70 16 34 30

 [info@visitalesund.com](mailto:info@visitalesund.com)  
 [www.visitalesund.com](http://www.visitalesund.com)

 [www.facebook.com/VisitAlesundEN](https://www.facebook.com/VisitAlesundEN)  
 [www.twitter.com/VisitAlesundEN](https://www.twitter.com/VisitAlesundEN)



The Sunnmøre Alps



Skårasalen



GET READY TO EXPLORE SOME OF NORWAY'S BEST KNOWN NATURAL AND CULTURAL ATTRACTIONS. ÅLESUND'S ART NOUVEAU ARCHITECTURE IS KNOWN

# ADVENTURE CAPITAL OF THE FJORDS

FAR AND WIDE. THE MYRIAD OF TURRETS, SPIRES AND BEAUTIFUL ORNAMENTATION ARE LIKE SOMETHING FROM A FAIRYTALE. SUNNMØRE'S COUNTLESS FJORDS, FISHING VILLAGES, ISLAND GEMS AND MOUNTAINS LIE WAITING TO ROUSE

YOUR ENTHUSIASM. SEIZE THE MOMENT, AN ADVENTURE AWAITS YOU!

## FACTS & INSPIRATION

The official travel guide to Ålesund & Sunnmøre provides you with the information you need to feed your dreams - and make them come true. Are you interested in hiking, fishing, kayaking, bird watching, skiing or cultural adventures? Use the guide actively and choose the activities and attractions that suit you. Check out [www.visitalessund.com](http://www.visitalessund.com) for updated information and booking throughout the year.

## WE ARE HERE TO HELP

The Tourist Information Office in Ålesund, G2, are happy to give you travel advice and can also help you with booking of accommodation and activities. A wide selection of free brochures is available, as well as an assortment of post-cards and stamps for sale. Exchange of small amounts and Internet access. + 47 70 16 34 30, [info@visitalessund.com](mailto:info@visitalessund.com). Times 01.01-31.05 and

01.09-31.12 Mon-Fri 9-16. 01.06-31.08 Mon-Fri 8:30-18, Sat-Sun 9-16. Local tourist information offices in the region: **Ulsteinvik**, R11, +47 70 01 75 10. Times 01.01-31.12 Mon-Fri 8-16. **Ørsta**, T12, +47 70 06 85 18. Times 01.01-19.06 and 21.08-31.12 Mon-Fri 8:30-16. 20.06-20.08 Mon-Fri 8:30-18, Sat 11-15. **Stordal**, X11, +47 47 48 24 24. Times 01.01-31.12 Mon-Fri 9-16. **Fosnavåg**, Q/R 11, +47 70 08 13 11. Times 01.01-31.12 Mon-Fri 9-16.

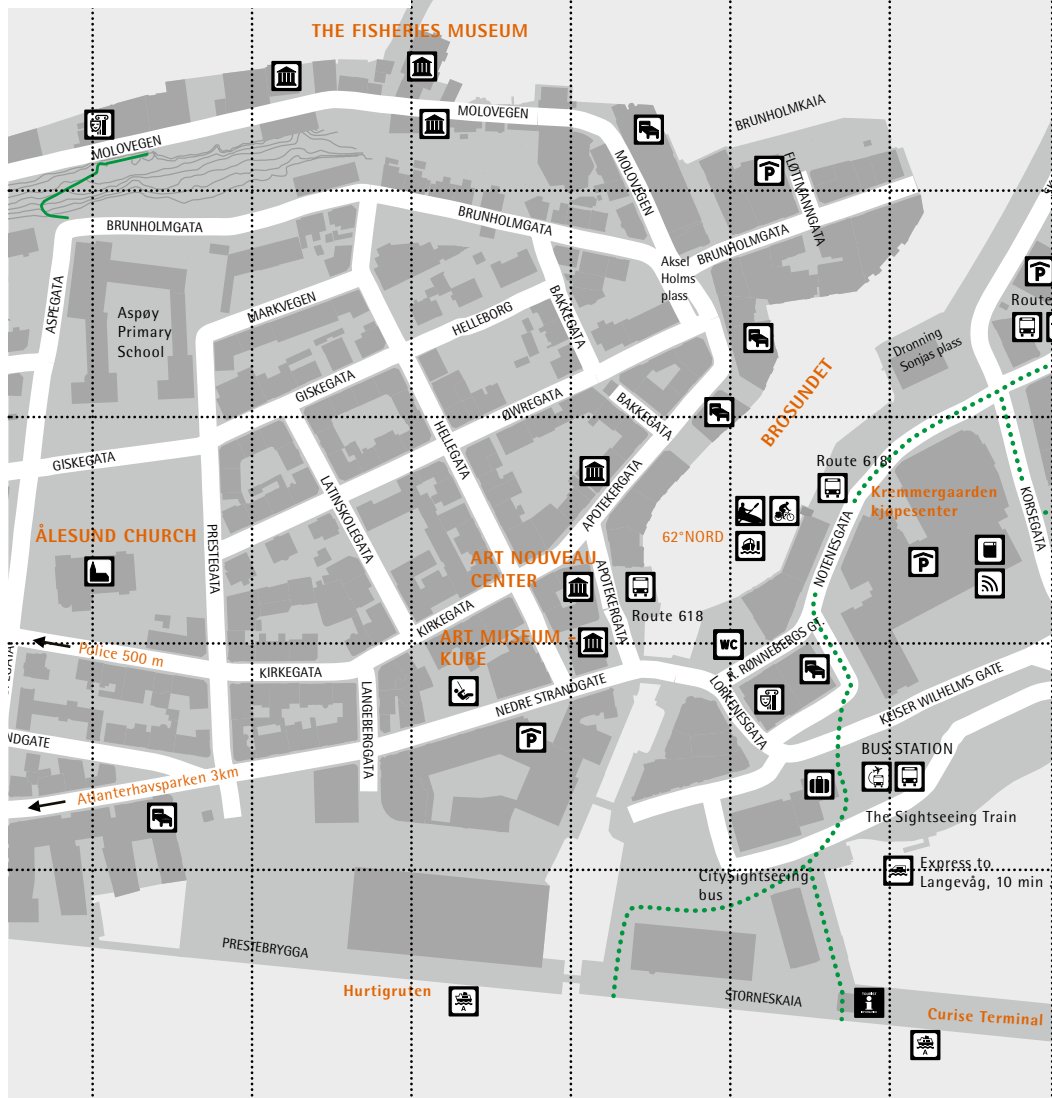
## ASSISTANCE & ADVICE

Ålesund & Sunnmøre is an attractive region for meetings, conferences and incentives. We are happy to give free, non-binding advice and assistance to organisers, +47 70 16 34 30, [meetings@visitalessund.com](mailto:meetings@visitalessund.com) and tour operators, + 47 70 16 34 30, [sales@visitalessund.com](mailto:sales@visitalessund.com). Free online image bank at [www.imageshop.no/alesund](http://www.imageshop.no/alesund).

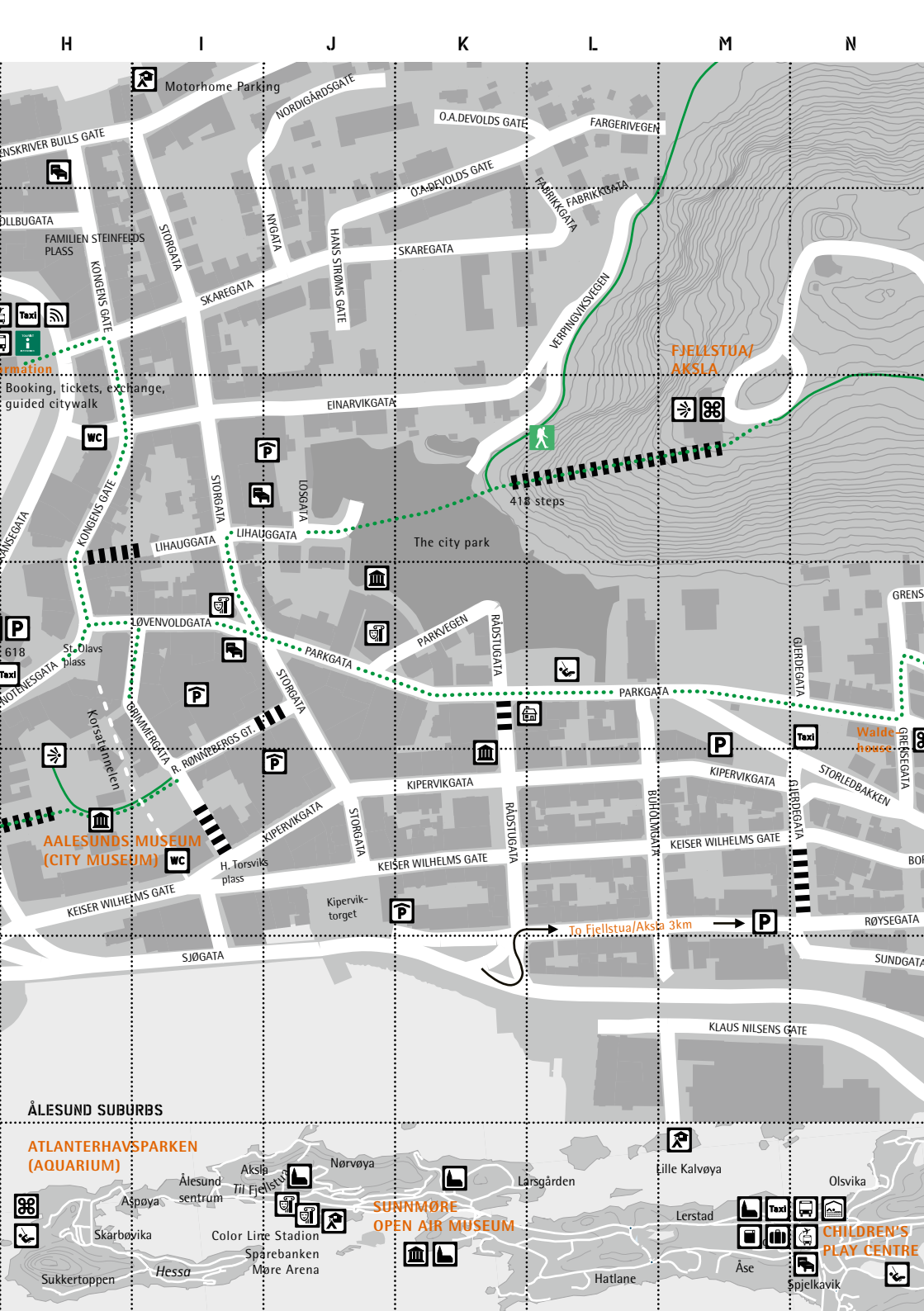
Destination Ålesund & Sunnmøre promotes the region as a travel destination in Norway and abroad. Among our members we count approx. 160 travel enterprises in addition to the municipalities of Ålesund, Giske, Norddal, Haram, Hareid, Herøy, Sande, Skodje, Stordal, Sula, Sykkylven, Ulstein, Vanylven, Volda, Ørskog and Ørsta. The guide is published, in cooperation with NCE Tourism - Fjord Norway, for free distribution in Norway and abroad.

# ÅLESUND TOWN CENTRE – ÅLESUND SUBURBS

- |                |                 |                        |
|----------------|-----------------|------------------------|
| Museum/gallery | Bus station     | Marina                 |
| Attraction     | Parking         | Public toilets         |
| Church         | Car park        | Hotel                  |
| Cultural arena | Baggage lockers | Hostel                 |
| Cycling        | Express boat    | Camping/caravan/cabing |
| Kayaking       | Cruise terminal | Tourist Information    |
| Taxi           | Hurtigruten     | Playground             |
| Airport bus    | View point      | Wifi                   |
| Library        | Swimming pool   | E136 European Road     |







H I J K L M N



Motorhome Parking

ENSKRIVER BULLS GATE



ULLBUGATA

FAMILIEN STEINFELDS  
PLASS



Information  
Booking, tickets, exchange,  
guided citywalk



INTEGATA

KONKENS GATE

STORGATA



LUHAUGGATA

LUHAUGGATA

EINARVIKGATA

LOSANIA

The city park

PARKVEGEN

RÅDSTUGATA

618

Taxi

St. Olavs  
plass

KONKENS GATE

Korsattplassen

ALESUNDS MUSEUM  
(CITY MUSEUM)

KEISER WILHELMS GATE

H. Torsviks  
plass

SJØGATA

LOVENVOLDGATA

STORGATA

PARKGATA

STORGATA

STORGATA

KIPERVIKGATA

KEISER WILHELMS GATE

Kipervik-  
torget

STORGATA

PARKVEGEN

RÅDSTUGATA

BOHOLMSTRA

KEISER WILHELMS GATE

KEISER WILHELMS GATE

KEISER WILHELMS GATE

KEISER WILHELMS GATE

KEISER WILHELMS GATE

KEISER WILHELMS GATE

FARGERIVEGEN

FABRIKKGATA

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FJELLSTUA/  
AKSLA



418 steps

418 steps

418 steps

418 steps

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418 steps

418 steps

GRENS

Walde  
hove

GRENSGATA

STORLEDBAKKEN

RØYSEGATA

SUNDGATA

KLAUS NILSENS GATE

KEISER WILHELMS GATE

KEISER WILHELMS GATE

KEISER WILHELMS GATE

KEISER WILHELMS GATE

ÅLESUND SUBURBS

ATLANTERHAVSPARKEN  
(AQUARIUM)



Ålesund  
sentrum

Skarbovika

Sukkertoppen

Hessa

Aksla

Spårebanken

Møre Arena

Møre Arena

Norvøya

Color Line Stadion

Spårebanken

Møre Arena

SUNNMØRE  
OPEN AIR MUSEUM



Larsgården

Hatlane

Gille Kalvøya

Lerstad

Åse

Spjelkavik

Olsvika

Åse

Spjelkavik

Spjelkavik

CHILDREN'S  
PLAY CENTRE





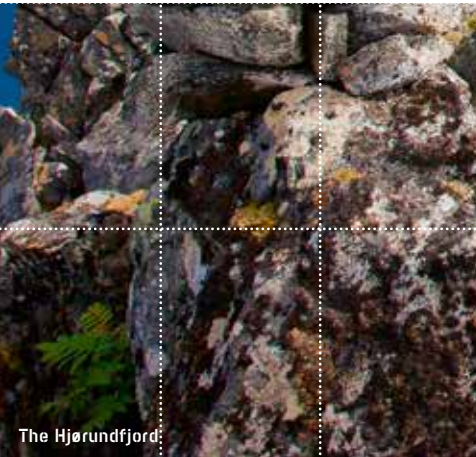
Alnes



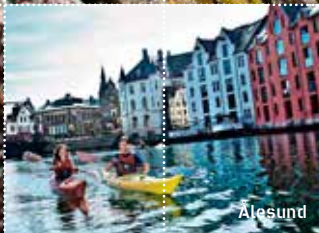
Jugendstilsenteret

## 10 "MUST DO"

- Walk the 418steps to Fjellstua viewpoint. All year.
- Atlanterhavsparken. Award winning aquarium. All year
- City walk and visit at the Art Nouveau Centre. All year
- Eat "Bacalao de Noruega" – made in Ålesund. All year.
- Alnes lighthouse and hiking at Godøy mountain. All year.
- "Wildlife Sea Safari" with RIB to bird island Runde. Summer.
- Skiing and hiking in the Sunnmøre Alps. All year.
- Sea Fishing on the Møre coast. All year.
- Roundtrip to Geiranger by bus and ferry. Summer.
- "The Queen's route". Hjørundfjord - Norangsdalen. All year.



The Hjørundfjord



Ålesund





Runde



Ålesund



Hjørundfjord & Sunnmøre Alps

## CULTURE

DISTINCTIVE LOCAL HISTORIES  
WORLD CLASS ARCHITECTURE  
CULTURAL EXPERIENCES FOR ALL TASTES  
UNIQUE FESTIVALS AND EVENTS

ÅLESUND IS WIDELY KNOWN FOR ITS DISTINCTIVE ART NOUVEAU ARCHITECTURE. A MULTITUDE OF TOWERS, SPIRES AND ORNAMENTAL FEATURES CATCHES THE EYE, REGARDLESS OF WHETHER THE TOWN IS GLEAMING IN THE EVENING SUN OR GLITTERING WITH RAINDROPS. SUNNMØRE'S RICH SELECTION OF MUSEUMS AND FESTIVALS ENCOURAGES MEETINGS BETWEEN PAST AND PRESENT AND BETWEEN LOCALS AND VISITORS. GO OUT AND EXPLORE AND YOU WILL FIND CULTURAL TREASURES THAT ARE JUST WAITING TO BE DISCOVERED!

Ålesund is taken right out of a fantasy world. Ironically, we have the flames of 1904 to thank for the town having one of the world's most concentrated collections of Art Nouveau architecture. Stories about the fire and the reconstruction of the town are legion and are best communicated in the town's museums or in the company of a local guide.

There are many fascinating stories about the people and region of Sunnmøre, and the varied choice of museums and attractions means that there is a good chance that you will find something that closely matches your own interests and taste. 11 museums are linked together in the regional museum, Sunnmøre Museum. Explore coastal and rural museums, architecture, language history, church art and old ways of life.

Even if Ålesund is not a large town in the Norwegian context, those hungry for new experiences will find that it has much to offer – from musical festivals to art museums. If you go out into the surrounding area you will be sur-

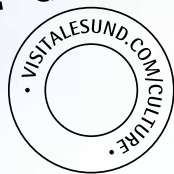
prised by the number of historical plays that take place, where local and professional actors together create magic moments with nature providing the perfect backdrop. You may find cultural pearls anywhere, if you are prepared to follow your nose along the way!

### KLIPFISH CULTURE

Ålesund is Norway's largest export port for klipfish (salted and dried cod). Klippfiskakademiet, H7, +47 70 15 50 00, [www.klippfiskakademiet.no](http://www.klippfiskakademiet.no), provide opportunities to learn more about our culinary traditions. Perhaps you will find the best klipfish meal in an Ålesund restaurant? XL DINER, G2, + 47 70 12 42 53, [www.xldiner.no](http://www.xldiner.no), ANNO, E5, +47 71 70 70 77, [www.anno.no](http://www.anno.no) and MAKI BROSUNDET, E4, +47 70 11 45 00, [www.maki.no](http://www.maki.no).



# ART NOUVEAU SPIRES AND TOWERS, FESTIVAL LIFE OR MUSEUMS?



# CULTURE

## DISTINCTIVE LOCAL HISTORIES

WORLD CLASS ARCHITECTURE

CULTURAL EXPERIENCES FOR ALL TASTES

UNIQUE FESTIVALS AND EVENTS



**DRAMATIC HISTORICAL EVENTS** AND POWERFUL PEOPLE HAVE LEFT THEIR DISTINCTIVE MARK ON THE REGION. THE VIKING ERA, THE TOWN FIRE, THE FISHERIES AND A BREED OF PEOPLE WHO HAVE A SPECIAL ABILITY TO SPOT OPPORTUNITIES RATHER THAN PROBLEMS.

## INDUSTRIOUS AND ALMOST CULTIVATED

More than two thirds of the world's production of klipfish is loaded on board ships that sail from Norway's fishing capital Ålesund. Nowadays the region is also a world leader in ship design and advanced maritime technology. The enterprising people of Sunnmøre have deep roots in the Viking traditions. Just like their predecessors they are exceptional craftsmen and outstanding businessmen, even if plunder has been put aside. The village of Sykkylven is home to first class furniture manufacturers. It was here that the world-renowned Stressless chair from Ekornes first saw the light of day and you can see furniture as art in Galleri Cylindra, see p. 19. Local artists and craftspeople can display hand-blown glass, striking landscape paintings and renowned wool design from Devold. The Ivar Aasen courtyard in Hovdebygda celebrates the linguistic genius who almost single-handedly constructed a genuine Norwegian language, based on the numerous dialects that people used in the countryside, see p. 17. It is not surprising that Ålesund is the host for the InnoTown Innovation Conference, which draws together innovators and business leaders from all over the world, see p. 20.

## FROM ASHES TO ART NOUVEAU

On a cold stormy winter night on 23 January 1904 a dramatic fire raged through Ålesund. In the course of 16 hours 850 buildings were reduced to ashes and more than ten thousand people were made homeless. Miraculously only one person died as a result of the fire. The town was quickly rebuilt in the period from 1904-1907. Every year, at a quarter past two in the morning on 23 January, town fire enthusiasts assemble from far and near to follow the fire's footsteps through the town. You may re-live the history in the Time Machine in Jugendstilsenteret, see p. 14.



## ISLAND TREASURES

Runde has some of the largest bird cliffs in the country, but did you know that the island is also known as the site of Norway's biggest find of ancient coins? The Runde treasure is the valuable cargo that the Dutch cargo ship "Akerendam" had on board on her maiden voyage in 1725, when she strayed off course and was shipwrecked off Runde one stormy night on 8 March that year. The treasure was discovered in 1972 by three sports divers, who found more than 57,000 coins. Explore an exciting selection of artefacts and coins on display in an exhibition at Runde Miljøsenter, see p. 16.

## IN THE FOOTSTEPS OF THE VIKINGS

A ship leaves no permanent traces on the surface of the sea, but if you travel along the coast of Sunnmøre you might feel that you are sailing in the Vikings' wake. Many ancient monuments and historical plays bear witness to the region having played a central role in Norwegian and European history. Tradition has it that both Ragnvald Mørejarl and the Norman duke Gange-Rolv, or Rollo, were from Giske and the latter was the forefather of William the Conqueror and the English and Norwegian royal families. Giske was also home to the mighty Arnungane clans. Giske Church, once the household chapel of Arnungane, bears witness to the riches on the island in the 1100s. The Viking Play "Giskespelet" is arranged every second year at the historic surroundings of the island Giske, see p. 20. Herøyspelet "The King's Ring" is perhaps the best known of the Viking plays and is arranged annually, see p. 20. The monument at Hjørungavåg at Hareid also bears witness to the Vikings' activities in the region. See the magnificent Viking ship Borgundknarren at Sunnmøre Museum, see p. 14. The "knarr" was the Viking's trade and cargo ship more than thousand years back in time!



-  Museum and gallery
-  Attraction
-  Church
-  Rural tourism
-  Cultural arena
-  Lighthouse

- 1  28 Aalesunds Museum, Artifex Kunst & Antikk, Atlanterhavsparken, Barnas Lekeland, Fiskerimuseet i Ålesund, Ingrid's Glassverksted, Jugendstilsenteret, Kunstmuseet KUBE, Pigment Kunsthandel, Sunnmøre Museum, Trankokeriet Antikk
- 2  Borgund Kirke, Ellingsøy Kirke, Katolsk Kirke, Spjelkavik Kirke, Volsdalen Kirke, Ålesund Kirke
- 3  Arbeideren, Color Line Stadion, Parken Kulturhus, Teaterfabrikken
- 4  Alnes Fyr
- 5  Giske Kirke
- 6  Godøy Kystmuseum
- 7  Devold Museum
- 8  Ulla Fyr
- 9  Ingebrigt Davik-huset
- 10  Cylindra
- 11  Norsk Mobelfaglig Senter
- 12  Sykkylven Naturhistoriske Museum
- 13  Furniture Guiding
- 14  Stordal Gamle Kyrkje
- 15  Yste-Skotet
- 16  Galleri Bjørk
- 17  Ivar Aasen-tunet
- 18  Sivert Aarflot-Museet
- 19  Volda Bygdetun og Garverimuseet
- 20  Dalsfjord Fyrmuseum
- 21  Norsk Olivinsenter
- 22  Hakallergarden
- 23  Runde Fyr
- 24  Fosnavåg Konserthus
- 25  Herøy Kystmuseum
- 26  Sjøborg Kulturhus & Kino
- 27  Hoddvoll Stadion
- 28  Ishavsmuseet "Aarvak"

## CULTURAL ARENAS AND TICKET SALES FOR EVENTS

**BØRSEN** (Parken Kulturhus, Arbeideren kulturhus og cinema), E6, Lorkenesgt. 2, 6002 Ålesund, +47 70 16 24 65, [www.kulturiaalesund.no](http://www.kulturiaalesund.no). **COLOR LINE STADION**, J7, Sjømannsvn. 14, 6008 Ålesund, +47 70 11 54 99, [www.colorlinestadion.no](http://www.colorlinestadion.no). **HERØY KULTURHUS**, Q11, 6090 Fosnavåg, +47 70 08 81 28/90 52 55 79, [www.heroy.kulturhus.no](http://www.heroy.kulturhus.no). **MOMENTUM** (Jugendfest, Ålesund Live, Sommerfesten), S10 Sjøvn. 77, 6052 Giske, +47 92 29 17 60, [www.momentum.no](http://www.momentum.no). **SJØBORG KULTURHUS & KINO**, R11, Sjøgt. 10, 6065 Ulsteinvik, +47 70 01 77 02, [www.sjoberg.no](http://www.sjoberg.no). **TEATERFABRIKKEN**, A3, Molovn. 22, 6004 Ålesund, +47 70 10 04 10, [www.teaterfabrikken.no](http://www.teaterfabrikken.no). **FOSNAVÅG KONSERTHUS**, +47 70 08 14 32, [www.fosnavagkonserthus.no](http://www.fosnavagkonserthus.no).

## CULTURE

DISTINCTIVE LOCAL HISTORIES  
WORLD CLASS ARCHITECTURE  
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**ÅLESUND'S DISTINCTIVE ARCHITECTURE** IS A WORTHWHILE JOURNEY IN ITS OWN RIGHT! EXPLORE EXCITING DESIGN, ARTWORK AND UNIQUE BUILDINGS BOTH IN THE TOWN AND IN THE SURROUNDING REGION. IT WILL BE DIFFICULT NOT TO BE ENTHUSED AND YOU MAY ALSO FIND THE ARTIST WITHIN YOURSELF!

### THE ART NOUVEAU TOWN OF ÅLESUND

The massive amount of help that came from all over the world once the devastation of the fire in Ålesund in 1904 became known was impressive. On 26 January, only three days after the fire, the first German ships came with emergency assistance, at the instigation of Kaiser Wilhelm II. The reconstruction of the town took place at a time of economic depression and extensive unemployment in Norway and craftsmen and architects from everywhere in the country streamed into the town in the hope of finding work. Many of them were internationally orientated through their training, practice and study tours.

The reconstruction gave the town a unique architectural expression and a distinctive local variation of Art Nouveau within a concentrated area. The town reflects the different aspects of the building style in a lively and diverse way. Lift your gaze while you explore the town and you will discover the many and varied expressions of Art Nouveau. You will find elements of German Art Nouveau/jugendstil with elegant organic lines and asymmetry, hewn stone buildings inspired by American architecture and National Romantic details from the architecture of the stave churches. In the period 1904–1907 some 50 Norwegian architects were commissioned to design new stone buildings. See Jugendstilsenteret p. 14.

### TEN PROTECTED ART NOUVEAU BUILDINGS

Many of the Art Nouveau buildings in Ålesund are listed as heritage buildings by the National Curator. The intention is to ensure that listed buildings are preserved for future generations. The buildings represent the full span of the reconstruction architecture and include famous monuments and relatively unexceptional

buildings: Jugendstilsenteret (Apotekergt. 16), Enkefru Devolds Villa (Einarvikgt. 7), Bakkehuset (Parkgt. 5), Hotel Brosundet (Apotektergt. 5), Arbeideren (Lorkenesgt. 2), Storgt. 23, Kongensgt. 10b, Kongensgt. 12, Langeberggt. 3 and Keiser Wilhelmsgt. 40. More information and a list of architects and the houses they have designed can be found at [www.jugendstilsenteret.no](http://www.jugendstilsenteret.no). See also p. 14.

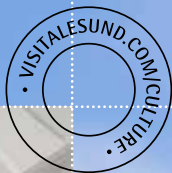
### EUROPEAN NETWORK

Jugendstilsenteret/The Art Nouveau Centre in Ålesund is a member of Réseau Art Nouveau Network, a European network of Art Nouveau towns including Brussels, Glasgow, Barcelona, Riga and Vienna. The network's objectives include raising public awareness of the cultural significance and European dimensions of the Art Nouveau heritage, see [www.artnouveau-net.eu](http://www.artnouveau-net.eu) and Jugendstilsenteret p. 14.

### IMPRESSIVE BUILDINGS

As well as the Art Nouveau architecture in Ålesund, the region has newer, more modern architecture that is worth exploring. Make the trip to the Ivar Aasen-tunet and be fascinated by the prizewinning building dating from 2000, designed by the world-famous architect Sverre Fehn, which was honoured with the foremost architectural award in Norway, see p. 17. Runde Miljøsentet is a world-class environmental building which stands in all its glory right down by the shore at Runde, see p. 16.





## CULTURE

DISTINCTIVE LOCAL HISTORIES  
WORLD CLASS ARCHITECTURE  
CULTURAL EXPERIENCES FOR ALL TASTES  
UNIQUE FESTIVALS AND EVENTS



**AN ABUNDANT CHOICE OF CULTURAL ATTRACTIONS** GIVES YOU A GOOD INSIGHT INTO THE REGION'S HISTORICAL NARRATIVE AND ITS CULTURAL HISTORY AND PROMINENT PERSONAGES. TAKE SOME TIME, REPLENISH YOUR KNOWLEDGE AND BE INSPIRED TO STAY HERE FOR A FEW DAYS!

### MUSEUMS AND ATTRACTIONS

**AALESUNDS MUSEUM**, G/H5, Rasmus Rønnebergsgt. 16, 6002 Ålesund, +47 70 12 31 70, [www.aalesunds.museum.no](http://www.aalesunds.museum.no)  
The museum offers an exciting insight into Ålesund's history through artefacts, models, photographs and paintings. Separate exhibitions on the great fire of 1904, the town's subsequent reconstruction, local fisheries and Ålesund during WWII. **Worth noting** Guided tours on request. **Opening hours** 01.01.-26.04. Mon-Fri 9-15. 27.04.-14.06. Mon-Fri. 9-15, Sun 12-16. 15.06.-16.08. Mon-Fri 9-16, Sat-Sun 12-16. 17.08.-27.09. Mon-Fri 9-15, Sun 12-16. 28.09.-31.12. Mon-Fri 9-15. **Prices** Adults NOK 50, children NOK 30, families NOK 100. **NB** All-in-one ticket for Aalesunds Museum, The Fisheries Museum and Sunnmøre Museum: Adults NOK 120, children NOK 35 and families NOK 240.

#### ATLANTERHAVSPARKEN

H7, Tueneset, 6028 Ålesund, +47 70 10 70 60  
[www.atlanterhavsparken.no](http://www.atlanterhavsparken.no)  
One of the most unusual aquariums in Northern Europe, with large landscaped tanks depicting life in the sea and fjords. Diving show every day at 13 (also at 15.30 in June-Aug), feeding in the penguin park at 14:30. Crab fishing in the activity pool. Worth knowing café, souvenir shop and outdoor water play area. **Opening hours** from June to August Sun-Fri 10-18, Sat 10-16. Sept-May Mon-Sat 11-16, Sun 11-18. **Prices** Adults NOK 170, children 3-15 yrs NOK 75, children 0-2 yrs free.

**THE FISHERIES MUSEUM IN ÅLESUND**, C3, Molovn. 10, 6002 Ålesund, +47 70 12 31 70, [www.aalesunds.museum.no](http://www.aalesunds.museum.no)  
Situated in Ålesund harbour in Holmbua, a beautifully restored warehouse from 1861, and depicting the history

of Ålesund as a fishing port. Learn about almost extinct trades such as coopering. **Opening hours** 01.06.-14.06. Mon-Fri 9-15. 15.06.-16.08. Mon-Fri 9-16, Sat & Sun 12-16. 17.08.-30.08. Mon-Fri 9-15. Outside opening hours: By agreement. **Prices** Adults NOK 50, children NOK 30, families NOK 100. **NB** All-in-one ticket see Aalesunds Museum.

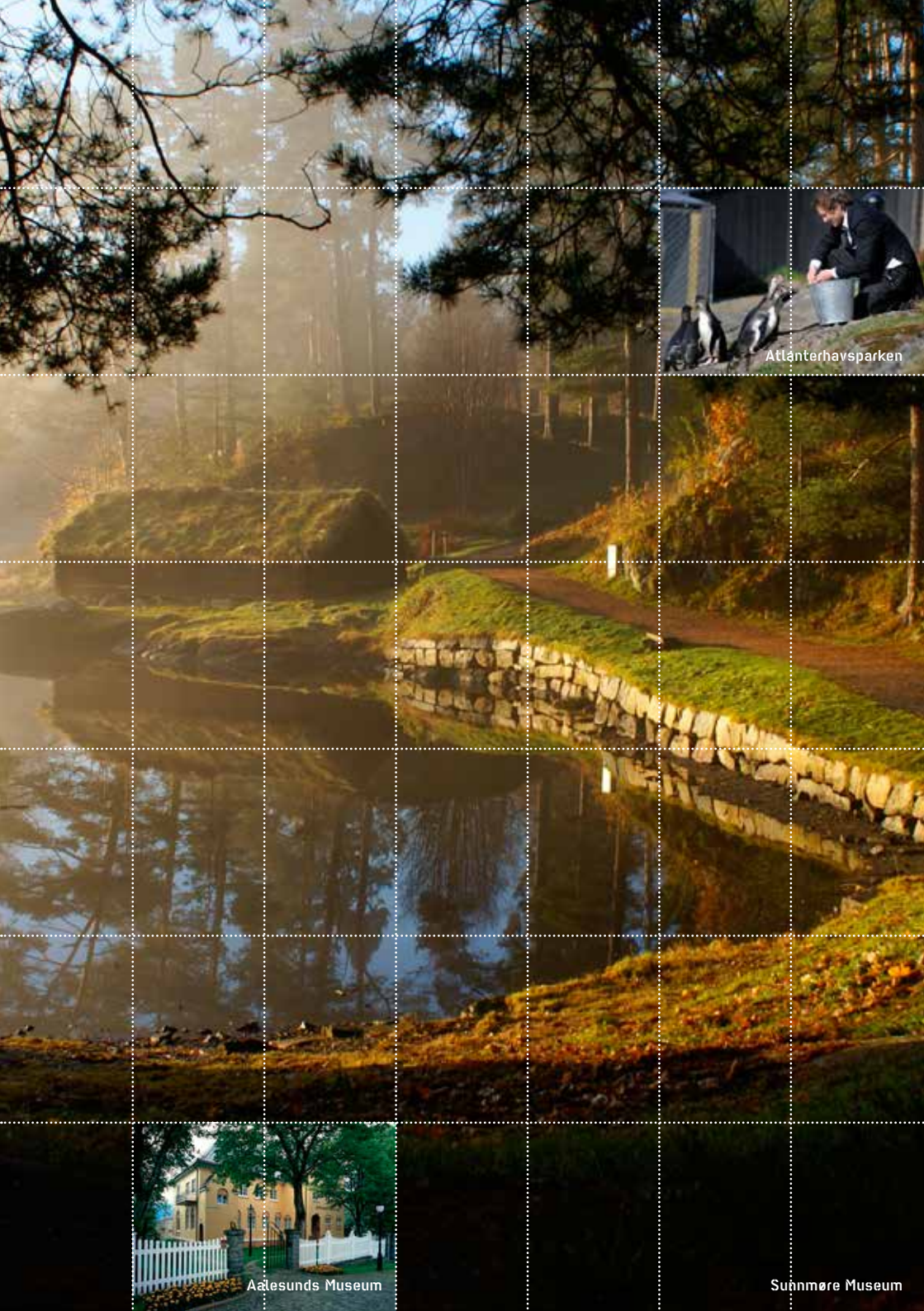
#### JUGENDSTILSENTERET/THE ART NOUVEAU CENTRE

D5, Apotekergt. 16, 6004 Ålesund  
+47 70 10 49 70, [www.jugendstilsenteret.no](http://www.jugendstilsenteret.no)  
The centre offers a fascinating insight into the story of the great fire of 1904, and a time machine takes you back a century in time. Authentic Art Nouveau décor, beautiful displays and modern multimedia programmes. Located in the former "Swan Pharmacy", one of Ålesund's most characteristic Art Nouveau buildings. **Worth noting** Unique café, souvenir shop and activity room for children. **Opening hours** 01.06.-31.08 Mon-Sun 10-17. 01.09.-31.05 Tues-Sun 11-16. **Prices** Adults NOK 75, children/students NOK 40, seniors/groups NOK 60, families NOK 150. **NB** All-in-one tickets available for the Art Nouveau Centre and the KUBE Art Museum.

#### SUNNMØRE MUSEUM

K7, Borgundgavlen, 6015 Ålesund, +47 70 16 48 70, [www.sunnmore.museum.no](http://www.sunnmore.museum.no)  
Open-air museum with cultural history exhibitions and a vast collection of old buildings and boats, beautifully situated in the old Borgundkaupangen. The Medieval Age Museum on the site is also worth visiting. **Worth noting** Wednesdays 24.06.-12.08. Lots of activities for young and old. You can also sail with Borgundknarren at 13:00. Café & souvenir shop. **Opening hours** 01.05.-30.09. Mon-Fri 10-16, Sun 12-16. Saturdays only in July from 12-16. 01.10.-30.04. Tue-Fri 10-15, Sun 12-16. **The Medieval Age Museum** is closed in 2015 due to work with a new exhibition **Prices** Adults NOK 80, children NOK 30, families NOK 160, seniors/students/ ▶





Atlantehavsparken



Aalesunds Museum

Sunnmøre Museum

## CULTURE

DISTINCTIVE LOCAL HISTORIES  
WORLD CLASS ARCHITECTURE  
CULTURAL EXPERIENCES FOR ALL TASTES  
UNIQUE FESTIVALS AND EVENTS

- groups NOK 50/pers. **NB** All-in-one ticket see Aalesunds Museum

**KLIPPFISKAKADEMIET/BACCALAO ACADEMY**, H7, Tueneset, Atlanterhavsparken, 6028 Ålesund, +47 70 15 50 00 [www.klippfiskakademiet.no](http://www.klippfiskakademiet.no)  
Klippfiskakademiet is an innovative teaching and catering concept in Ålesund, and it focuses on the dissemination of the region's distinctive ingredients from land and sea. Klippfiskakademiet offers culinary experiences to various social and academic events where cooking is a key element of the program. **Opening hours** All year, by agreement. **Prices** On request.

**DEVOLD MUSEUM**, T10, 6030 Langevåg +47 70 30 11 11, [www.devoldfabrikken.no](http://www.devoldfabrikken.no)  
Experience 150 years of Devold history, development and production, and get a closer look at the famous brands originally designed for sailors. **Worth noting:** Cafe, glassblowing studio, gallery, outletshops and event location. Boat between Ålesund and Langevåg. **Opening hours:** All year. Mon - Fri 10-18. Thurs 10-20. Sat 10-18 (05.07-02.08, also Sun 12-17). **Price:** Free of charge. Guided Tours on request.

**GODØY COASTAL MUSEUM**, S10, 6055 Godøya +47 98 89 39 47, [www.sunnmore.museum.no](http://www.sunnmore.museum.no)  
Exhibitions on the impact of WWII on the area, local fisheries and local archaeology. Oppigardstova from the 1800s contains an exhibition about local pilotage. **Opening hours** 20.06-16.08 Wed-Sun 12-16 or by agreement. **Worth noting.** Groups on request, get in touch! **Prices** Adults NOK 50, children (0-16) free.

**HERØY COASTAL MUSEUM**, Q/R11, Herøy Gard, 6070 Tjørnvåg, +47 70 08 52 90/93 05 14 85, [www.heroykystmuseum.no](http://www.heroykystmuseum.no)  
A former trading community and parsonage as it was in the 1800s, with buildings, interiors, fishing equipment and traditional boats. Also traces of a medieval church and burial site. **Worth noting** Kiosk **Opening hours** 01.06.-31.08. Wed-Fri, Sun 12-16 or by agreement. **Prices** Adults NOK 50, children NOK 30, students/seniors NOK 40, groups adults NOK 40/pers., groups children NOK 20/pers.



**THE ARCTIC MUSEUM "AARVAK"**, S11 6062 Brandal, +47 70 09 20 04, [www.ishavsmuseet.no](http://www.ishavsmuseet.no)  
Norway's largest polar museum. Fascinating collection of Arctic animals and birds, hunting equipment and nearly 2,000 photographs, plus the sealing vessel "Aarvak". **Opening hours** 01.06-31.08 Mon-Sun 11-17. May and Sept Mon-Sun 12-16. **Prices** Adults NOK 75, children NOK 30.

**RUNDE MILJØSENTER**, Q11, Rundavegen 237, 6096 Runde +47 70 08 08 00, [www.rundecentre.no](http://www.rundecentre.no)  
An exciting choice of artefacts and coins from the Runde treasure, Norway's largest find of ancient coins, is on display in an exhibition at Runde Miljøsenner (Environmental centre). See also 46: New: Documentary "Sea Eagle - majesty of the coast" by Roger Engvik. **Worth noting:** Cafe open on Sundays, and lectures during fall and spring. Program available online. **Opening hours** 15.06-15.08 Mon-Sun 11-17. **Prices** Adults NOK 85, children NOK 35, families NOK 200, seniors/students NOK 55/pers, groups NOK 55/pers.

**HAKALLEGARDEN**, P12, Hakallestranda, 6149 Åram +47 90 06 89 96, [www.hakallegarden.no](http://www.hakallegarden.no)  
Open visitor farm and unique alpaca farm, with café serving homemade food and an art gallery in a converted barn. Farm shop sells garments made from alpaca wool, and other items from ethnic suppliers. **Opening hours** 20.06 - 16.08. Mon-Sun 12-18. Rest of the year, Sat-Sun 12-18. Groups requested to book in advance. **Prices** Adult / child NOK 90, children 0-2 yrs free, family NOK 360.

**NORSK OLIVINSENTER**, Q13, 6146 Åheim +47 90 13 99 41, [www.norskolivinsenter.no](http://www.norskolivinsenter.no)  
The area has one of the world's largest deposits of the mineral Olivine and can present an interesting mining history. The pure gemstone in Olivine is called Peridot. The new information centre has interesting exhibitions, and offers guided tours on request. Looking for your own jewel? Follow the signs to "Peridotplassen". **Opening hours** 09.07 - 02.08. Thur, Sat and Sun 12-17. **Prices** Free entrance.





### BRUDAVOLLTUNET, T13, Brudavollen, 6150 Ørsta

+47 48170275, [www.sunnmore.museum.no](http://www.sunnmore.museum.no)

Authentic farmstead from the early 1800s with original cookhouse, food store and forge. Relax in idyllic surroundings. The farm is located about 5 km from Ørsta in the direction of Sæbø. **Opening hours** All year, Mon - Fri 10-14.30.

**Prices** Adults NOK 40 (incl guided tour), children (under 16 yrs) NOK 20, groups over 10 people NOK 30/pers.

### IVAR AASEN-TUNET, S12, Indrehovdevegen 176

6160 Hovdebygda, +47 70 04 75 70, [www.aasentunet.no](http://www.aasentunet.no)

The farm where Ivar Aasen was born and raised, includes the Ivar Aasen Centre. The museum, is also a national document and study centre for Norwegian Nynorsk.

**Worth noting** Guided tours every hour during the summer. **Opening hours** 01.06-15.08 Mon-Fri 10-17, Sat/Sun 12-17. 16.08-31.05 Mon-Fri 10-16, Sun 12-17.

**Prices** Adults NOK 75, children/students NOK 35, groups/seniors NOK 50, families NOK 150.

### MØBELMUSEET / FURNITURE MUSEUM, V11,

Storgt. 18, 6230 Sykkylven, +47 90 20 12 31,

[www.mobelfagligsenter.no](http://www.mobelfagligsenter.no)

The centre is located in Sykkylven, the village that has played a key role in Norwegian furniture production, and depicts the fascinating history of the Norwegian furniture industry. **Worth noting** The museum is located together with Sykkylven Natural History Museum **Opening hours** 21.06 - 23.08. Tues - Thurs 12-16, Sun 12-18. Also open on request. **Prices** Adults NOK 50, children free, groups over 10 people NOK 40/pers.

### FURNITURE GUIDING, V11, 6230 Sykkylven

+47 91 00 01 01, [www.furnitureguiding.com](http://www.furnitureguiding.com)

The village of Sykkylven is home to large world-renowned furniture companies such as Ekornes, Hjellegjerde, Cyllinda and L.K. Hjelte. Join a guided tour to some of the furniture factories and be overwhelmed by the interesting stories and the unique joy of creation! **Opening hours** All year, except weekends. On request, min. 10 persons. **Prices** NOK 250 per pers. from Sykkylven, duration approx. 2.5 hours. The tour can also be arranged from Ålesund by boat or bus, prices on request, duration approx. 4.5 hours.

### SYKKYLVEN NATURAL HISTORY MUSEUM, V11

Vik, sentrum, 6230 Sykkylven

+47 97 04 56 40, [www.natur-museum.no](http://www.natur-museum.no)

The only natural history museum in the county has reopened after a remodelling and a move. The exhibition Mosaikk (Mosaics) gives you a tour through time and landscape. From the edge of the icecap, through the woods and all the way to the top of the mountains. More than 250 birds and mammals are on display. Come explore the nature and fauna with us in Sykkylven! **Worth noting** Gallery.

**Opening hours** 21.06-23.08 Tues-Thurs 12-16, Sun 12-18. Rest of the year by agreement. **Prices** Adults NOK 50, children 30, groups (>10) NOK 40/pers.

### THE SIVERT AARFLOT MUSEUM, S13, Egset, 6100 Volda

+47 95 20 14 95, [www.sunnmore.museum.no](http://www.sunnmore.museum.no)

Sivert Aarflot opened the first rural print shop in Norway in 1809. It is now a fascinating museum dedicated to the printing press. **Worth noting** Norway's first local newspaper was printed here in 1810. **Opening hours** by appointment. **Prices** Adults NOK 60, students/seniors NOK 50, children NOK 40.

### VOLDA RURAL MUSEUM AND TANNERY MUSEUM

S13, Lægdavegen 39, 6100 Volda,

+47 95 20 14 95, [www.bygdetunet.no](http://www.bygdetunet.no)

A museum with 19 old buildings that make up a typical farmstead in Sunnmøre in the 19th century. The oldest building is from the 16th century. The Tannery Museum offers an insight into the traditional process of tanning hides. **Worth noting** Guided tours on request. Open kiosk Sat/Sun in June. **Opening hours** 23.06-20.08 Tues-Thurs 12-16. July Tannery Museum Sat 12-18, Sun 12-18 Bygdetunet. Rest of the year by agreement. **Prices** Adults NOK 60, student/seniors NOK 50, children NOK 30.

### DALSFJORD LIGHTHOUSE MUSEUM, S13, Lægdavn.

39, 6100 Volda, +47 95 06 91 62, [www.sunnmore.museum.no](http://www.sunnmore.museum.no)

The museum tells the stories of those who helped to build the lighthouse, lights, and ports along the Norwegian coast. **Opening hours** Summer, Wed-Fri 10-14, Sun 12-16, or by agreement. **Prices** Adults NOK 60, seniors/students NOK 50, children NOK 30.

## CULTURE

DISTINCTIVE LOCAL HISTORIES  
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UNIQUE FESTIVALS AND EVENTS



### ► YTSTE-SKOTET, W/X11, 6250 Stordal

+47 97 50 83 00, [www.skotet.no](http://www.skotet.no)

A picture postcard mountain farm overlooking the Storfjord in Stordal. The last owners of Ytste-Skotet vacated the farm in 1954, but in recent years it has been fully renovated with all the buildings a large farm needs. The farm is still without electricity and running water, and is a living museum open to visitors in the summer, with overnight accommodation.

**Worth noting** Ferryboat from Dyrkorn in May-Aug. **Opening hours** May-Oct. **Prices** Adults NOK 50, children NOK 20, accommodation from NOK 300/pers.

## CHURCHES AND LIGHTHOUSES

**GISKE CHURCH**, S10, 6052 Giske, +47 70 18 09 90

The remarkable Giske Church is situated on the saga island of Giske. The 12th century church is the only one in Norway built in marble and was built as a private chapel for the powerful noble family Giske, known as "Arnungane".

**Opening hours** 20.06-20.08 Mon-Sat 10-17, Sun 13-19  
**Prices** Adults NOK 35, children NOK 15, families NOK 80 incl. guided tours.

**CHURCHES IN ÅLESUND**, [www.kirken-aalesund.no](http://www.kirken-aalesund.no)

**Ålesund Church**, A5, from 1909, beautifully decorated with stained glass windows and frescoes. The stained glass gable windows behind the organ were a gift from the German Kaiser Wilhelm II. Next to Sunnmøre Museum is **Borgund Church**, K7, featuring beautiful wood carvings originating in part from the St. Peter's Church. **Opening hours** 01.06-31.08 Tues-Sun 10-14 (Ålesund/Borgund, excl. weddings/funeral). **Prices** NOK 20, 2 km east of Ålesund centre is **Volsdalen Church**, J7, from 1974 with exquisite stained glass windows and altar piece by Franz Widerberg. 10 km each of Ålesund centre is **Spjelkavik Church**, M7, a modern church from 1987 with beautiful stained glass windows by Håkon Bleken. **Ellingsøy Church**, U10, is designed by the architect Oscar Norderval, with interesting church art by Håkon Gullvåg. **Catholic Church**, K7, lies in Nørvasundet in Ålesund.

**STORDAL OLD CHURCH**, X11

6250 Stordal, +47 90 75 76 42

With its unique Baroque and Renaissance adornments, the remarkable Rose Church from 1789 is a church like no

other. Much of the interior is from the old stave church that stood on the site in the Middle Ages. Close to the Rose Church is a vicarage from 1850, a stabbur (for storing food) from 1750, and the charming Løsetstova farmhouse from the 1790s. **Opening hours** 20.06-15.08 daily 11-16, or by agreement. **Prices** Adults NOK 35, children NOK 15, seniors NOK 25, families NOK 70, groups NOK 25/pers.

**ST. JETMUNDS CHURCH**, 6146 Åheim

+47 70 03 00 00, [www.vanylven.kommune.no](http://www.vanylven.kommune.no)

The St. Jetmund church is from about 1150 and may be among the oldest churches in Norway. The church is built in Roman style in both marble and granite. The church was demolished in 1863 when the new larger church on Slagnes was completed. In 1930 began the reconstruction of church and the 11 August 1957 the St. Jetmund church was consecrated again. The altar sculpture is from 1400. **Opening hours** on request.

**ALNES LIGHTHOUSE**, S10

6055 Godøya, +47 70 18 50 90, [www.alnesfyr.no](http://www.alnesfyr.no)

The village Alnes used to be one of the most important fishermen's villages in the whole region. Beautiful and varied hiking possibilities are available, both in the mountains and along the seaside. A view of the rough ocean and beaches with swimming and surfing possibilities. Alnes lighthouse is a preserved lighthouse, built in 1937 and 22 m tall. It is open for visitors, and has an own section where arts, crafts and delicious homemade cakes are for sale.

**Worth noting:** Can be rented for private events on request. **Opening Hours:** 01.06. - 31.08. 12-18 + Sundays in March/April/May/September **Prices:** For visiting the lighthouse Adults NOK 25, Children NOK 10

**ULLA LIGHTHOUSE AND ULLANAUSTA** T8/9

6290 Haramsøy, +47 95 83 047 38

At its peak, Ulla was an important fishing community with almost a thousand fishermen in the late 1800s. The lighthouse from 1874 is a listed building, and the area is noted for rare plants such as wild orchids. Here are also Ullanausta, a row of nine traditional boathouses, the oldest being from 1650, now fully restored and containing veteran boats and fishing equipment. **Worth noting** Ulla



Lighthouse is for rental, on request

## ART & GALLERIES

**ARTIFEX KUNST & ANTIKK**, D5, Apotekergt. 10, 6004 Ålesund, +47 91 35 09 94, [www.artifex.no](http://www.artifex.no)  
Sales of interesting art works by local and international artists, with the main focus on modern art, as well as fine antiques. **Opening hours** 01.01-30.04 Tues-Sat 11-16, Sun 12-16. 01.05-31.12 Tues-Sat 11-17, Sun 12-16.

**GALLERY CYLINDRA**, U/V11, Tusvikvn. 77, Tusvik, 6222 Ikkornes, +47 91 56 46 95, [www.cylindra.no](http://www.cylindra.no)  
Presents a fascinating exhibition of Peter Opsvik's unique cupboards, chairs and tables, and includes more than 100 objects that reflect Norwegian nature. The pieces of furniture are designed to challenge your senses and set your imagination alight. **Opening hours** All year Mon-Fri 9-16, Sat & Sun on request. **Prices** NOK 50.

**INGRIDS GLASSVERKSTED**, C3, Molovn. 15, 6004 Ålesund, +47 70 12 53 77/+47 47 41 63 71, [www.ingridsglassverksted.no](http://www.ingridsglassverksted.no)  
Sale of colourful and decorative glass art designed and blown in the workshop in the art district around Molo-veien. See glassblowing in action! **Worth noting** Guided tours on request. **Opening hours** All year, Mon-Fri 10-17, Sat 10-15.

**KUBE ART MUSEUM**, D5, Apotekergt. 16, 6004 Ålesund, +47 70 10 49 70, [www.kunstmuseetkube.no](http://www.kunstmuseetkube.no)  
Museum for art, architecture and design. Changing exhibitions presenting regional, national and international modern art, in addition to paintings, graphics, video art, sketches and artwares. **Opening hours** 01.06-31.08 Mon-Sun 10-17. 01.09-31.05 Tues-Sun 11-16. **Prices** All-in-one tickets with the Art Nouveau Centre, see p. 14.

**PIGMENT KUNSTHANDEL AS**, K4, Kipervikgt. 17, 6003 Ålesund, +47 70 12 23 40, [www.pigment.no](http://www.pigment.no)  
Local artists represented with products specially made for the shop. Large selection of art, ceramics and glassware. **Opening hours** All year, Mon-Fri 10-17 (Thurs until 18), Sat 10-15.

**TRANKOKERIET ANTIKK**, C3, Molovn. 16 B, 6004 Ålesund, +47 70 12 01 00, [www.trankokeriet.no](http://www.trankokeriet.no)

Old sea house from 1895 with antiques, second hand items, gallery and espresso bar. The shop stretches over two floors and about 500 square meters and is located in the art district around Molo-veien. **Opening hours** All year, Mon-Fri 10-17 (Thurs until 19), Sat 10-15.

**ALNES LIGHTHOUSE**, S10, Alnes, 6055 Godøya +47 70 18 50 90/97 06 09 90  
Exciting changing exhibitions and a permanent exhibition featuring around 100 water colours by the famous artist Ørnulf Opdahl. **Opening hours and prices** See p. 18.

**HAKALLEGARDEN**, P12, Hakallestranda, 6149 Åram, +47 90 06 89 96, [www.hakallegarden.no](http://www.hakallegarden.no)  
The visitor farm also includes a galleri presenting art works from Aina and Marit Moldskred. You will be fascinated by paintings of beautiful landscapes as well as colorful, abstract illustrations. **Opening hours and prices** See p. 16.

**BAKKETUNET**, V13, 6190 Bjørke, +47 91 10 88 46, [www.galleribjork.no](http://www.galleribjork.no)  
In the listed buildings at Bakketunet you can explore exciting art exhibitions. A new main exhibition is presented annually, and every Sunday a new chamber painter will exhibit art and handicrafts. The farmyard also offers a rich flora of flowers and plants that have been flourishing since the time of great-grandmother's garden. **Opening hours** 01.06-31.08 Sun 12-17, or by request.

**DEVOLDFABRIKKEN**, T10, 6030 Langevåg +47 70 30 11 11, [www.devoldfabrikken.no](http://www.devoldfabrikken.no)  
Glassblower Cornelia Skuggen has moved in to Devoldfabrikken. Celsius Glass Studio AS Mobile +47 48 23 11 10  
**Hours:** Tue-Fri: 10-16, Thu: 10-18, Sat: 10-15  
In the well-preserved forge from 1920 the guide tells stories about the production and repairs. This was important to maintain uninterrupted production at the Devold factory. **Times:** On request  
Artist Inger K. Giskeødegård makes exiting art from the streetlife in Ålesund, glimpses of the city's maritime life and newspaper cartoons. Inger K. GISCØDEGÅRD Atelier Mobile +47 91 86 90 79. **Times:** On request

**Note:** Available return ticket on the express boat from Ålesund to Langevåg.



## CULTURE

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TIME	LOCATION	NAME	CATEGORY	WEB
23. 01.	Ålesund	City fire walk at night	Celebration	<a href="http://www.bybrann.smp.no">www.bybrann.smp.no</a>
14.-15.03.	Ålesund	Fritid	Leisure fair	<a href="http://www.sbmarena.no">www.sbmarena.no</a>
16.-19.04.	Ørsta/Volda	X2 Festivalen	Extreme Sports	<a href="http://www.x2ski.no">www.x2ski.no</a>
22.-26.04.	Volda	Den Norske Dokumentarfilmfestivalen	Film festival	<a href="http://www.dokfilm.no">www.dokfilm.no</a>
20.-21.06.	Ålesund	InnoTown Innovation Conference	Innovation conference	<a href="http://www.innotown.com">www.innotown.com</a>
06.-07.06.	Sæbø	Hjørundfjorddagane	Fair/entertainment	<a href="http://www.hjorundfjord.no">www.hjorundfjord.no</a>
26.-27.06.	Fosnavåg	Fosnavåg Rock	Musical festival	<a href="http://www.fosnavaagrock.no">www.fosnavaagrock.no</a>
12.-13.06.	Ålesund	Ålesund Live	Musical festival	<a href="http://www.momentum.no/aalesundlive">www.momentum.no/aalesundlive</a>
25.-28.06.	Volda	Dei nynorske festspela	Celebration	<a href="http://www.aasentunet.no">www.aasentunet.no</a>
01.06.-15.08.	Stordal	Kulturprogram i Stordal Bygdetun	Music/art/culture	<a href="http://www.kyrkjehola.no">www.kyrkjehola.no</a>
04.-05.07.	Herøy Kystmuseum	Herøyspelet "Kongens Ring"	Historical Viking play	<a href="http://www.heroysspelet.no">www.heroysspelet.no</a>
03.-04.07.	Vanylven	Vanylvsråkk	Musical festival	<a href="http://www.vanylvsraak.no">www.vanylvsraak.no</a>
15.-18.07.	Ålesund	The Tall Ships' Races	Sail ships/family festival	<a href="http://www.tallshipsalesund.no">www.tallshipsalesund.no</a>
04.07.	Giske	Sommerfesten på Giske	Musical festival	<a href="http://www.verdensbestefestival.no">www.verdensbestefestival.no</a>
25.07.-02.08.	Ørsta	Naturfestivalen i Ørsta	Festival and competition	<a href="http://www.naturfestivalen.no">www.naturfestivalen.no</a>
13.-16.08.	Ulsteinvik	Trebåtfestivalen	Festival for wooden boats	<a href="http://www.trebaatfestivalen.no">www.trebaatfestivalen.no</a>
21.-22.08.	Ålesund	Jugendfest	Musical festival	<a href="http://www.jugendfest.no">www.jugendfest.no</a>
26.-29.08.	Ålesund	Den Norske Matfestivalen/NM in clippfish	Food festival	<a href="http://www.matfestivalen.no">www.matfestivalen.no</a>
04.-06.09.	Fosnavåg	Makrellfestivalen/Pirfestivalen	Food festival/entertainment	<a href="http://www.makrellfestival.no">www.makrellfestival.no</a>
23.-27.09.	Ålesund	Høstscena. Ålesund Teaterfestival	Theatre festival	<a href="http://www.hostscena.no">www.hostscena.no</a>
11.-19.10.	Hareid	Hareidsstemna	Music and art	<a href="http://www.hareidsstemna.no">www.hareidsstemna.no</a>

### JOIN IN THE FOOTBALL FUN!

AALESUNDS FOTBALLKLUBB (AaFK) plays in Tippeligaen (first division) and their home matches are played at Color Line Stadion, J7, [www.aafk.no](http://www.aafk.no). HØDD plays in the OBOS league (second division) and their home matches are played at Høddvoll Stadion in Ulsteinvik, R11, [www.hodd.no](http://www.hodd.no).



# SIGHTSEEING

WORLD-CLASS NATURE-BASED ATTRACTIONS  
SIGHTSEEING AND ROUND TRIPS

FEW PLACES IN THE WORLD CAN OFFER SUCH STRIKING SCENERY AND UNTOUCHED NATURE! THE GEIRANGERFJORD IS INCLUDED ON THE PRESTIGIOUS UNESCO WORLD HERITAGE LIST OF CULTURAL AND NATURAL HERITAGE SITES, AND THE NEAR-BY HJØRUNDFJORD IS FOR MANY STILL AN UNDISCOVERED TREASURE. AT THE GATEWAY TO THE FJORDS IS ÅLESUND, NAMED NORWAY'S MOST BEAUTIFUL TOWN. THE COMBINATION IS UNBEATABLE!

If you have seen pictures of beautiful fjords and majestic mountains there is a good chance they are taken from this region. You won't find fjords more pleasing to the eye than here. Be spell-bound by the beautiful Geirangerfjord, a place you simply have to visit. With far fewer visitors, but just as astounding, is the Hjørundfjord.

Sightseeing on foot or by boat, luxury coach or train offers you a convenient and comfortable way of experiencing unforgettable scenery. There is a broad selection of sightseeing tours, especially during the summer, with or without local guides. If you want, you can experience the town, coast, mountains and fjords all in one day.

Join a guided walk and learn all about Ålesund's fascinating history and architecture. Look up and you will be surprised by the richly detailed and beautifully ornate facades. Take the town's sightseeing train to the top of Aksla for a fantastic panoramic view of the town and surrounding countryside. Enjoy breathtaking waterfalls, soaring mountains and snow-capped

peaks from the comfort of a sightseeing boat or fjord ferry. A cruise along the coast offers views of picturesque lighthouses, charming fishing villages and thriving island communities. Feel the fresh sea breeze, enjoy the peace and quiet, and take a well-earned break from everyday life. It's worth it!

## NEED A GUIDE?

Want to learn more about the places you visit and hear fascinating stories that only a local would know? Local guides take pride in offering a professional service as well as a unique insight into the region. MØRE GUIDESERVICE, +47 71 26 01 68, [www.moereguides.com](http://www.moereguides.com). NOREON, +47 46 78 50 80, [www.noreon.no](http://www.noreon.no). Looking for a boat, bus or other transport for a sightseeing tour? See Transport p. 66.



**UNTOUCHED NATURE OR  
BEAUTIFUL FACADES, OUT-  
LOOK OR INSIGHT?**



## SIGHTSEEING

### WORLD-CLASS NATURE-BASED ATTRACTIONS SIGHTSEEING AND ROUND TRIPS

**GET ACQUAINTED.** USE THE MAP FOR AN OVERVIEW OF SIGHTSEEING TRIPS AVAILABLE AND THE LARGEST NATURE-BASED ATTRACTIONS IN THE REGION.

The Norwegian fjords are among the most famous nature-based attractions in the world, and this region has an abundance of them.

Aksla, the town mountain with Fjellstua viewing points, is one of Ålesund's greatest attractions offering panoramic views you'll never forget. Experience the thriving birdlife on the island of Runde and the quaintly picturesque Alnes lighthouse. Visit the little community Flø, known for the art gallery of Hugo Opdahl and Moods of Norway Brand Store, with an unsheltered location next

to the pebbled beaches. Be enchanted by the wild nature of Norangsdalen valley and sail into the dramatic Hjørundfjord surrounded by the magnificent Sunnmøre Alps. The beautiful Geirangerfjord is so unique it is included on UNESCO's World Heritage List. Sparkling blue glaciers between verdant valleys in Nordfjord and dramatic roads such as Trollstigen and the Atlantic Ocean Road are only a short distance away.

Enjoy the scenery and be surprised by how many tempting detours there are!





- 1 Guided walk in Ålesund
- 2 Ålesund Town Train Sightseeing
- 3 CitySightseeing Ålesund
- 4 Hjørundfjord Cruise (62°NORD)

- 5 Wildlife Sea Safari (62°NORD)
- 6 Round trip Ålesund-Geiranger by bus and ferry (Nettbuss)
- 7 Round trip with bus Ålesund-Geiranger-Trollstigen-Åndalsnes-Ålesund. (Nettbuss)
- 8 Day trip Ålesund - Briksdal (Nettbuss)

- 9 Aksla
- 10 Runde
- 11 Flø
- 12 Alnes
- 13 Norangsdalen
- 14 Hjørundfjorden
- 15 Geirangerfjorden

Starting point for the tours: Ålesund town centre, T10.

## WANT TO EXPLORE THE REGION AT YOUR OWN PACE?

Enjoy the freedom of a round trip by car. Stop wherever you want, select your own route and drive off the beaten track. Use the numerous car ferries that cross-cross the fjords and join the islands to the mainland. These offer the perfect break for coffee and a mandatory "svele"/griddle cake. You can also hire a car. But if you don't want to drive there are always scheduled buses, ferries or coastal express boat connections to the most remote islands, fjords or mountain villages. It's a good idea to plan your return in advance. For information about transport, see p. 66-67. Many of the islands along the coast can easily be explored on bicycle – simply take them on the boat with you. See p. 44 for bike rental.

## SIGHTSEEING

WORLD-CLASS NATURE-BASED ATTRACTIONS  
SIGHTSEEING AND ROUND TRIPS



**ENJOY THE SCENERY** FROM THE DECK OF A BOAT, A LUXURY COACH OR THE COMFORT OF A TRAIN, AND LET LOCAL GUIDES TAKE YOU THROUGH THE STREETS OF ÅLESUND. FEW PLACES CAN OFFER SO MANY OPPORTUNITIES TO EXPERIENCE COAST, FJORDS, MOUNTAINS AND TOWN ALL IN ONE DAY.

### GUIDED WALK IN ÅLESUND



+47 70 16 34 30, [www.visitalesund.com](http://www.visitalesund.com)

Join a guided walking tour through Ålesund and listen to fascinating stories from one of the local guides. Learn about the town's exciting history, and admire the beautiful Art Nouveau architecture at close range!

**Start** Tourist Information in Ålesund, G2

**Times** 15.06-16.08 Mon-Sun 12-13:30

**Prices** Adults NOK 100, children under 16 free

**NB** The brochure "Along the streets of Ålesund" guides you through the streets of Ålesund. Available from the Tourist Information office in Ålesund (NOK 30)

FIXED DEPARTURE TIMES

### ÅLESUND TOWN TRAIN SIGHTSEEING

+47 92 48 24 85, [www.bytoget.no](http://www.bytoget.no)

Join the Town Train on a guided tour of Ålesund town centre and visit the top of the town mountain Aksla and the Fjellstua viewing point for panoramic views you'll never forget.

**Start** Cruise terminal, Bus terminal, Ålesund F6

**Times** 16.06-23.08 Mon-Sat 11, 12:30, 14 (and 15:30 in July)

**Prices** Adults NOK 150, children (<16 yrs) 70, families (2+3 pers.) 400.

**NB** The tour lasts about 1 hour

FIXED DEPARTURE TIMES

### CITYSIGHTSEEING ÅLESUND

+47 70 30 51 85, [www.citysightseeingfjord.no](http://www.citysightseeingfjord.no)

Sightseeing in Ålesund, "hop-on hop-off", to the largest attractions in Ålesund. On this tour you will visit Sunnmore Museum, Fjellstua (viewpoint), Ålesund Church, Atlanterhavsparken and city centre. Hop off where you want, and continue when you want.

**Start** Central bus station, Ålesund, F6

**Times** May-September. On days with cruise ship arrivals.

**Prices** Adults NOK 240, children 100, family 600.

**NB** Roundtrip 1h 20 min.

FIXED DEPARTURE TIMES

### WILDLIFE SEA SAFARI



+47 70 11 44 30, [www.62.no](http://www.62.no)

Let the adrenalin free reign on an exciting safari at sea in an open, high-speed RIB boat. See Ålesund from the sea side, visit seal colonies and experience puffins and sea eagles on the bird island Runde. Remember to bring your binoculars and camera!

**Start** Brosundet, Ålesund, F4

**Times** 29.06.-23.08. Daily 12-14 and 18-20.

**Prices** Adults NOK 845.

**NB** Weather dependant

FIXED DEPARTURE TIMES



### HJØRUNDFJORD CRUISE



+47 70 11 44 30, [www.62.no](http://www.62.no)

The Hjørundfjord surrounded by the majestic Sunnmøre Alps increasingly spellbind visitors! Join the cruise among alpine mountains and astounding scenery. Combine it if you will with a stay at the luxurious Hotel Union Øye and a hiking tour to Slogen.

**Start** Brosundet, Ålesund, F4

**Times** 29.06.-23.08. Daily 10:00-14:30.

**Prices** Round trip: Adults NOK 845, children <12 years 50% discount

**NB** Incl 2-course lunch and can be combined with a stay at Hotel Union Øye

**FIXED DEPARTURE TIMES**



### ROUND TRIP ÅLESUND-GEIRANGER TROLLSTIGEN-ÅLESUND



+47 70 16 34 30, [www.visitalesund.com](http://www.visitalesund.com)

Experience some of the most amazing roads in Norway. The round trip with bus starts in Ålesund and head for the UNESCO site Geiranger passing the famous Ørnesvingen. After an hour stop in Geiranger the bus leaves for Valldal and the spectacular Trollstigen and Åndalsnes. From Åndalsnes the trip continues along the fjord to Ålesund.

**Start** Central bus station, Ålesund, F6

**Times** 21.06.-31.08. Mon-Fri 08:00-17:40

**Prices** Adults NOK 712, children 356, students 498

**FIXED DEPARTURE TIMES**

### ROUND TRIP ÅLESUND-LIABYGDA- STRANDA-ÅLESUND BY BUS AND FERRY



+47 70 16 34 30, [www.visitalesund.com](http://www.visitalesund.com)

This round trip starts from Ålesund via Stordal to Liabygda. The tour continues with ferry across the fjord to Stranda. From Stranda you have different alternatives for departure back to Ålesund.

**Start:** Central bus station, Ålesund, F6

**Times:** All year: 08:00 12:40/13:40, 12:00-16:40/18:40

**Prices:** Adults NOK 315,- / children NOK 130,- / senior NOK 165,- / students NOK 190,-

**FIXED DEPARTURES**

### ROUND TRIP ÅLESUND-GEIRANGER BY BUS AND FERRY



+47 70 16 34 30, [www.visitalesund.com](http://www.visitalesund.com)

Visit the Geirangerfjord and enjoy the views of the Sunnmøre Alps! Depart Ålesund by public bus via Sykkylven to Stranda. The trip continues to Hellesylt, from where the fjord cruise to Geiranger departs. Return by bus via the Eidsdal-Linge ferry.

**Start** Central bus station, Ålesund, F6

**Times** 02.05-30.09 9-19:15. 22.06-31.08: In addition 11-21:10

**Prices** Adults NOK 670, children 355, seniors 470, students 490

**FIXED DEPARTURE TIMES**

### DAY TRIP ÅLESUND – BRIKSDAL



+47 70 16 34 30 [www.visitalesund.com](http://www.visitalesund.com)

The tour to the powerful Briksdalen glacier starts from Ålesund by public bus via Stranda and Hellesylt to Stryn. A bus will then take you to Olden/Briksdalen, with an approx. 1.5 hour stop at Briksdalsbre Fjellstove. From here you can walk to the glacier (30 min. each way), or hire transport. Return by bus to Stryn and change bus for the journey back to Ålesund.

**Start** Central bus station, Ålesund, F6

**Times** 22.06.-15.08. 11-22:20.

**Prices** Adults NOK 820, children 410, seniors 515, students 650

**FIXED DEPARTURE TIMES**

## HIKING

STAY IN COMFORT NEAR THE MOUNTAINS  
AN ELDORADO OF PEAKS AND TOURS  
HIKING WITH A GUIDE

THE ALPINE MOUNTAIN AND FJORD LANDSCAPE IN THE SUNNMØRE ALPS HAS FASCINATED VISITORS FOR SEVERAL HUNDRED YEARS. AS EARLY AS 1884 THE RENOWNED ENGLISH MOUNTAIN CLIMBER WILLIAM SLINGSBY DESCRIBED THE PANORAMA FROM SLOGEN AS "THE PROUDEST IN EUROPE" AND ADDED, "NOWHERE ELSE WILL YOU SEE VIEWS LIKE THIS". YOU DO NOT HAVE TO CLIMB TO THE TOPS TO HAVE A MEMORABLE EXPERIENCE. ÅLESUND & SUNNMØRE OFFERS MANY LESS DEMANDING TOURS THAT STILL BRING YOU RIGHT UP AGAINST NATURE!

Choose your favourite place as a base for your hiking holiday, and stay comfortably in a cabin or enjoy the luxury of a hotel. Explore peaks and valleys in the Sunnmøre Alps, be fascinated by the fertile and family friendly coastal mountains and enjoy the panoramic view from Mount Aksla in Ålesund.

If you want to hike in more challenging terrain, or wish to learn more about the landscape that surrounds you, you should join a guided tour. Guides with local knowledge love their work and want to share it with you. Most tours are on request and must be booked in advance.

Many will not be satisfied with a day trip. In Sunnmøre you can extend the hiking adventure by finding shelter in the cabins owned by The Norwegian Trekking Association (DNT). There are more than 300 km of marked tracks and many thousands more of unmarked paths.

The beautiful countryside can be enjoyed on foot all the year round, provided you take the

necessary precautions. Regardless of the type of hiking holiday you choose, you will experience being closer to nature, to yourself and your fellow hikers!

### ARE YOU LOOKING FOR TIPS/ADVICE FROM QUALIFIED PEOPLE?

In-depth advice about the mountains and detailed route descriptions may be obtained from Ålesund - Sunnmøre Turistforening (Tourist Association/DNT). Here you can also buy hiking maps and guide books. Kongensgt. 17, H2, ring +47 70 12 58 04 or go to [www.turistforeningen.no/alesund](http://www.turistforeningen.no/alesund) or the tour planner [www.ut.no](http://www.ut.no). Courses in climbing, orienteering and glacier hiking: +47 40 55 46 70, [www.norgesguidene.no](http://www.norgesguidene.no)

**SLEEPING BAG OR SILKEN  
PILLOW, HARD GRAFT OR  
HAND IN HAND?**



## HIKING

**STAY IN COMFORT NEAR THE MOUNTAINS**  
AN ELDORADO OF PEAKS AND TOURS  
HIKING WITH A GUIDE



**WITH ACCOMMODATION** AVAILABLE RIGHT IN THE HEART OF THE SUNNMØRE ALPS, HIKING ADVENTURES ARE CLOSE BY. YOU CAN STAY IN A PRACTICAL AND COMFORTABLE FAMILY CABIN OR ENJOY LUXURY AND RELAXATION IN A HOTEL. TAKE A MAP WITH YOU AND GO OUT ON YOUR OWN ACCOUNT, FOLLOWING THE MARKED PATHS, OR JOIN A TOUR WITH A GUIDE.

### THE HJØRUNDFJORD

The Sunnmøre Alps are a magnet for those who want to enjoy really wild natural surroundings. The sharp mountain peaks rise up from the fjords to heights of up to 5,000 ft above sea level in many places. Even in the summer there is snow on the sharp mountainsides and numerous hanging glaciers reinforce the Alpine impression. The Hjørundfjord is well suited as a base for a hiking holiday, with its renowned hotels and high quality cabins and peaks such as Slogen (5,131 ft), Saksa (3,520 ft) and Skårsalen (5,059 ft) within range. Molladalen is the family-friendly alternative, though it can also pose challenges for enthusiasts with well-known peaks such as Jønshorn (4,656 ft), Randers Topp (4,639 ft) and Mohns Topp (4,396 ft). The area can be reached from Ytre Standal, but is easier to reach from Barstadvik. Other suitable bases for hiking in the Sunnmøre Alps are Ørsta, Volda, Sykkylven, Stordal and Stranda. **Accommodation in the area** See map p. 2 and accommodation p. 58. For guided hiking tours, see p. 64.

### THE MOUNTAINS BY THE COAST

It is not far from the mountains to the sea and the coastal mountains can offer unique and generally family-friendly hiking alternatives with the open sea as the nearest neighbour. Vanylven/Åram, Alnes/Godøya, Sula and Runde are suitable bases for a hiking holiday or for trips to Skoratinden (3,287 ft), Rundebranden (984 ft), Godøyfjellet (1,630 ft) and Sulafjellet (2,545 ft) for example. Hiking may well be combined with fishing trips, birdwatching, visits to farms and picturesque lighthouses. **Accommodation in the area** See map p. 2 and p. 58.

### ÅLESUND

Only in a few places in the world do you find hiking opportunities almost in the centre of town. The well-known vantage point of Fjellstua and the town mountain

Aksla give panoramic views over Ålesund, the coast and the mountain and fjord landscape that you will not easily forget! Combine straightforward, family-friendly walks in the countryside with visits to restaurants, and explore exciting museums and the aquarium. **Accommodation in the area** There is a choice of hotels in Ålesund town centre, as well as cabins and camp sites in the immediate vicinity of the town. See map on p. 4 and accommodation p. 58.





The various peaks and routes are described in more detail under p. 32.

### BE PREPARED

It will pay to take advice before you set off on a trip in the mountains. Use your common sense and do not leave traces of your presence in the vulnerable countryside. Equip yourself with suitable footwear, clothes and other items suitable for a climate that can change ways check the weather forecasts and reports on the going conditions before setting out on a tour. Even if the paths are marked and you are in gentle terrain, it is important that you have a map, compass and ideally GPS. Never commit yourself to glacier or climbing trips without having adequate skills or being in the company of a qualified guide. There may be a lot of snow in the mountains and therefore avalanches may occur. Don't depend on your mobile telephone.





-  Novices - no special skills are needed
-  Beginners - reasonably fit, with basic skills
-  Experienced hikers - good endurance, well equipped
-  Experience mountaineers - skilled at moving about in the mountains, good endurance, well equipped

— Marked DNT summer paths, detailed route descriptions: [www.ut.no](http://www.ut.no)

 Self-service DNT cabin, [www.ut.no](http://www.ut.no)

 No-service DNT cabin, [www.ut.no](http://www.ut.no)

- 1 Jønshorn 2 Randers Topp 3 Mohns Topp 4 Skopphornet 5 Lau-  
paren 6 Vellestet Turisthytte 7 Saksa 8 Slogen 9 Patchellhytta
- 10 Tyssenaustet 11 Skårasalen 12 Standalshytta 13 Saudehornet 14
- Skoratinden 15 Rundebranden 16 Runde Fyr 17 Sulafjellet 18 Godøy-  
fjellet 19 Sukkertoppen 20 Borgernes veg/Aksla 21 Emblemfjellet

Also check out the following peaks and trips:

22 Lepsoya; Goaldet along the beach past Rønstadhellaren 23 Nysæternak-  
ken 24 Hareidlandet 25 Sandvikdalen and Nystøylhornet

Further information and tour descriptions:

[www.visitaalesund.com/hiking](http://www.visitaalesund.com/hiking)

## FOR FURTHER TIPS ABOUT SAFETY, WEATHER CONDITIONS, EQUIPMENT AND YOUR HIKING HOLIDAY:

Travel Guide for Ålesund & Sunnmøre: [www.visitaalesund.com/hiking](http://www.visitaalesund.com/hiking). Travel Guide to the Norwegian  
Fjords: [www.fjordnorway.com/hiking](http://www.fjordnorway.com/hiking). The Norwegian Trekking Association: [www.turistforeningen.no](http://www.turistforeningen.no).  
Ålesund – Sunnmøre Tourist Association: [www.turistforeningen.no/alesund](http://www.turistforeningen.no/alesund)\*. Tour planner: [www.ut.no](http://www.ut.no)\*.  
Weather forecast: [www.yr.no](http://www.yr.no). \*Norwegian only. Avalanche warning: [www.varsom.no](http://www.varsom.no)

# HIKING

STAY IN COMFORT NEAR THE MOUNTAINS  
AN ELDERADO OF PEAKS AND TOURS  
HIKING WITH A GUIDE



**GET DRENCHED IN SWEAT** AND FEEL THAT YOU ARE USING YOUR BODY ON THE WAY UP TO WELL-KNOWN MOUNTAIN PEAKS OR ON LONGER TOURS. MAKE USE OF SIMPLE ACCOMMODATION IN THE HIKERS' CABINS IN THE MOUNTAINS OR ENJOY GOOD FACILITIES IN HOTELS AND CABINS DOWN BY THE FJORD OR COASTLINE.

## MOLLADALEN with JØNSHORN



(4,656 ft), **RANDERS TOPP** (4,639 ft) and **MOHNS TOPP** (4,396 ft), U11, Molladalen/Barstadvik

Molladalen is encircled by the spectacular Molladalstindene with well-known peaks such as Jønshorn, Randers Topp and Mohns Topp. By the glacier behind Mohns Topp lies the popular climbing objective Bladet. The area offers a comprehensive range of experiences, with everything from climbing on steep faces to tarn fishing and walks. Molladalen is also the family-friendly alternative. The shortest way to Molladalen is from Melbøsætra/Barstadsætra (marked path). From Molladalen you can go further on marked paths to Ytre Standal. At Standalseidet you find Standalhytta (cabin at 1,299 ft), suitable as a starting point for a summit tour to Kolåstinden (4,698 ft).

**Season** May-Oct. **Duration** Approx. 2.5 hours to Molladalen - longer for day tours to the summits. Distance and total height gain: 3 km. 1,870 ft. **Access** Bus [www.frammr.no](http://www.frammr.no) or car to Barstadvik, where you turn off and follow the road along Barstaddalen (toll roads) up to the car park at Melbøsætra/Barstadsætra. **Worth noting** There is a chain at the steepest point along Molladalselva. The area may be dangerous when conditions are icy. If you decide to go up into any of the gullies it is important to wear a helmet, especially if there are several people on the tour.

## SLOGEN (5,131 ft) and



**PATCHELLHYTTA** (2,683 ft), W12, Engeset

Slogen is arguably the finest summit in the Sunnmøre Alps and the view is impressive! From the fjord a triangular pyramid-like feature rises straight up. Patchellhytta cabin lies at the foot of Slogen and is a popular day tour objective in itself, but it is also a good starting point for ascents of Slogen, as well as Brekketind (5,833 ft) and Smørskredstind (5,351 ft). There are several alternative routes to Patchellhytta,

and onwards to Slogen, either from Øye, Engeset or Urke.

**Season** Jun-Sept. **Duration** From Øye: 4-5 hours, Urke: 5 hours and Patchellhytta: 2-3 hours. Distance and total height gain: From Øye: 3 km. 4,921 ft. From Patchellhytta: 3 km. 2,460 ft. From Urke: 8 km. 3,937 ft. **Access** Bus/car to Øye or Stranda/Engeset, [www.frammr.no](http://www.frammr.no), and sight-seeingcruise at Hjørundfjorden, see p. 31. **Worth noting** You are strongly advised not to use the snow fields on the way down unless you have an ice axe and know how to brake with it. This practice leads to several serious accidents every year.

## SKÅRASALEN (5,059 ft), U12/13, Kvistaddalen



The tour up to Skårasalen offers one of the most majestic views over the Sunnmøre Alps and the Hjørundfjord.

**Season** End of Jun-Sept. **Duration** 3-4 hours. Distance and total height gain: 3,379 ft. 3-4 km. **Access** Bus [www.frammr.no](http://www.frammr.no) or car in the direction of Sæbø. Follow RV 655 from Ørsta through Bondalen towards Sæbø. At Kvistad (approx 3 km from Sæbø) turn off towards Kvistadsætra along Kvistaddalen. **Worth noting** It is recommended that you make an early start on hot days.

## SAKSA (3,520 ft), V12, Leknes/Urke



The views over the fjords and mountains in the Sunnmøre Alps are spectacular.

**Season** Jun-Oct. **Duration** 2-3 hours. Distance and total height gain: 3 km. 3,520 ft. **Access** Bus [www.frammr.no](http://www.frammr.no) or car/ferry in the direction of Sæbø. Take the ferry without the car to Leknes, or take the car with you to Urke. **Worth noting** The tour down from the southern peak and through a narrow gorge between the south peak and the middle peak may be regarded as demanding with some moderate climbing. The view is best from the southern peak in any case.

### SAUDEHORNET (4,275 ft), T12, Ørsta



This fine peak gives fantastic views over the mountains in the region, with the Ørstafjord and Ørsta town centre straight below.

**Season** May-Oct. **Duration** 3-4 hours. Distance and total height gain: From the centre 5.7 km. 4,265 ft. From the waterworks: 4.2 km. 3,805 ft. **Access** Bus [www.frammr.no](http://www.frammr.no) or drive on the E39 to Ørsta.

### LAUPAREN (4,704 ft), X11, Stordal



This is one of the classics that every local visits at one time or another - you gain an amazing view over the surrounding peaks!

**Season** May-Sept. **Duration** Approx 4 hours. Distance and total height gain: 6 km. 3,379 ft. **Access** Bus [www.frammr.no](http://www.frammr.no) is a possibility, but from the E39 it is 5 km longer if you do not have your own car. Drive to Vaksvik and take the road to the mountain from there. **Worth noting** Snow may still lie in the gully towards the summit in the early part of the summer.

### SKORATINDEN (3,287), R13, Vanylven



Skoratinden is a characteristic jagged mountaintop, which can easily be reached whether you choose to go via Myrkvatnet (Skåravatnet) or go up the steep western side.

**Season** May-Oct. **Duration** Approx 2 hours. Distance and total height gain: 2.5 km. 1,771 ft. **Access** Bus [www.frammr.no](http://www.frammr.no) or car to Rovde via RV 652. Ferry schedules [www.frammr.no](http://www.frammr.no). Turn off the main road in the direction of Knarrdalen, which turns into a toll road to the parking facilities.

### RUNDEBRANDEN (984 ft), Q11, Runde



Runde has the third largest bird cliffs in Norway with teeming bird life and a wide variety of plant species. A descent route has been prepared to the point and old lighthouse at Kvalneset.

**Season** All year. **Access** Bus [www.frammr.no](http://www.frammr.no) or car to Goksøyr on Runde. Ferry schedules [www.frammr.no](http://www.frammr.no). Take RV 61 towards Fosnavåg and turn off in the direction of Runde.

### SULAFJELLET (2,545 ft), T10, Langevåg



Sulafjellet is a fine area for walking with many routes that lead up to the top. From Langevåg there are several paths to choose from.

**Season** All year. **Access** Car/bus/express boat [www.177mr.no](http://www.177mr.no) to Langevåg from Ålesund.

### GODØYFJELLET (1,630 ft), S10, Godøya



Godøyfjellet offers good family-friendly hiking opportunities. You can reach the top from both the north and the south sides, and in summer you can combine this with a visit to the lighthouse at Alnes and Godøy Kystmuseum.

**Season** All year. **Access** Car/bus [www.frammr.no](http://www.frammr.no)

### EMBLEMFSJELLET (1,476 ft) U10, Ålesund



Emblemfjellet has many possible start and finish options. Here you will find several family friendly trails and tracks. Cross country skiing from Østrem during the winter.

**Season** All year round. **Access** Car/bus to Spjelkavik, Blindheim or Emblem.

### SUKKERTOPPEN (1,030 ft), H7, Ålesund



From Sukkertoppen you have a fantastic view over the town, coast and fjord. Combine it with a hike round Tuneset and a visit to Atlanterhavsparken.

**Season** All year. **Access** Car/cycle/bus [www.frammr.no](http://www.frammr.no) from Ålesund to Hessa School. Start in Sukkertoppvegen.

### BORGERNES VEG/AKSLA (525 ft), K3, Ålesund



Walking route with many possibilities; you can take in the panoramic view from Fjellstua and Mount Aksla, visit the Fjellstua restaurant and walk down the 418 steps from the vantage point to the town park!

**Season** All year. **Access** Car/bus [www.frammr.no](http://www.frammr.no) to Fagerlia. The route starts in Gangstøvika, or possibly in Ålesund Town Park.

## LOOKING FOR A QUALIFIED GUIDE?

IVBV/UIAGM/IFMGA mountain guide is a professional training that gives a high level of competence at an international level for working with people in demanding mountain terrain. The company has leaders and instructors with lengthy professional experience in the Norwegian mountains and multi-faceted experience in leading tours both domestically and internationally. +47 92 05 40 57, [www.norgesguidene.no](http://www.norgesguidene.no)

## HIKING

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**LET QUALIFIED GUIDES** TAKE YOU WITH THEM ON ADVENTURES IN THE MOUNTAINS. AND LEARN MORE ABOUT THE LANDSCAPE THAT SURROUNDS YOU. A GUIDE CAN ALSO TAKE YOU ON MORE DEMANDING ACTIVITIES SUCH AS CLIMBING OR GLACIER HIKING, AND BRING YOU EVEN CLOSER TO NATURE.

### HIKING AROUND THE HJØRUNDFJORD

+47 40 55 46 70, [www.uteguiden.com](http://www.uteguiden.com)

Experience the Hjørundfjord and its spectacular peaks and valleys. The tour starts in Ålesund and takes you the seven stages around the fjord. We visit small villages and uses the fjord as our transport route if needed. Accommodation in a sleeping bag or some of the great and unique hotels along the fjord.

**Start** Brosundet, Ålesund, F4

**Times** June - September

**Prices** From NOK 2000, - per person. / Day (min. 4 pers.) Note: Price incl. guide, accommodation, transportation, meals, good physical shape.

ON REQUEST

### HIKING/KAYAKING IN THE HJØRUNDFJORD

+47 94 49 87 88, [www.vestferd.no](http://www.vestferd.no)

An unforgettable 3-5days trip with hiking and paddling in the Hjørundfjord & the Sunnmøre Alps. Experience the fjordalps from both the water and from the mountain. You don't need to be experienced to go with us. We have tailor-made tours customized to you and your wishes.

**Start** Sæbø, U12

**Times** May-Sept.

**Prices** NOK 1600/per day per pers. (min. 6, max. 16 pers.)

**NB** Price incl accommodation, transport, equipment, meals and guide. Age from 16 years.

ON REQUEST

### SLOGEN - AN ICONIC HIKE

+47 70 06 21 00, [www.unionoye.no](http://www.unionoye.no)

The historical Hotel Union Øye is located by the beautiful Hjørundfjord and surrounded by the majestic Sunnmøre Alps. Situated by the foot of mountain Slogen (1564 m.a.s.l.), the hotel offers high standard, great food and perfect relaxation.

**Season** High season June - Aug., Low season May, Sept., October

**Prices** From NOK 1585 pr pers./night low season.

**NB** Price incl. accommodation in double room, breakfast, lunch bag for the hike, a delicious 3 course dinner in the hotel restaurant and hiking map.

ON REQUEST

### HIKING ALONG HJØRUNDFJORDEN

+47 70 04 02 60, [www.sagafjordhotel.no](http://www.sagafjordhotel.no)

Located by the Hjørundfjord and surrounded by the Sunnmøre Alps, Sagafjord Hotel provide high level of comfort, good food, and it is an ideal starting point for various hiking trails along Hjørundfjorden.

**Season** All year

**Prices** From NOK 790 per pers/night

**NB** Price incl accommodation in double room, breakfast and tour suggestions. Possible to rent kayak, bicycle and fishing gear.

ON REQUEST



## WITH ROPE AND ICE AXE IN THE SUNNMØRE ALPS

+47 92 05 40 57, [www.norgesguidene.no](http://www.norgesguidene.no)

Action-packed panorama trip in the Sunnmøre Alps, crossing glaciers and exploring summits. Accommodation in tents, cabins, hotels or a boat. The route will be decided on the way. Perhaps you would like to ascend Slogen, or hike from Sykkylven to Trandal? From Trandal it is a fine trip across the fjord to Standal and then on to Kolåstinden or Molladalen. The trip is led by mountain guides (IVBV/UIAGM/IFMGA) from Norgesguidene AS.

**Season** May-November

**Prices** From NOK 1100 per pers when 4-6 persons

ON REQUEST



The Sunnmøre Alps

## HIKING IN ÅLESUND

+47 70 11 45 00, [www.62.no](http://www.62.no)



Combine easy hiking with an exciting city experience, based in Ålesunds most charming hotel. Hotel Brosundet is located in the city centre within easy reach of all the city's amenities and hiking/ walking tours.

**Start** Brosundet, Ålesund, E5

**Season** All year.

**Prices** From NOK 695 pr pers.

**NB** Price includes accommodation in a double room, breakfast, lunch box, sightseeing and hiking maps of Ålesund and the surrounding area.

ON REQUEST



Ålesund/Aksla

## CHECK OUT:

**Nature festival in Ørsta**, T12, +47 70 06 85 18, [www.naturfestivalen.no](http://www.naturfestivalen.no), 25.07-02.08. Annual open air event with guided tours and Northern Europe's steepest mountain race "Straight up Saudehornet".

## LOOKING FOR CLOTHES, SHOES AND OTHER EQUIPMENT FOR YOUR TRIP?

**DEVOLDFABRIKKEN**, T10, 6030 Langevåg, +47 70 19 98 40, [www.devoldfabrikken.no](http://www.devoldfabrikken.no). Many factory sales outlets, including woollen products from Devold and outdoor sports and leisure clothing from Bergans, Norrøna og Helly Hansen. have concentrated in one place. Also check out the shopping centres **KREMMERGAARDEN**, F5, R. Rønnebergsgt. 6, 6002 Ålesund, +47 70 10 04 70, [www.kremmergarden.no](http://www.kremmergarden.no). Intersport B. Rongve and AMFI Moa, M7, Langelandsvn. 25, 6010 Ålesund, +47 70 17 75 60, [www.amfimoa.no](http://www.amfimoa.no) for sports, footwear and outdoor equipment shops.

## OUTDOOR ADVENTURES

A FISHERMAN'S PARADISE  
BIRD LIFE AND BIRD CLIFFS  
CLOSE TO NATURE AT SEA OR ON LAND

ÅLESUND & SUNNMØRE IS AN ELDORADO FOR THOSE WHO SEEK INTENSE EXPERIENCES IN NATURE, WHETHER ON THE WATER OR ON LAND. THERE IS A GOOD CHANCE OF A BIG CATCH IN A SEA RICH IN FISH AND EVERY YEAR HUNDREDS OF THOUSANDS OF NESTING SEA BIRDS INVADE THE BIRD ISLAND OF RUNDE.

# OUTDOOR ADVENTURES

COME CLOSE TO NATURE IN A KAYAK, FIND NEW ENERGY BEHIND THE HANDLEBARS OF A BICYCLE OR CHALLENGE YOURSELF ON A HIGH-SPEED SAFARI AT SEA. YOU WILL HAVE MAGIC MOMENTS AND THOSE ARE THE ONES THAT COUNT!

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In Sunnmøre the distance is short from deep fjords and majestic mountains to island gems and idyllic fishing villages, which gives you the opportunity to choose several different kinds of activities on one and the same day. You are guaranteed to find a challenge that suits you, whether you are an expert or a novice, want to make your own journeys of discovery or be accompanied by a guide with local knowledge.

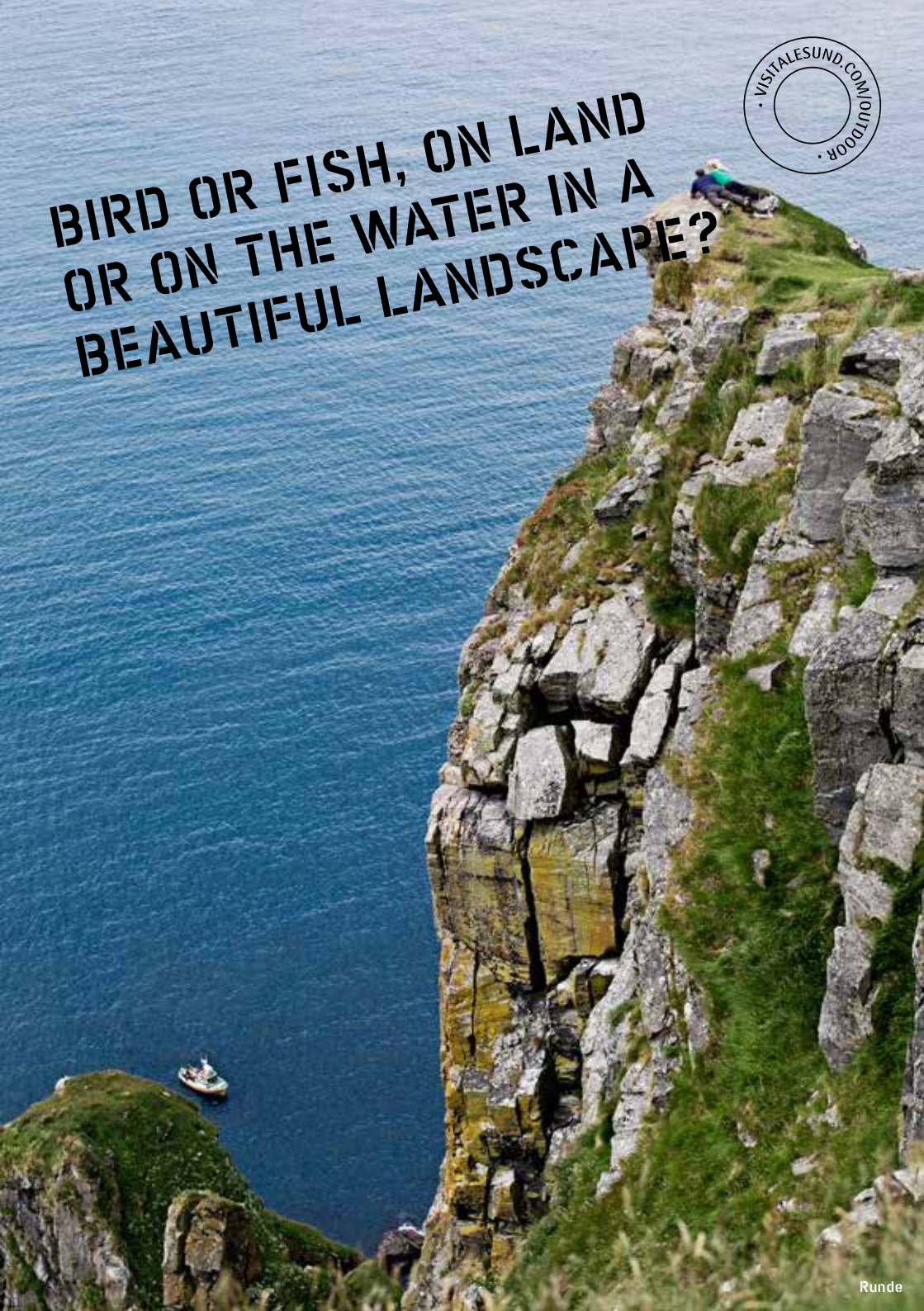
The bird island of Runde is a place you simply must visit. When 500,000 birds take over the island to nest it teems with life. Take a boat trip, or walk up the mountain with your binoculars and experience the birds at close range.

The region is a paradise for sports fishermen, and the chance of a big catch is greatest if you accompany a local fisherman on a trip out to sea. Fishing with hook and bait is a fine way of fishing with children – if you are lucky the big fish will bite!

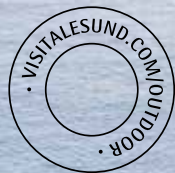
You probably come closest to nature if you choose to go kayaking. Whether you choose to paddle between islets and skerries by the coast, or in the fjords with their towering mountain scenery, you will find a stretch of water that suits you. Or – what about paddle in the Brosundet canal in middle of Ålesund?

The region offers numerous options for bikers. Families with children can enjoy themselves in flat terrain on islands out beyond the mouths of the fjords. The experienced cyclist can explore steep mountain tracks with fairytale views over the fjord landscape. The adrenaline can also be given free rein on a high-speed safari out to sea, on exciting surfing trips or under the surface of the sea.

There is a wide choice of outdoor pursuits and you will be surprised by how much you can achieve in one holiday!



**BIRD OR FISH, ON LAND  
OR ON THE WATER IN A  
BEAUTIFUL LANDSCAPE?**





## OUTDOOR ADVENTURES

A FISHERMAN'S PARADISE  
BIRD LIFE AND BIRD CLIFFS  
CLOSE TO NATURE AT SEA OR ON LAND

**BE PREPARED.** NATURE INVITES YOU TO ENJOY A FULL RANGE OF EXCITING ACTIVITIES. YOU WILL DEFINITELY ENJOY YOURSELF MORE IF YOU ACQUAINT YOURSELF WITH THE RULES YOU SHOULD FOLLOW AND PREPARE WELL.

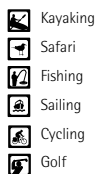
The bird island Runde is a protected area, with rules for moving about. During the nesting season from 15 April to 15 July, it is not allowed to enter the sea birds' nesting areas. Otherwise, move cautiously around the terrain at Runde and in other places where wildlife abounds. The birds are wary of disturbances and are a part of a sensitive ecosystem that includes other fauna, flora and aquatic life. It is legal to ramble anywhere in Norway (public right of access). Cycling and riding on paths and tracks through outlying fields and in the mountains is permitted. At sea you may use a rowing boat, sailing boat or motorboat. Salt

water fishing in the sea or in the fjords is free of charge in Norway, both from the land or from a boat. You need a fishing licence to fish in rivers or lakes. Taking more than 15 kg of fish or fish products per person out of Norway is not permitted. Anyone may pluck berries or herbs in the woods or in the mountains.

Use the map to form an overview of the best outdoor activities in the region. The starting points for organised tours are marked, as are areas that are suitable for the various kinds of activities.







- 1 62°NORD, Ålesund Havfiskesenter 2 62°NORD 3 Kayak More Tomorrow 4 62°NORD, Fjord Cruise Adventures 5 Moa Golfbane 6 Alnes Rorbuerie 7 Gunnabuda 8 Solnør Gaard 9 Solnørkiva Fritid, Vika Feriesenter, Sjøholt Camping 10 Stordalselva 11 M/S Nordic Genesis 12 Aureelva 13 Straumen 14 Bondalselva, Hjørundfjord Camping, Hjørundfjord Brygge, Hustadnes Fjordhytter 15 Standal Alpesenter 16 Stavset Fjordhytte 17 Trandal Fjordhytter 18 Saga Fjord Hotel 19 Hotel Union Øye 20 Hjørundfjord Adventures 21 Bjørkedalen Gjestehytter 22 Troll Fjordhytter 23 Kragset Hamn 24 Havferie 25 Christineborg Gjesthus, Runde Miljøsen, Goksøy Camping 26 Christineborg Gjesthus, Goksøy Camping, Runde Miljøsen 27 Flo Feriesenter 28 Vestferd

## FOR FURTHER TIPS ABOUT WEATHER CONDITIONS, SAFETY, RULES AND OUTDOOR ACTIVITIES:

Travel Guide: [www.visitalesund.com/what-to-do/outdoor](http://www.visitalesund.com/what-to-do/outdoor) and [www.visitalesund.com/fishing](http://www.visitalesund.com/fishing). Weather forecast: [www.yr.no](http://www.yr.no). Fish Species: [www.fisketips.com](http://www.fisketips.com). Sea Sense Rules and Safety Tips: [www.sjofartsdir.no](http://www.sjofartsdir.no). Tidal Predictions: [www.retro.met.no/cgi-bin/vannstand-tabell.cgi](http://www.retro.met.no/cgi-bin/vannstand-tabell.cgi). Public Rights: [www.dirn.no](http://www.dirn.no). Norwegian Salmon Rivers: [www.lakseelver.no](http://www.lakseelver.no). Fishing fees: [www.inatur.no/fiskeravgift](http://www.inatur.no/fiskeravgift). Rules for Recreational Fishing: [www.fdir.no/fritidsfiske](http://www.fdir.no/fritidsfiske).

## OUTDOOR ADVENTURES

### A FISHERMAN'S PARADISE

BIRD LIFE AND BIRD CLIFFS

CLOSE TO NATURE AT SEA OR ON LAND



**THE REGION IS AN ELDORADO** FOR SEA FISHING. TAKE PART IN ORGANISED FISHING TRIPS AND TRY TO GET A BITE IN THE RICH SEA OFF THE COAST OF SUNNMØRE, WITH ITS WIDE VARIETY OF SPECIES. FIND PEACE AND QUIET IN A WELL EQUIPPED FISHERMAN'S SHACK BY THE SEA SHORE OR IN A CABIN BY THE FJORD AND HAVE A BOAT FOR YOUR OWN USE.

#### RENT A FISHING ROD

+47 70 16 34 30, [www.visitalesund.com](http://www.visitalesund.com)

Try your fishing luck! You don't need to be in a boat to go fishing. Sunnmøre has many nice areas for rod fishing. Contact the tourist information for tip and rental.

**Start** Aalesund F4

**Times** All year.

**Prices** NOK 100, - pr rod.

**Note** Remember lifejacket.

#### FISHING IN THE BORGUNDFJORD

+47 91 30 54 43, [www.alesund-havfiskesenter.no](http://www.alesund-havfiskesenter.no)

Experience the world-renowned cod fishery in the Borgundfjord right alongside Ålesund. The fishing boat "Rebell" takes you out to some of the world's richest fishing grounds. Enjoy the landscape and Norway's most beautiful town from the sea, whilst fishing for the sought-after cod. Duration 3-4 hours.

**Start** Brosundet, Ålesund, F4

**Times** 25.02-30.04 Daily.

**Prices** NOK 150,- pr hour pr pers. Tot. min NOK 900,-

**NB** Maximum capacity 11 pers.

**ON REQUEST**



#### FISHING TRIPS IN ÅLESUND/ THE HJØRUNDFJORD

+47 91 30 54 43, [www.alesund-havfiskesenter.no](http://www.alesund-havfiskesenter.no)

Join the charter boat "Rebell" for a 4-5 hours' fishing trip in waters containing many species and you are guaranteed fish! If desired fish can be cleaned in a fishing hut put at your disposal.

**Start** Ålesund, F4

**Times** All year

**Prices** NOK 150 pr hour/pr pers. Min NOK 900

**NB** Maximum capacity 11 people

**ON REQUEST**

## GO FISHING

+47 70 11 44 30, [www.62.no](http://www.62.no)



Join the fishing charter boat "Legona" for fishing trips at the coast or nearby fjords of Ålesund. The trips will be customized guests and weather conditions. Legona is a comfortable boat with lounge and all fishing gear you need.

**Start** Brosundet, Ålesund, F4

**Times** 29.06-23.08.

**Prices** NOK 6000,- 2 hours.

**NB** Capacity 12 persons

ON REQUEST



## HIRE OF FISHING BOAT WITH SKIPPER/GUIDE

The region offers a wide choice of providers who offer organised fjord and sea fishing trips on request. Cleaning the catch is usually a part of the excursion. In addition to those named above as offering trips, the following are also recommended:

**62°NORD**, +47 70 11 44 30, [www.62.no](http://www.62.no) offer fishing trips in Ålesund and Sunnmøre region. **Hjørundfjord Adventures**, +47 90 15 14 47, [www.hjorundfjordadventures.no](http://www.hjorundfjordadventures.no) offer fishing trips in Hjørundfjord. The charter boat of Runde Miljøseier "Lophelia", +47 70 08 08 00, [www.rundecentre.no](http://www.rundecentre.no) offers fishing trips in combination with bird watching on Runde (10 people). **M/S "Nordic Genesis"**, +47 91 11 55 18, [eldar.kurset@norpost.net](mailto:eldar.kurset@norpost.net) offers transport, sightseeing and fishing trips. **Ålesund Havfiskesenter**, +47 91 30 54 43 offer fishing trips in the coastal and fjord region.

## FISHERMAN'S SHACK (RORBU/CABIN)

The region has many alternatives for fishing enthusiasts. A well equipped rorbu right by the sea or a cabin along-

side a fjord makes a good base for a successful fishing holiday. Some of them have a boat included in the rental charge; others hire out a boat separately. In some you will have a freezer, lifejackets etc. Rorbu/cabins: **Alnes Rorbuferie** S10, **Hjørundfjord Vandrer-hjem Bjørke** V13, **Bjørkedalen Gjestehytter** S14, **Flø Feriesenter** R11, **Havferie** Q11, **Hjørundfjord Camping** U12, **Hustadnes Fjordhytter** U12, **Sjøholt Camping** W10, **Stavset Fjordhytter** U12, **Solnørвика Fritid** V/W10, **Standal Alpesenter** U12, **Trandal Fjordhytter** R13, **Troll Fjordhytter** R13 and **Vika Feriesenter** V/W10. See p. 58 for more information.

## NORTHERN EUROPE'S SHORTEST SALMON RIVER

Straumen in Sykkylven, V11, is Northern Europe's shortest salmon river and the stretch nearest to the mouth of the river is reserved for fly fishermen. Other salmon rivers in the area are Aureelva, V11, Bonsdalselva, U12 and Stordalselva, X11. For more information, see [www.lakseelver.no](http://www.lakseelver.no)

## LOOKING FOR CLOTHES, SHOES AND OTHER EQUIPMENT FOR YOUR TRIP?

**DEVOLDFABRIKKEN**, T10, 6030 Langevåg, +47 70 19 98 40, [www.devoldfabrikken.no](http://www.devoldfabrikken.no). Many factory sales outlets, including woollen products from Devold and outdoor sports and leisure clothing from Bergans, Norrøna and Helly Hansen. Also check out the shopping centres **KREMMERGAARDEN**, F5, R. Rønnebergsgt. 6, 6002 Ålesund, +47 70 10 04 70, [www.kremmeggarden.no](http://www.kremmeggarden.no), **Intersport Rongve** and **AMFI Moa**, M7, Langelandsvn. 25, 6010 Ålesund, +47 70 17 75 60, [www.amfimoa.no](http://www.amfimoa.no) for sports, footwear and outdoor equipment shops.

## OUTDOOR ADVENTURES

### A FISHERMAN'S PARADISE BIRD LIFE AND BIRD CLIFFS

CLOSE TO NATURE AT SEA OR ON LAND



**GO OUT ON A THRILLING SAFARI** OR JOIN A SIGHTSEEING TOUR ON RUNDE AND YOU WILL BE ABLE TO EXPERIENCE SEA BIRDS, SEA EAGLES AND SEALS. THE BIRD LIFE MAY BE EXPERIENCED AT ANY TIME OF YEAR, BUT THE PEAK SEASON IS BETWEEN APRIL AND AUGUST. TAKE BINOCULARS WITH YOU AND YOU WILL COME EVEN CLOSER TO THE WILDLIFE!

#### **BIRD ISLAND OF RUNDE, Q10/11**

Out in the jaws of the ocean in Herøy Municipality lies the bird island of Runde. The bird cliffs are the southernmost in Norway, and have the widest variety of sea bird species in Scandinavia. The little island has about 150 permanent inhabitants but during the nesting season from February to August every year more than 500,000 sea birds take over the island. Around 100,000 pairs of puffins nest here, but large colonies of great skuas, gannets and shags also establish themselves here in the nesting season. The nature areas on Runde are vulnerable, important and interesting for research. Runde has also been called "Treasure Island" because of the finds of gold coins from the wrecked Dutch ship "Akerendam" from 1725 and the area is also well suited for activities within diving, fishing and hiking. **Worth noting** Protected area, with rules for moving about.

**RUNDE MILJØSENTER, Q10/11**, Rundavegen 237, 6096 Runde, +47 70 08 08 00, [www.rundecentre.no](http://www.rundecentre.no)  
Runde Miljøsentret opened in 2009 and is an international environmental research, information and communication centre. The centre has leading edge technology, which makes it a world-class environmental building. The fundamental idea of the centre is to establish an infrastructure for environmental monitoring and research and promote sustainable technology within fishing, hunting and energy production. The centre is also used by researchers both from Norway and abroad. One objective is to increase the focus on the important sea areas off the coast, which include some of the most important spawning grounds in Norwegian waters. The centre has a permanent bird exhibition and an exhibition on the Runde treasure and daily showings of the award winning documentary "havets sølv". **Times** All year round.

#### **RUNDE BIRD SIGHTSEEING**

+47 70 08 59 05, [www.goksoyr.no](http://www.goksoyr.no)

Join a 2 hour boat- and sightseeing trip from the harbour of Runde (a car drive of approx. 2 hours from Ålesund) to the bird cliffs. A unique chance to see the popular puffin and the magnificent coastal landscape from the sea.

**Start** Runde harbour, Q10/11

**Times** 01.05-31.08 Mon-Sun

**Prices** Adults NOK 250, children 100

**NB** Weather dependant

**FIXED DEPARTURE TIMES**





## WILDLIFE SEA SAFARI

+47 70 11 44 30, [www.62.no](http://www.62.no)



Let the adrenalin free reign on an exciting safari at sea in an open, high-speed RIB boat. See Ålesund from the sea side, visit seal colonies and experience puffins and sea eagles on the bird island Runde. Remember to bring your binoculars and camera!

**Start** Brosundet, Ålesund, F4

**Times** 29.06.-23.08. Daily 12-14 and 18-20.

**Prices** Adults NOK 845 (from 16 yrs)

**NB** Weather dependant

FIXED DEPARTURE TIMES



## 7 DAYS - HIKE AND BIRD WATCHING IN SUNNMØRE

+44 7715573818, [www.fjordcruiseadventures.com](http://www.fjordcruiseadventures.com)

Unique access to some of the most spectacular mountains in the Hjørundfjord. On the tour you will also experience some of the exciting bird life and bird cliffs at the famous island of Runde. Skilled guides, good food and life on board the boat makes the trip to an unforgettable experience.

**Start** Brunholmen, Ålesund, F3

**Times** February to May

**Prices** NOK from 17 000, - per person.

**NB** Price incl. accommodation on board, transport and meals.

ON REQUEST



## THE PUFFIN

### - THE BIRD THAT EVERYONE WANTS TO SEE

Among the bird species on Runde it is the puffin that receives most attention, and this beautiful bird is on the list of threatened species in Norway. The puffin is also known as the sea parrot (Latin name: *Fratercula arctica*), which is easy to understand if you look at its head and beak. A puffin can be up to 30 cm long, with a wing span of up to double that. It may live as long as 25 years. In the nesting season, from April to August, over 100,000 birds may be found on the western part of the island.

## OUTDOOR ADVENTURES

A FISHERMAN'S PARADISE  
BIRD LIFE AND BIRD CLIFFS  
CLOSE TO NATURE AT SEA OR ON LAND



**GET READY** FOR A FEW HOURS RELAXING KAYAKING, OR BE TEMPTED BY A LONGER ADVENTURE WITH AN OVERNIGHT STAY IN A TENT OR LAWVO ON AN ISLET. LET THE ADRENALINE FLOW BEHIND THE HANDLEBARS OF A BICYCLE, ENJOY FAMILY-FRIENDLY CYCLE TOURS OR EXPLORE OTHER ACTIVITIES ON THE WATER AND ON LAND.

### KAYAK HIRE

+47 95 11 80 62, [www.kayakmoretomorrow.com](http://www.kayakmoretomorrow.com)

Sense the feeling of paddle in Brosundet canal in the middle of the Art Nouveau town of Ålesund, or explore the nearby fjords with Ålesund as your starting point. The kayaks are perfect for inexperienced paddlers.

**Start** Brosundet, Ålesund, F4

**Times** May to September

**Prices** NOK 900 per day, 600 per 1/2 day.

FOR HIRE

### HIKING/PADDLING IN THE HJØRUNDFJORD

+47 94 49 87 88, [www.vestferd.no](http://www.vestferd.no)

An unforgettable 3-5days trip with hiking and paddling in the Hjørundfjord & the Sunnmøre Alps. Experience the fjordalps from both the water and from the mountain. You don't need to be experienced to go with us. We have tailor-made tours customized to you and your wishes.

**Start** Brosundet, Ålesund, F4

**Times** May-September

**Prices** NOK 1600 per pers/day (min. 6 pax, max 16 pax)  
NB Price incl. accommodation, transport, equipment, meals and guide. Age from 16 years.

ON REQUEST

### BICYCLE HIRE

+47 70 11 44 30, [www.62.no](http://www.62.no)

Explore the Art Nouveau town of Ålesund, surrounding area or islands with a rental bike. You can also obtain help with setting up routes with different durations and degrees of difficulty.

**Start** Brosundet, Ålesund, F5

**Times** 29.06.-23.08.

**Prices** NOK 250 per day.

FOR HIRE

### PADDLE NORWAY'S MOST POPULAR FJORDS

+47 95 11 80 62, [www.kayakmoretomorrow.com](http://www.kayakmoretomorrow.com)

Sunnmøre in the heart of Norway's western fjords; an area of postcard-perfect landscapes, with snow-capped mountains, high granite walls, waterfalls, mountain farms, wildflowers and charming villages. Come with us while we enjoy the long sunlit Scandinavian summer days and discover Norway's unique blend of scenery, culture and adventure.

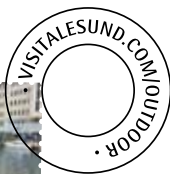
**Start** Brosundet, Ålesund, F4

**Times** May to September

**Prices** From NOK 21 950,- pr pers

NB Price incl. guide, accommodation, food, transport and hire of kayak and gear.

ON REQUEST



## ACTIVITIES IN THE HJØRUNDFJORD, V13

+47 90 15 14 47, [www.hjorundfjordadventures.no](http://www.hjorundfjordadventures.no)  
Hjørundfjord Adventures provide various activities like fishing and cultural guiding at the Hjørundfjord and Sunnmøre Alps area. **Times** On request. **Prices** On request.  
**Worth noting** Accommodation at Hjørundfjord Vandrers-hjem Bjørke, see p. 59.

## ISLAND HOPPING BY BICYCLE

You can take your bicycle with you on the many express boat routes that link the mainland with the Northern Islands outside Ålesund. Here you will find cycling roads with little traffic. [www.frammr.no](http://www.frammr.no). The Giske islands, with their flat terrain, are also well suited to cycling. Bus routes [www.frammr.no](http://www.frammr.no).

## KAYAKING, CYCLING AND VIKING ACTIVITIES AT LONGVA, U9, +47 70 21 78 16, [www.gunnabuda.no](http://www.gunnabuda.no)

In Haram you can take a course in paddling at sea and a trip in a Viking ship. You can also hire a bicycle and explore the island and the lighthouse at Ulla on two wheels. **Times** All year. **Prices** On request. **Worth noting** Accommodation and meal service are also offered.

## PADDLING AND CYCLING AT HAKALLESTRANDA

P12, +47 95 22 69 95, [johnny@kragseteigedom.no](mailto:johnny@kragseteigedom.no)  
At Kragset Hamn you can stay in a sea front chalet by the harbour and hire a boat, bicycle or kayak. **Times** All year. **Prices** On request. See also p. 31.

## GOLF 6-HOLE COURSE AT MOA, M7

+47 90 20 55 00, [www.aagk.no](http://www.aagk.no)  
6-hole course with Driving Range and Proshop. Indoor golf centre with golf simulator. Hire of equipment, sale of green fees and courses. **Times** All year.

## GOLF 18-HOLE COURSE AT SOLNØR GAARD, W10

+47 90 20 55 00, [www.moagolf.com](http://www.moagolf.com)

18-hole golf course located in beautiful natural surroundings approx 30 km from Ålesund. Clubhouse with premises for hire, golf cafe, Driving Range and Proshop. **Times** 15.04-15.10 Mon-Sun. **Prices** NOK 350/weekdays, 400 weekends, golf cart 325.

## TOURING WITH UTEGUIDEN, 6200 Stranda

+47 40 55 46 70, [www.uteguiden.com](http://www.uteguiden.com)  
The mountains in the northwest of Norway are in many ways similar to the European Alps, with high mountains, glaciers and lots of snow. This is an ideal starting point for mountaineering and glacier hiking in summer and "peak to fjord skiing" in winter. The possibilities are endless!

## DIVING

The coast of Sunnmøre is known for its fantastic diving. The currents in the coastal landscape pump in nutritious water from the Atlantic Ocean, giving an exciting underwater world with kelp forests, coral reefs and large shoals of fish. The clear fast-flowing water is inviting for activities such as current diving in the narrows at Skodjestrømen and wreck diving in the fjords and at Runde. If you visit Lyngstøylsvatnet in Norangsdalen valley, it is possible to drift slowly under water over submerged bridges, stone walls and house foundations. In 1908 the river through the valley was blocked by a landslide, the little mountain pasture and buildings that lay there were flooded and Lyngstøylsvatnet came into being. **Worth noting** All diving in Lyngstøylsvatnet must be with absolute care for vulnerable environments. **Times** All year.

ÅLESUND & SUNNMØRE IS AN EXCITING PLACE FOR THE FAMILY TO SPEND A HOLIDAY. MANY COME HERE TO EXPLORE THE MYSTERIES OF ATLANTERHAVSPARKEN, ONE OF NORWAY'S GREATEST ATTRACTIONS. CHILDREN CAN

# CHILDREN & FAMILIES

HAVE FUN BY HANDLING ANIMALS AT THE PETTING FARM, TAKING ON CHALLENGING CLIMBING WALLS OR ABSORBING THEMSELVES IN FASCINATING

CULTURAL HISTORY. NATURE IS ONE BIG AMUSEMENT PARK – LIMITED ONLY BY THE IMAGINATION – WHERE CHILDREN GET TO DECIDE THEMSELVES!

### Mysteries of the deep

#### ATLANTERHAVSPARKEN, H7

Tueneset, 6006 Ålesund

+47 70 10 70 60, [www.atlanterhavsparken.no](http://www.atlanterhavsparken.no)

Atlanterhavsparken is one of the largest aquariums in Northern Europe and is built into the coastal landscape at Tueneset, roughly 3 km west of the town centre. Large landscaped tanks show life in the sea and fjords. In open pools, children and adults alike can join in feeding, catching crabs and learning about the creatures of the deep. The daily diving shows are great entertainment, and feeding time at the large penguin park outside should not be missed. Wide range of activities during the summer – see activity schedule:

#### Summer activity schedule

11:30-12:30	Crab fishing in activity pool
13:00	Diving show
13:30-14:30	Crab fishing in activity pool
14:30	Feeding at the outdoor penguin park
15:30	Diving show
16:00-17:00	Crab fishing in open pools (except Saturdays)

**Opening hours** 01.06 – 31.08. Sun-Fri 10-18, Sat 10-16, 01.09.-31.05. Mon-Sat 11-16, Sun 11-18. **Prices** Children 0-2 yrs free, children 3-15 yrs NOK 75, adults NOK 170. **Worth noting** Café and souvenir shop, great outdoor areas, walking trails and beaches close by. Summer bus service from the town centre.

### Fun for kids

#### BARNAS LEKELAND (PLAYLAND), N7

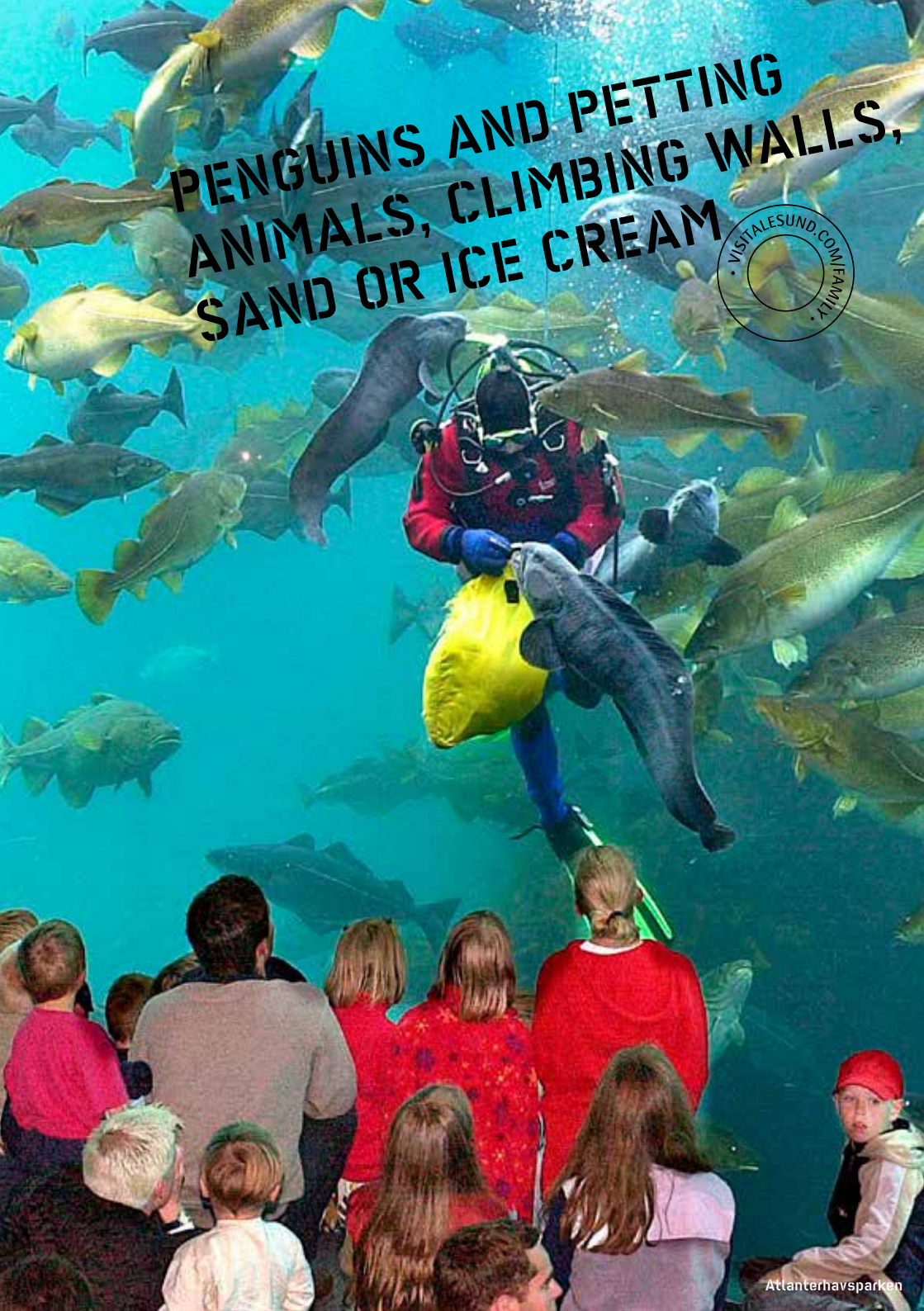
Vasstrandvn. 75, 6011 Ålesund

+47 41 60 16 00, [www.barnaslekeland.no](http://www.barnaslekeland.no)

The Children's Playland is a popular indoor activity centre and playground with some of the largest apparatuses in Norway. Children can play on obstacle courses, ball pits, slides and climbing walls in an area covering 1400m². Activity zones for different age groups (primarily 0-12 yrs). A meeting place for young and old. Play & learn! Look forward to an active, healthy and challenging adventure! **Opening hours** All year, Tues-Fri 11-20, Sat-Sun 10-18. Changes in opening hours may occur. Pls see [www.barnaslekeland.no](http://www.barnaslekeland.no) **Prices** 1-2 yrs NOK 80, children 2-12 yrs NOK 135, adults free. **Worth noting** Café with healthy lunch/dinner, delicious cakes and coffee bar. Free wireless internet, free parking, parents lounge and function rooms for



**PENGUINS AND PETTING  
ANIMALS, CLIMBING WALLS,  
SAND OR ICE CREAM**





## ► Exciting open-air museum

**SUNNMØRE MUSEUM**, K7, Borgundgavlen, 6015 Ålesund, +47 70 16 48 70, [www.sunnmore.museum.no](http://www.sunnmore.museum.no)

An open-air museum where children can explore buildings and boats of historical interest set in beautiful natural surroundings. Every Wednesday during the summer is activity day for young and old alike, with among other things potato cake grilling, boat building, learning to tie knots, and more. You can also sail with the boat Borgundknarren at 13:00, and if you prefer you can rent your own boat to test your rowing skills for a couple of hours or a whole day. Borgund Animal Club is just round the corner with horses, rabbits, pigs and other four-legged creatures.

**Opening hours and prices** See p. 14 and 16. **Worth noting** Forest nature trail (ca 1.4 km) through varied terrain.

## Cute pets

**HAKALLEGARDEN**, P12, Hakallestranda, 6149 Åram +47 90 06 89 96, [www.hakallegarden.no](http://www.hakallegarden.no)

At this visitor's farm, adults and children can meet the donkey Oliver, Gisle the pig, the alpaca family and other four-legged friends. If the weather is bad we move the horseback riding and other activities inside. Take a moment to experience the animal life, enjoy the art and our beautiful nature with all its colors. **Opening hours and prices** See p. 16. **Worth noting** Café-in-the-barn serves delicious homemade food and sells knitwear and other items from ethnic suppliers. On hot summer days, the short walk between Hakallegarden and the inviting sandy beach at Sandviksanden is a must!

## Play and learn with the farm cat

**IVAR AASEN-TUNET**, S12

Indrehovdevn. 176, 6160 Hovdebygda

+47 70 04 75 70, [www.aasentunet.no](http://www.aasentunet.no), [www.lurivar.no](http://www.lurivar.no)

On the farm where Ivar Aasen was born and raised, children can visit the museum and see fascinating displays or participate in activities throughout the summer. An exciting nature trail takes you up to Høgetua. At the top is Lurivar the farm cat's own children's library. Popular indoor activities include making farm-cat bookmarks, puzzles and going on a treasure hunt. Lurivar's waffles are delicious, and if the cat is at home (Tues and Fri), children can join a special

guided tour. **Opening hours and prices** See p. 17. **Worth noting** Café and shop with unique souvenirs.

## Take a trip in a time machine

**JUGENDSTILSENTERET/THE ART NOUVEAU CENTRE** D5, Apotekergt. 16, 6004 Ålesund

+47 70 10 49 70, [www.jugendstilsenteret.no](http://www.jugendstilsenteret.no)

There are many fascinating stories linked to the "great fire" of 1904 and subsequent reconstruction of Ålesund's unique Art Nouveau buildings. Let your children re-live and learn about the fire in the time machine at the Art Nouveau Centre. Via a fascinating multimedia presentation, young and old alike are taken back a century in time! **Opening hours and prices** See p. 14. **Worth noting** Café and sale of unique souvenirs.

## All aboard the city train

**THE CITY SIGHTSEEING TRAIN**, F6, Cruise terminal/Bus terminal, +47 92 48 24 85, [www.bytoget.no](http://www.bytoget.no)

The city sightseeing train is a popular attraction in Ålesund during the summer. Take the family on a memorable tour of Ålesund and up to the mountain Aksla and the Fjellstua viewing point. Enjoy the panoramic views of the town, fjord and mountains – and a well-earned ice cream! **Opening hours and prices** See p. 26.

## Count the steps

**AKSLA AND THE TOWN PARK**, J/K/L 2/3

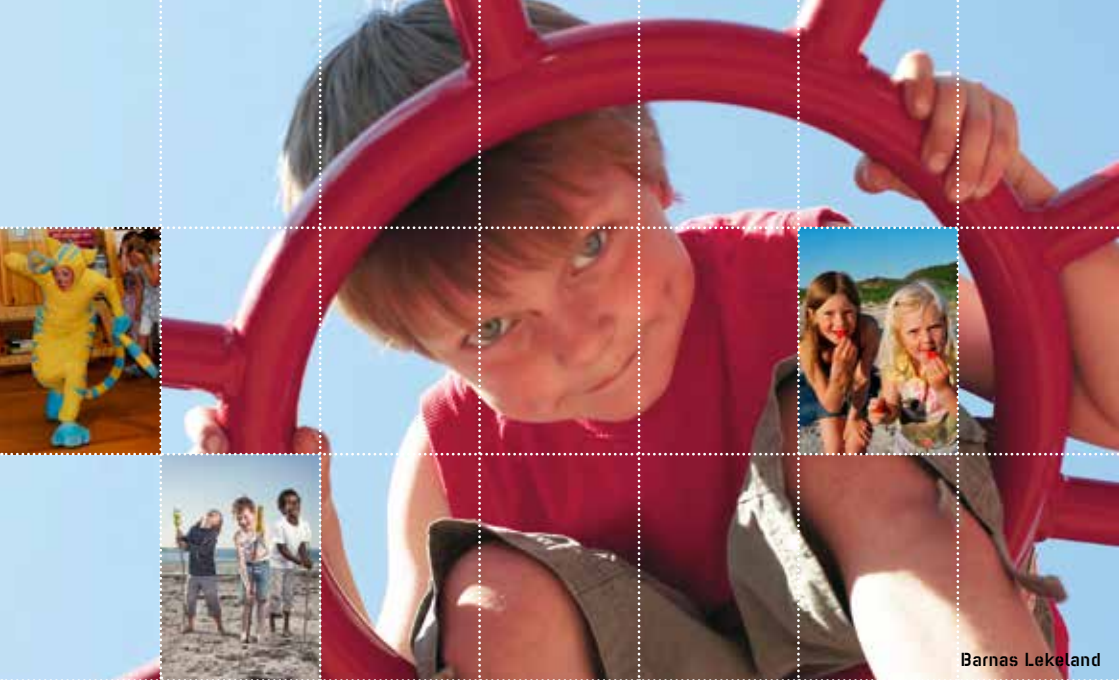
In the town park in Ålesund, children can frolic in the sand and romp around the playgrounds. You can also let them count the steps all the way up to Fjellstua (there are 418 of them). The view from the top is fantastic! **Opening hours** All year. **Worth noting** Café at Fjellstua.

## Fun at an indoor pool ...

**MOA SVØMMEHALL**, M7, Moa, 6018 Ålesund

+47 70 16 45 20, [www.alesund.kommune.no](http://www.alesund.kommune.no)

Indoor pool complex with several pools of different sizes and waterslides for fun and enjoyment. The complex is situated near Moa shopping centre with exciting offers for young and old alike. **Opening hours** All year. **Prices** Adults from NOK 80, children from NOK 54.



Barnas Lekeland

### ...or outdoor pool

**IKORNES FRILUFTSBAD**, V11, Ikornnes, 6222  
Ikornnes, +47 93 20 74 95, [www.ekornesmarina.no](http://www.ekornesmarina.no)

A great open-air pool idyllically situated by the Sykkylvsfjord. It can even be rented exclusively for parties/groups, etc., including qualified lifeguard. Verkstaden Bistro serving food, pub and a guest marina close by. **Opening hours** 22.05-19.06 Mon-Fri 17-19, Sat-Sun 12-18. 20.06-09.08 Mon-Sun 12-18. **Prices** NOK 60/pers, families NOK 180, children under 4 free.

### Playing in the sand

#### BATHING BEACHES

Sunnmøre is noted for its beaches – and there are many to choose from! Along the coast we recommend trips to Blimsanden at Vigra, S9, Giske, S10, Emblemssanden, U10, Tueneset, H7, Voldsalsberga, J7, Osnessanden, R11, Sandviksanden, P12 and Overåsanden, S11, to name but a few.

### Play with nature

#### WALKING, FISHING AND CYCLING

In Sunnmøre you can spend a long holiday based simply on outdoor activities. The whole family can enjoy walking in the mountains, forests and countryside, and along the shore children can look for crabs under stones and enjoy a family picnic. See Hiking p. 32 for family-friendly alternatives. Along the coast, families can cycle together through flat countryside and from island to island with almost no

traffic. Fishing can generally be done anywhere, from a boat, a jetty, bridges, points and headlands. Fishing with bait is a great way of spending quality time with your kids, and if you're lucky you might even hook a monster! See Outdoor Adventures p. 36.

### Winter wonderland

#### SKI CENTRES AND CROSS-COUNTRY SKIING

In winter, families can have a great time at family-friendly ski centres in the mountains. You can either go Alpine skiing or cross-country skiing on specially prepared trails. In fact, cross-country skiing is a national pastime and in Sunnmøre you will find prepared trails almost anywhere you find snow! For more info, see Skiing & winter p. 50.

### Bicycle and swimming

#### ISLAND HOPPING WITH BIKE

Bring your bike on some of the many express boat routes connecting the mainland with the "Northern Islands" outside Ålesund. Here are several bicycle roads with little traffic, beautiful beaches and great scenery. Check out timetable for ferry and express boat routes at [www.frammr.no](http://www.frammr.no). Bicycle can be rented at the tourist information in Ålesund. [www.visitalesund.com](http://www.visitalesund.com) or at 62NORD [www.62.no](http://www.62.no). The Giske island is well suited for biking, with its flat terrain. Subsea tunnels and bus connects the islands to the mainland in Ålesund. See timetable on [www.frammr.no](http://www.frammr.no).



## SKIING & WINTER

SKI CENTRES FOR ALL COMERS  
BEAUTIFUL COUNTRYSIDE FOR CROSS-COUNTRY SKIING  
SUMMIT TOURS WITH FJORD VIEWS

THE ALPINE MOUNTAIN AND FJORD LANDSCAPE IN THE SUNNMØRE ALPS PROVIDES THE BACKDROP FOR UNIQUE SKIING ADVENTURES. THE SCENERY

## SKIING & WINTER

TAKES THE BREATH  
AWAY! ENJOY POW-  
DER SNOW AND

BOUNDLESS AREAS FOR OFF-PISTE SKIING, FIND YOUR FAVOURITE SLOPE OR GO FOR MEMORABLE CROSS-COUNTRY TRIPS WITH THE FAMILY. HELP YOURSELF TO SKIING ON ONE DAY AND SURFING, FISHING OR BIRD WATCHING ON THE NEXT.

Ålesund is an excellent starting point for skiing experiences that are really out of the ordinary. Distances between the ski centres are short and a joint lift-pass, Alpepass, gives you the flexibility to choose the skiing experience that suits you best. A ski bus takes you efficiently from Ålesund to Stranda Ski Resort, voted Norway's best ski centre for off-piste skiers.

Do you dream about virgin downhill runs on snow-clad mountainsides? Local guides take you to little known mountain areas where the best and only means of access is by boat. In the last few years Ski & Sail in the Hjørundfjord and the Sunnmøre Alps has become increasingly popular. You can sail from place to place on the fjord and explore different summits every day!

Endless areas of powder snow and off-piste skiing and a stunning fjord view is a unique combination to be found hardly anywhere else in the world. The region is also at the top end of the European snow statistics every year.

If the weather and ski conditions are not ideal one day, or you want to take part in other activities, join in with the Borgundfjord fishery in the hunt for big cod, explore the bird life or let your adrenaline loose on super surfing waves. The Art Nouveau town of Ålesund is worth a visit in itself. A winter adventure awaits you!

### **X2 FESTIVAL 16.-19. APRIL 2015**

X2 Festival, T12/13, is a winter activity festival in Volda and Ørsta at the centre of the Sunnmøre Alps. X2 offers concerts and freeride competitions, summit tour, ski mountaineering, kayaking, surfing and more. All with the beautiful Sunnmøre Alps as the playground for unique nature experiences. [www.x2ski.no](http://www.x2ski.no)



# POWDER SNOW AND BREATHTAKING FJORD VIEWS



## SKIING & WINTER

SKI CENTRES FOR ALL COMERS  
BEAUTIFUL COUNTRYSIDE FOR CROSS-COUNTRY SKIING  
SUMMIT TOURS WITH FJORD VIEWS

**BE PREPARED.** ALWAYS CHECK THE WEATHER, SNOW CONDITIONS AND AVALANCHE WARNINGS BEFORE SETTING OUT ON A TOUR. IF YOU WANT TO GO OUT INTO UNFAMILIAR TERRAIN A QUALIFIED GUIDE WITH LOCAL KNOWLEDGE WILL LEAD YOU SAFELY TO YOUR SKIING PARADISE.

Summit tours require good physical fitness and good skiing skills. You either use alpine touring skis (randonnée skis) or telemark skis and skins. If you are a snowboarder, snow shoes or a splitboard are recommended. Touring on your own without a guide requires knowledge about avalanches, first aid and navigation.

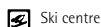
If you are going to explore an area for the first time it is recommended that you go with a guide who has local knowledge. An avalanche course and off-piste guide can be very useful if you intend to move around in areas out-

side the marked tracks. Norgesguidene AS offers courses and guiding, +47 92 05 40 57, [www.norgesguidene.no](http://www.norgesguidene.no). Guiding: Fjord Cruise Adventures, +44 7715573818, [www.fjordcruiseadventures.com](http://www.fjordcruiseadventures.com), and Uteguiden AS, +47 40 55 46 70, [www.uteguiden.com](http://www.uteguiden.com)

Use the map to form an overview of the best skiing adventures in the region. The Alpepass centres, areas suitable for cross-country skiing and summit tours are marked, as are other winter activities. All Alpepass centres offer ski hire and skiing instruction. Contact the individual ski centre, p.







- 1 Ørskogfjellet Skisenter 2 Arena Overøye Stordal Alpinsenter 3 Sunnmørsalpene Skiarena Fjellseter  
 4 Stranda Ski Resort 5 Ørsta Skisenter 6 Volda Skisenter 7 Skodje and Ørskog, Svartløken  
 8 Emblem mountain in Ålesund 9 Ski Touring/Summit tours/Ski & Sail. Starting point for Ski & Sail in the  
 Hjørundfjord & the Sunnmøre Alps: Ålesund, T10 10 Fishing in the Borgundfjord

## FOR FURTHER TIPS ABOUT SAFETY, WEATHER CONDITIONS, EQUIPMENT AND YOUR SKIING HOLIDAY:

Travel Guide for Ålesund & Sunnmøre: [www.visitaalesund.com/ski](http://www.visitaalesund.com/ski). Travel Guide to the Norwegian Fjords: [www.fjordnorway.com/ski](http://www.fjordnorway.com/ski). The Norwegian Trekking Association: [www.turistforeningen.no](http://www.turistforeningen.no). Tour planner: [www.ut.no](http://www.ut.no). Weather forecast: [www.yr.no](http://www.yr.no). Avalanche warning: [www.varsom.no](http://www.varsom.no). \*Norwegian only  
 Looking for clothes, shoes and other equipment? See p. 41.

## SKIING & WINTER

### SKI CENTRES FOR ALL COMERS

BEAUTIFUL COUNTRYSIDE FOR CROSS-COUNTRY SKIING  
SUMMIT TOURS WITH FJORD VIEWS



**THE SKI CENTRES IN THE REGION** ARE EFFICIENT AND COMFORTABLE. OFF-PISTE SKIERS CAN ENJOY POWDER AND VIRGIN SNOW RUNS RIGHT BESIDE THE PREPARED SLOPES AND SUMMIT TOUR ENTHUSIASTS WILL FIND THEIR PARADISE ON THE SNOW-CLAD MOUNTAINSIDES. THE FJORDS AND MOUNTAINS FORM THE PERFECT BACKDROP FOR FAMILY-FRIENDLY CROSS-COUNTRY EXPERIENCES.

### SKI CENTRES

#### SUNNMØRSALPANE SKIARENA FJELLSETER

W11, Fjellseter, 6239 Sykkylven, +47 70 25 06 06

[www.sunnmorsalpane.no](http://www.sunnmorsalpane.no)

The ski centre is situated in lovely natural surroundings in the Sunnmøre Alps, just 15 minutes' drive from Sykkylven and 1 hour from Ålesund. You will find 5 lifts, with 17 km of alpine routes divided into 14 runs. The snow parks in the terrain are also very well prepared as a complete family offering with children's lifts and prepared cross-country tracks.

#### ARENA OVERØYE STORDAL ALPINSENTER, Y11

Overøye, 6250 Stordal, +47 70 27 83 90/90 71 90 11

[www.stordalalpinsenter.no](http://www.stordalalpinsenter.no)

The ski centre in Stordal, just 1 hour from Ålesund, has 3 lifts and 8 runs. It can offer tracks of varying degrees of difficulty, which suit families with various levels of skiing skills. The centre also has an excellent free-skiing area and is well known for great snow depths and powder snow.

#### ØRSKOGFJELL SKISENTER, X10, Ørskogfjellet, 6240

Ørskog, +47 95 09 63 33, [www.orskogfjellet.no](http://www.orskogfjellet.no)

The ski centre is located 45 minutes from Ålesund and has 3 ski lifts and the 5 varied runs are very suitable for novices and families. It is also a very good jumping off point for ski touring routes and prepared cross-country tracks in beautiful natural surroundings.

#### ØRSTA SKISENTER, T12, Bondalseidet, 6150 Ørsta

+47 70 04 01 60, [www.orstaskisenter.no](http://www.orstaskisenter.no)

The ski centre is located in the heart of the Sunnmøre Alps, just 10 minutes from Ørsta town centre, and has 4 lifts and 8 runs. It is encircled by beautiful mountain scenery, which

invites you out into excellent free-skiing areas. Also a good starting point for summit tours in the winter and spring.

#### VOLDA SKISENTER, T12/13, Reset, 6100 Volda

+47 70 07 84 00, [www.voldaskisenter.no](http://www.voldaskisenter.no)

The ski centre is located in the heart of the Sunnmøre Alps, just a few minutes from Volda town centre. It has 3 ski lifts and a good network of runs and tracks, making it very suitable for novices and families. The centre is also a good jumping-off point for summit tours in the winter and spring.

#### STRANDA SKI RESORT W11/12, 6200 Stranda

[www.strandafjellet.no](http://www.strandafjellet.no)

The region's largest ski resort with 7 ski lifts and many slopes. Two mountain restaurants and gondola. The ski resort has a unique location and has several times been voted "Norway's best ski resort" for off-piste skiing. A true powder paradise.

### ALPEPASS - A JOINT SKI LIFT TICKET

Alpepass is a joint ski ticket for eight ski resorts in the region, providing access to a rich and varied range of lifts, pistes, terrain parks and freeride areas. The distance between resorts are short, and the keenest snow enthusiasts can visit several resorts on the same day. The choice is yours! [www.alpepass.no](http://www.alpepass.no)





Stranda Ski Resort – Alpepass

## CROSS-COUNTRY SKIING

**SKODJE AND ØRSKOG**, W/X10, with Engesetdalen, Svartløken and Ørskogfjellet offer miles and miles of excellent prepared touring tracks in family-friendly terrain. The touring tracks go through various mountain farms and the area is very popular for training, exercise and touring with children. The longest track is 16.7 km, with a height difference of 1,000 ft. **Starting points and parking** Car parking in Skodje or at Ørskogfjell Skisenter. [www.skisporet.no/moreogromsdal/svartloken](http://www.skisporet.no/moreogromsdal/svartloken).

**FJELLSETER IN SYKKYLVEN**, W11, is a beautiful natural area for family-friendly cross-country ski trips. There are prepared touring tracks in attractive surroundings just alongside the ski centre. The longest track is the round-Fjellseter route which is a full 25 km long and circles the idyllic lake Nyseter vannet. **Starting point and parking** Sunnmørsalpane Skiarena Fjellseter. [www.skisporet.no/moreogromsdal/sunnmorsalpanefjellseter](http://www.skisporet.no/moreogromsdal/sunnmorsalpanefjellseter)

**OVERØYE IN STORDAL**, Y11, is an excellent starting point for those who like to use touring skis. Less demanding family excursions to the Langsæter area and Fokhaugstova are recommended for the whole family. The area has prepared tracks in to the lakes Storvannet and Litlevannet. These are also fine lakes for ice fishing. The network of tracks at Overøye in Stordal varies from a short track of 3.2 km to the longest, which is 9.2 km. **Starting point and parking** Arena Overøye Stordal Alpiner. [www.skisporet.no/moreogromsdal/stordal](http://www.skisporet.no/moreogromsdal/stordal)

**EMBLEM MOUNTAIN IN ÅLESUND**, U10, offers excellent and varied skiing terrain for tours, with a lighted track and cross-country training tracks and fine views toward the Sunnmøre Alps. The tracks vary from 4.2 km to around 25 km. **Starting point and parking** At Østrem in Emblem. [www.skisporet.no/moreogromsdal/emblemsfjellet](http://www.skisporet.no/moreogromsdal/emblemsfjellet)

## SKIING & WINTER

SKI CENTRES FOR ALL COMERS  
BEAUTIFUL COUNTRYSIDE FOR CROSS-COUNTRY SKIING  
SUMMIT TOURS WITH FJORD VIEWS



**GUIDES WITH LOCAL KNOWLEDGE** TAKE YOU SAFELY WITH THEM ON YOUR SKIING ADVENTURES IN THE SUNNMØRE ALPS. NATURE CAN BE CHALLENGING IN THE MOUNTAINS, BUT A QUALIFIED GUIDE WILL SEE THAT YOU FULFIL YOUR DREAMS AND COME AS CLOSE TO NATURE AS YOU WISH TO ACHIEVE YOURSELF.

### AROUND THE HJØRUNDFJORDEN, WINTER

+47 40 55 46 70, [www.uteguiden.com](http://www.uteguiden.com)

Experience the majestic Hjørundfjorden and all its spectacular peaks and valleys. The tour starts in Ålesund and takes you the seven stages around the fjord. We visit small villages and use fjord as our transport route if needed. You choose the standard of accommodation.

**Start** Brosundet, Ålesund, F4

**Times** from March to May

**ON REQUEST**

**Price** from NOK 17 000, - per person. / Day (min. 4 pers.) Note: Price incl. guide, accommodation, transportation, meals, avalanche equipment and avalanche backpack.



### AN EXTRAORDINARY SKI JOURNEY

+47 70 04 02 60, [www.sagafjordhotel.no](http://www.sagafjordhotel.no)

An incredible week of ski touring in the Sunnmøre Alps, combined with stunning nature and some of the most spectacular hotels in the area; Sagafjord Hotel in Hjørundfjord and Juvet Landscape Hotel in Valldal.

**Season** January-May

**Price** From NOK 10500 per pers/week

**NB** Prices incl meals and accommodation (3 nights Sagafjord, 3 nights Juvet, 1 night Ålesund), 2 days lift pass at Stranda Ski Resort and transport. Guides on request.

**ON REQUEST**



### SUMMIT TOURS IN THE SUNNMØRE ALPS

+47 92 05 40 57, [www.norgesguidene.no](http://www.norgesguidene.no)

Norgesguidene AS has international mountain guide certification UIAGM/IVBV/IFMGA, and the guides accompany you on mountaintop ski tours in the Sunnmøre Alps. Local guides will help you to find the right mountain top that suits you and matches your dreams!

**Season** January-May

**Prices** From NOK 1100/per pers./day (min. 4-6 pers.)

**NB** No experience is needed. All tours are individually customized.

ON REQUEST

### SKI & SAIL HJØRUNDFJORDEN

+46 722 06 94 88, [www.fjordcruiseadventures.com](http://www.fjordcruiseadventures.com)

The tour starts and ends in the town center of Ålesund. The boat gives you access to some of the best mountains and peaks in the Hjørundfjord. Local guides, good food and life on board the boat makes the trip an unforgettable experience. Accommodation on the boat. Length 7 days.

**Start** Brosundet, Ålesund, F4

ON REQUEST

**Season** February to May

**Prices** from NOK 17 000, - per person. Price incl. Accommodation, transport, meals.

### SKI AND THE CITY - HOTEL BROSUNDET



+47 70 11 45 00, [www.62.no](http://www.62.no)

Ålesund is an excellent starting point for exploring outstanding skiing and urban activities. Combine skiing with restaurant life, shopping and museums. Accommodation at the beautiful Hotel Brosundet. A hire car will make it easy for you to reach the best snow!

**Start** Brosundet, Ålesund, E4

**Season** Jan-April

**Prices** From NOK 1440 per pers.

**NB** Price incl accommodation in double room and breakfast, 4 course gourmet menu and Skipass at Stranda Skiresort.

ON REQUEST

### ALPEPASS ÅLESUND - FIRST HOTEL ATLANTICA

+47 70 11 73 00, [www.firsthotels.no/atlantica](http://www.firsthotels.no/atlantica)

Combine fantastic skiing with an exciting city experience, based in Ålesunds most sporty hotel. First Hotel Atlantica is located in the city centre within easy reach of all the city's amenities. Ski bus or car will take you to and from the Stranda Ski Resort.

**Start** Brosundet, Ålesund, F5

**Season** January to April 2014

**Prices** From NOK 820 pr pers.

**NB** Price includes accommodation in a double room, lunch box and ski pass to Stranda Ski Resort.

ON REQUEST

### OFF-PIST COURSE - STRANDA

+47 40 55 46 70, [www.uteguiden.com](http://www.uteguiden.com)

This is a course for those who want to be a better off-piste skier. Our instructors have extensive knowledge of off-piste skiing and gives you tips and instructions for success. Stranda Ski Resort has recently been referred to as Northern Europe's best ski resorts for offpiste skiing. Can you imagine a better place to develop your off-piste technique?

**Start** Stranda Ski Resort.

**Season** January to April

**Prices** From NOK 2995 per person (min 3 pers.)

**NB** Included lift ticket and rental avalanche equipment.

ON REQUEST

### CHECK THESE OUT AS WELL:






**SURFING, FISHING AND BIRD LIFE.** The winter in Sunnmøre is inviting for many unique activities in addition to skiing. There are excellent waves for winter surfing at Alnes on the island of Godeya, S10, just offshore from Ålesund. The fantastic Borgundfjord cod fishery, which takes place right alongside Ålesund, see p. 40, and the Bird Island of Runde, Q10/11, are perhaps at their best and most exotic in the winter.

**CULTURAL EXPERIENCES.** Take the trip to the many attractions in the region open all-year-round, see Culture p. 8. Perfect even on days when the weather conditions are not at their best!

# ACCOMMODATION

 HOTEL	TELEPHONE	E-MAIL/WEB	SEASON	BEDS/ROOMS	
 <b>Best Western Baronen Hotell, N7</b> Kanalvn. 1, 6010 Ålesund	+47 70 14 70 00	service@baronenhottel.no <a href="http://www.baronenhottel.no">www.baronenhottel.no</a>	All year	111/66	Ålesund
 <b>Clarion Collection Hotel Bryggen, E4</b> Apotekergt. 1-3, 6004 Ålesund	+47 70 10 33 00	bryggen@choice.no <a href="http://www.nordicchoicehotels.no/clarion">www.nordicchoicehotels.no/clarion</a>	All year	150/85	Ålesund
 <b>First Hotel Atlantica, F5/6</b> Rasmus Rønnebergsgt. 4, 6002 Ålesund	+47 70 11 73 00	atlantica@fisthotels.no <a href="http://www.firsthotels.no/atlantica">www.firsthotels.no/atlantica</a>	All year	109/73	Ålesund
 <b>Hotel Brosundet, E4</b> Apotekergt. 5, 6004 Ålesund	+47 70 11 45 00	post@brosundet.no <a href="http://www.brosundet.no">www.brosundet.no</a>	All year	93/47	Ålesund
 <b>Quality Hotel Waterfront, B6</b> Nedre Strandgt. 25-27, 6004 Ålesund	+47 70 11 19 00	q.waterfront@choice.no <a href="http://www.nordicchoicehotels.no/quality">www.nordicchoicehotels.no/quality</a>	All year	425/196	Ålesund
 <b>Radisson Blu Hotel, G1</b> Sorenskriver Bullsgt. 7, 6002 Ålesund	+47 70 16 00 00	alesund@radissonblu.com <a href="http://www.radissonblu.com/hotel-alesund">www.radissonblu.com/hotel-alesund</a>	All year	262/131	Ålesund
 <b>Scandic Scandinavie, I4</b> Løvenvoldgt. 8, 6002 Ålesund	+47 70 15 78 00	post@hotelscandinavie.no <a href="http://www.scandic-hotels.no">www.scandic-hotels.no</a>	All year	131/70	Ålesund
 <b>Scandic Parken, I3</b> Storgt. 16, 6002 Ålesund	+47 70 13 23 00	parken@parkenhottel.no <a href="http://www.parkenhottel.no">www.parkenhottel.no</a>	All year	435/197	Ålesund
 <b>Scandic Ålesund, D/E3</b> Molovn. 6, 6004 Ålesund	+47 21 61 45 00	alesund@scandichotels.com <a href="http://www.scandic-hotels.no/alesund">www.scandic-hotels.no/alesund</a>	All year	279/151	Ålesund
 <b>Thon Hotel Ålesund, G1</b> Kongensgt. 27, 6002 Ålesund	+47 70 15 77 00	aalesund@thonhotels.no <a href="http://www.thonhotels.no/alesund">www.thonhotels.no/alesund</a>	All year	200/106	Ålesund
 <b>Sunde Fjord Hotel, U11</b> Solevåg Fergekai, 6037 Eidsnes	+47 70 19 85 85	mail@sundefjordhottel.no <a href="http://www.sundefjordhottel.no">www.sundefjordhottel.no</a>	All year	59/27	Sunnmøre
 <b>Hotel Union Øye, V12</b> Øye, 6196 Norangsfjorden	+47 70 06 21 00	post@unionoye.no <a href="http://www.unionoye.no">www.unionoye.no</a>	All year	54/27	Sunnmøre
 <b>Storfjord Hotel, V10</b> Øvre Glomset, 6260 Skodje	+47 70 27 49 22	info@storfjordhottel.com <a href="http://www.storfjordhottel.com">www.storfjordhottel.com</a>	All year	46/23	Sunnmøre
 <b>Sagafjord Hotel – Lodge &amp; Marina, U12</b> 6165 Sæbø	+47 70 04 02 60	info@sagafjordhottel.no <a href="http://www.sagafjordhottel.no">www.sagafjordhottel.no</a>	All year	75/34	Sunnmøre
 <b>Quality Hotel Ulstein, R11</b> Sjøgt. 10, 6065 Ulsteinvik	+47 70 01 30 00	q.ulstein@choice.no <a href="http://www.nordicchoicehotels.no/quality">www.nordicchoicehotels.no/quality</a>	All year	209/123	Sunnmøre
 <b>Volda Turisthotell, S13</b> Skjervavn. 17, 6100 Volda	+47 70 07 70 50	post@voldaturisthottel.no <a href="http://www.voldaturisthottel.no">www.voldaturisthottel.no</a>	All year	48/24	Sunnmøre
 <b>Hotell Ivar Aasen, T12</b> Parkvn. 9, 6150 Ørsta	+47 70 04 51 00	post@hottellivaraasen.no <a href="http://www.hottellivaraasen.no">www.hottellivaraasen.no</a>	All year	145/73	Sunnmøre
 <b>Thon Hotel, Q/R11</b> Gerhard Voldnes' veg 7, 6090 Fosnavåg	+47 70 08 10 00	fosnavag@thonhotels.no <a href="http://www.thonhotels.no/fosnavag">www.thonhotels.no/fosnavag</a>	Helårlig	115rom	Sunnmøre



 <b>HOSTEL/GUEST HOUSE/B&amp;B</b>	<b>TELEPHONE</b>	<b>E-MAIL/WEB</b>	<b>SEASON</b>	<b>BEDS/ROOMS</b>	
 <b>Borg Bed &amp; Breakfast, U10</b> Hatleholen, Løypevn. 3, 6012 Ålesund	+47 70 17 76 00	bbb@borgund.fhs.no <a href="http://www.borgund.fhs.no">www.borgund.fhs.no</a>	Summer	88/45	Ålesund
<b>Ålesund Vandrerhjem, K4</b> Parkgt. 14, 6003 Ålesund	+47 70 11 58 30	aalesund@hihostels.no <a href="http://www.hihostels.no/alesund-vandrerhjem">www.hihostels.no/alesund-vandrerhjem</a>	All year	72/14	Ålesund
<b>Hjørundfjord Vandrerhjem Bjørke, V13</b> 6190 Bjørke	+47 90 15 14 47	post@hjørundfjordadventures.no <a href="http://www.hjørundfjordadventures.no">www.hjørundfjordadventures.no</a>	All year	20/20	Sunnmøre
<b>Knutegarden–Norangdal B&amp;B, V12</b> Norangdal, 6196 Norangsfjorden	+47 99 27 94 43	efn_4@hotmail.com <a href="http://www.hjørundfjord.no/overnatting/knutegarden">www.hjørundfjord.no/overnatting/knutegarden</a>	All year	8(10)/1	Sunnmøre
 <b>Christineborg Gjesthus, Q10/11</b> 6096 Runde	+47 70 08 59 50	post@christineborg.no <a href="http://www.christineborg.no">www.christineborg.no</a>	Summer	110/30	Sunnmøre
 <b>Runde Miljøseneter, Q11</b> 6096 Runde	+47 70 08 08 00	post@rundecentre.no <a href="http://www.rundecentre.no">www.rundecentre.no</a>	All year	32/16	Sunnmøre
<b>Hjørundfjord Brygge, U12</b> 6150 Sæbø	+47 46 84 86 99	marit@hjørundfjordskyss.no <a href="http://www.hjørundfjord.no">www.hjørundfjord.no</a>	All year	8/2	Sunnmøre
<b>Christian Gaard Bygdetun, V12</b> 6183 Trandal	+47 70 06 15 72	post@christian-gaard.no <a href="http://www.christian-gaard.no">www.christian-gaard.no</a>	All year	18/2	Sunnmøre
 <b>Ulsteinvik Vandrerhjem og Sommerhotell, R11</b> Varleitevn. 5, 6065 Ulsteinvik	+47 92 64 39 03	ulsteinvik@hihostels.no <a href="http://www.hihostels.no/ulsteinvik">www.hihostels.no/ulsteinvik</a>	All year	40/20	Sunnmøre
<b>Eirikgarden, T9</b> Gjosund, 6040 Vigra	+47 40 04 63 83	eirikgarden@gmail.com <a href="http://www.eirikgarden.no">www.eirikgarden.no</a>	All year	6/3	Sunnmøre
<b>Glede på Reisen Gjestehus, T9</b> 6040 Vigra	+47 70 18 50 99	wilson1407@live.com	All year	16/8	Sunnmøre
<b>Bondalseidet Skileiligheter, T/U12</b> Bondalseidet, 6150 Ørsta	+47 97 08 73 92	anne.marte@hotmail.com <a href="http://www.bondalseidet.no">www.bondalseidet.no</a>	All year	10/3	Sunnmøre
<b>Lepsøy Misjonssenter, T9</b> 6290 Kjerstad	+47 99 33 55 01	post@lepsyomisjonssenter.com <a href="http://www.lepsyomisjonssenter.com">www.lepsyomisjonssenter.com</a>	Helårlig	2/27	Sunnmøre

Season: The summer period varies. Contact the company or the Tourist Information Office in Ålesund for more information.

## ONLINE BOOKING

Go to [www.booking.visitalesund.com](http://www.booking.visitalesund.com) for online booking of accommodaton and activities. Look for the basket symbol. Good package deals are available. The Tourist Information Office in Ålesund, G2, can also help you make your booking.

# ACCOMMODATION

## CAMPING/CABIN

FISHERMAN'S SHACK/CAMPER VAN	TELEPHONE	E-MAIL/WEB	SEASON	BEDS/CABINS	
<b>Hjelsetgården Bobilparkering, H1</b> Sorenskriver Bullsgt. 33, 6002 Ålesund	+47 70 16 21 28	alesund.parking@alesund.kommune.no <a href="http://www.alesundparkering.no">www.alesundparkering.no</a>	Summer	Ca 35	Ålesund
<b>Lille Kalvøy Fjordhytter, L/M7</b> 6021 Ålesund	+47 91 13 32 03	post@lille-kalvoy.com <a href="http://www.lille-kalvoy.com">www.lille-kalvoy.com</a>	All year	6/1	Ålesund
<b>Volsdalen Camping, J7</b> Sjømansvn. 1, 6001 Ålesund	+47 70 12 58 90	v.camp@online.no <a href="http://www.volsdalencamping.no">www.volsdalencamping.no</a>	All year	72/30	Ålesund
<b>Stavset Fjordhytte, U12</b> Stavset, 6174 Barstadvik	+47 70 06 15 10	post@stavsetfjordhytte.no <a href="http://www.stavsetfjordhytte.no">www.stavsetfjordhytte.no</a>	All year	8/1	Sunnmøre
<b>Skjeljavika Hytteutleie, U9</b> Skjeljavika, 6270 Brattvåg	+47 90 54 85 18	skjeljavika@gmail.com	All year	15/3	Sunnmøre
<b>Sessgarden, V13</b> Hjørundfjorden, 6190 Bjørke	+47 70 05 01 30	turistsenter@tussa.com <a href="http://www.sessgarden.no">www.sessgarden.no</a>	All year	10/2	Sunnmøre
<b>Bjørkedalen Gjestehytter, S14</b> 6120 Folkestad	+47 70 05 20 27	post@helset.net <a href="http://www.helset.net">www.helset.net</a>	All year	34/4	Sunnmøre
<b>Alnes Rorbuferie, S10</b> Alnes, 6055 Godøya	+47 70 18 51 96	post@alnesrorbuferie.no <a href="http://www.alnesrorbuferie.no">www.alnesrorbuferie.no</a>	All year	12/2	Sunnmøre
<b>Bukkholmen Rorbuer, T10</b> Øvre Kipperberget 3, 6030 Langevåg	+47 70 19 21 34	bukkholmen@mimer.no <a href="http://www.bukkholmen.no">www.bukkholmen.no</a>	All year	12/2	Sunnmøre
<b>Gunnabuda, U9</b> Longva, 6293 Longva	+47 70 21 78 16	post@gunnabuda.no <a href="http://www.gunnabuda.no">www.gunnabuda.no</a>	All year	29/9	Sunnmøre
<b>Havferie, Q11</b> Kvalsvik, 6098 Nerlandsøy	+47 70 08 76 23	bk@havferie.com <a href="http://www.havferie.com">www.havferie.com</a>	All year	25/4	Sunnmøre
<b>Goksøyr Camping, Q10/11</b> Goksøyr, 6096 Runde	+47 70 08 59 05	camping@goksoyr.no <a href="http://www.goksoyr.no">www.goksoyr.no</a>	Summer	10	Sunnmøre
<b>Solnørвика Fritid, V/W10</b> Valle, 6260 Skodje	+47 99 00 48 72	jandale@solnørвика.com <a href="http://www.solnørвика.com">www.solnørвика.com</a>	Summer	15/5	Sunnmøre
<b>Vika Feriesenter, V/W10</b> Håhjem, 6260 Skodje	+47 70 27 62 06		All year	30/6	Sunnmøre
<b>Standal Alpesenter, U12</b> Standaleidet, 6184 Store Standal	+47 99 12 23 44	booking@standalp.no <a href="http://www.standalalpesenter.no">www.standalalpesenter.no</a>	All year	28/4	Sunnmøre
<b>Lauvika Feriested, W 10</b> Solnør Gaard, 6260 Skodje	+47 70 24 47 30 +47 91 51 98 57	jd-qvale@online.no <a href="http://www.solnorgaard.no/turisme">www.solnorgaard.no/turisme</a>	Helårlig	8/4	Sunnmøre
<b>Ellingsøy Rorbuer, U 10</b> Lyngholmvegen 490, Ellingsøy	+47 94 79 37 18	ellingsoyrorbuer@gmail.com <a href="http://www.ellingsoyrorbuer.com">www.ellingsoyrorbuer.com</a>	Helårlig	6/12	Sunnmøre

## CAMPING/CABIN

FISHERMAN'S SHACK/CAMPER VAN	TELEPHONE	E-MAIL/WEB	SEASON	BEDS/CABINS	
 <b>Troll Fjordhytter</b> , R13 6140 Syvde	+47 70 02 15 06	fjordhytter@gmail.com <a href="http://www.fjordhytter.com">www.fjordhytter.com</a>	All year	45/6	Sunnmøre
<b>Hjørundfjord Camping</b> , U12 6165 Sæbø	+47 70 04 00 16	sletteda@online.no <a href="http://www.hjorundfjord-camping.no">www.hjorundfjord-camping.no</a>	All year	46/11	Sunnmøre
<b>Hustadnes Fjordhytter</b> , U12 Hustadnes, 6165 Sæbø	+47 70 04 00 85	mail@hustadnes-fjordhytter.no <a href="http://www.hustadnes-fjordhytter.no">www.hustadnes-fjordhytter.no</a>	All year	30/6	Sunnmøre
<b>Trandal Fjordhytter</b> , U/V12 6183 Trandal	+47 70 06 15 52	trandal@fjordhytter.no <a href="http://www.fjordhytter.no">www.fjordhytter.no</a>	All year	42/7	Sunnmøre
<b>Flø Feriesenter</b> A/S, R11 Flø, 6065 Ulsteinvik	+47 70 01 50 80	flo.feriesenter@tussa.com <a href="http://www.floe-feriesenter.no">www.floe-feriesenter.no</a>	All year	50/8	Sunnmøre
<b>Sjøholt Camping</b> , W10 6240 Ørskog	+47 70 27 31 30	post@sjohcamp.no <a href="http://www.sjohcamp.no">www.sjohcamp.no</a>	All year	54/9	Sunnmøre
<b>Kvilehytta</b> , P13 6146 Åheim	+47 90 85 04 14	post@kvilehytta.no <a href="http://www.kvilehytta.no">www.kvilehytta.no</a>	All year	30/5	Sunnmøre
<b>Kragset Hamn</b> , P12 Hakallestranda, 6149 Åram	+47 95 22 69 95	johnny@kragseteigdom.no <a href="http://www.kragsethamn.no">www.kragsethamn.no</a>	All year	40/5	Sunnmøre

## DNT CABINS

	TELEPHONE	E-MAIL/WEB	SEASON	BEDS/ROOMS	
<b>Tyssehaustet</b> , V13 Bjørke, 6120 Folkestad	+47 70 12 58 04	info@aast.no <a href="http://www.ut.no/hytte/tysse-naustet">www.ut.no/hytte/tysse-naustet</a>	Summer	6/1	Sunnmøre
<b>Patchellhytta</b> , V/W12 Sunnmørsalpen, 6196 Norangsfjorden	+47 70 12 58 04	info@aast.no <a href="http://www.ut.no/hytte/patchellhytta">www.ut.no/hytte/patchellhytta</a>	All year	50/2	Sunnmøre
<b>Runde Fyr</b> , Q10/11 Kvalneset, 6096 Runde	+47 70 12 58 04	info@aast.no <a href="http://www.ut.no/hytte/runde-fyr">www.ut.no/hytte/runde-fyr</a>	Summer	24/3	Sunnmøre
<b>Standalhytta</b> , T/U12 Standalseidet, 6184 Store Standal	+47 70 12 58 04	info@aast.no <a href="http://www.ut.no/hytte/standalhytta">www.ut.no/hytte/standalhytta</a>	Summer	10/3	Sunnmøre
<b>Velleseter Turisthytte</b> , V/W12 6230 Sykkylven	+47 70 12 58 04	info@aast.no <a href="http://www.ut.no/hytte/velleseter">www.ut.no/hytte/velleseter</a>	All year	9/2	Sunnmøre

Season: The summer period varies. Contact the company or the Tourist Information Office in Ålesund for more information.

# RESTAURANTS & NIGHTLIFE

RESTAURANT/BAR	ADRESSE	TELEPHONE	WEB/E-MAIL	
Anno Restaurant & Bar, D/E5	Apotekergt. 9B, 6004 Ålesund	+47 71 70 70 77	<a href="http://www.anno.no">www.anno.no</a>	Ålesund
Aqua Restaurant & Bar, B6	Nedre Strandgt. 25-27, 6004 Ålesund	+47 70 11 19 00	<a href="http://www.nordicchoicehotels.no/quality">www.nordicchoicehotels.no/quality</a>	Ålesund
Brasserie Normandie, I3	Storgt. 16, 6002 Ålesund	+47 70 13 23 00	<a href="http://www.rica.no/hoteller/alesund">www.rica.no/hoteller/alesund</a>	Ålesund
Bulls Brygge Restaurant, G1	S. Bullsgt. 7, 6002 Ålesund	+47 70 16 00 00	<a href="http://www.radissonblu.com/hotel-alesund">www.radissonblu.com/hotel-alesund</a>	Ålesund
Lyst Bar og Restaurant, H3	Kongensgt. 12, 6002 Ålesund	+47 99 10 05 60	<a href="http://www.lystmeny.no">www.lystmeny.no</a>	Ålesund
Maki Brosundet, E4	Apotekergt. 5, 6004 Ålesund	+47 70 11 45 00	<a href="http://www.brosundet.no">www.brosundet.no</a>	Ålesund
Molja Restaurant, D3	Molovn. 6, 6004 Ålesund	+47 21 61 45 10	<a href="http://www.scandic-hotels.no/alesund">www.scandic-hotels.no/alesund</a>	Ålesund
TajMahal Tandoori Restaurant, H2/3	Kongensgt. 18, 6002 Ålesund	+47 70 12 03 00	<a href="http://www.tajmahaltandoori.no">www.tajmahaltandoori.no</a>	Ålesund
XL Diner, G2	Skaregt. 1b, 6003 Ålesund	+47 70 12 42 53	<a href="http://www.xldiner.no">www.xldiner.no</a>	Ålesund
Verkstaden Bistro, V11	6222 Ikornnes	+47 70 25 16 40	<a href="http://www.ekornesmarina.no">www.ekornesmarina.no</a>	Sunnmøre
Hotel Union Øye, V12	Øye, 6196 Norangsfjorden	+47 70 06 21 00	<a href="http://www.unionoye.no">www.unionoye.no</a>	Sunnmøre
Nilsgardstunet, X11	6250 Stordal	+47 70 27 89 90	<a href="http://www.nilsgardstunet.no">www.nilsgardstunet.no</a>	Sunnmøre
Restaurant Sagafjord, U12	6165 Sæbø	+47 70 04 02 60	<a href="http://www.sagafjordhotel.no">www.sagafjordhotel.no</a>	Sunnmøre
Oljepiren Bar & Restaurant, R11	Sjøgt. 10, 6065 Ulsteinvik	+47 70 01 30 00	<a href="http://www.nordicchoicehotels.no/quality">www.nordicchoicehotels.no/quality</a>	Sunnmøre
Volda Turisthotell Restaurant, S13	Skjervavn. 17, 6100 Volda	+47 70 07 70 50	<a href="http://www.voldaturisthotell.no">www.voldaturisthotell.no</a>	Sunnmøre
Hotell Ivar Aasen, T12	Parkvn. 9, 6150 Ørsta	+47 70 04 51 00	<a href="http://www.hotellivaraasen.no">www.hotellivaraasen.no</a>	Sunnmøre
Thon Hotel Fosnavåg, Q/R11	Gerhard Voldnes' veg 7, 6090 Fosnavåg	+47 70 08 10 00	<a href="http://www.thonhotels.no/fosnavag">www.thonhotels.no/fosnavag</a>	Sunnmøre
Milk Bar & Lounge, F4	Skateflua 6002 Ålesund	+47 70 12 42 53	<a href="http://www.xldiner.no">www.xldiner.no</a>	Ålesund
Orient Bar Restaurant, H2	Kongensgate 30 6002 Ålesund	+47 701 07 171	<a href="http://www.orientbar.no">www.orientbar.no</a>	Ålesund
Zuuma, G/H3	Kongensgate 13, 6002 Ålesund		post@zuuma.no www.zuuma.no	Ålesund
Søstrene Fryd, H2	Kongensgate 28, 6002 Ålesund		post@sostrenefryd.no	Ålesund
CAFÉ/COFFEE BAR/PÂTISSERIE	ADDRESS	TELEPHONE	WEB	Ålesund
Ålesund havn, H7	Tueneset, 6006 Ålesund	+47 70 10 70 60	<a href="http://www.atlanterhavsparken.no">www.atlanterhavsparken.no</a>	Ålesund
Apoteker'n Café, D5	Apotekergt. 16, 6004 Ålesund	+47 70 10 49 70	<a href="http://www.jugendstilsenteret.no">www.jugendstilsenteret.no</a>	Ålesund
Braud & Bollur, M7	AMFI Moa, 6010 Ålesund	+47 70 15 42 50	<a href="http://www.amfimoa.no">www.amfimoa.no</a>	Ålesund
Café Moagård, M7	AMFI Moa, 6010 Ålesund	+47 70 14 09 50	<a href="http://www.amfimoa.no">www.amfimoa.no</a>	Ålesund
Café Moa Syd, M7	AMFI Moa, 6010 Ålesund	+47 70 14 63 80	<a href="http://www.amfimoa.no">www.amfimoa.no</a>	Ålesund
Chocolatte, M7	AMFI Moa, 6010 Ålesund	+47 47 24 98 61	<a href="http://www.amfimoa.no">www.amfimoa.no</a>	Ålesund
Coop Obs Café, M7	AMFI Moa, 6010 Ålesund	+47 70 17 57 58	<a href="http://www.amfimoa.no">www.amfimoa.no</a>	Ålesund
Fjellstua, M2	Aksla, 6007 Ålesund	+47 70 10 74 00	<a href="http://www.fjellstua.no">www.fjellstua.no</a>	Ålesund
Galleri Flora, I3	Storgt. 16, 6002 Ålesund	+47 70 13 23 00	<a href="http://www.rica.no">www.rica.no</a>	Ålesund
Hoffmann Café og Bar, H3	Kongensgt. 11, 6002 Ålesund	+47 70 12 37 97	<a href="http://www.chb.no">www.chb.no</a>	Ålesund
Let's Eat Deli, M7	AMFI Moa, 6010 Ålesund	+47 70 15 11 92	<a href="http://www.amfimoa.no">www.amfimoa.no</a>	Ålesund
Martin Walderhaug efft. AS, G2	Tollbugt. 6, 6002 Ålesund	+47 70 12 11 29	post@bakerwalderhaug.no	Ålesund
Nomaden Espresso, D5	Apotekergt. 10, 6003 Ålesund	+47 97 15 89 85	nomadenespresso@gmail.com	Ålesund
Sunnmøre Museum – kafé, K7	Borgundgavlen, 6015 Ålesund	+47 70 17 40 00	<a href="http://www.sunnmore.museum.no">www.sunnmore.museum.no</a>	Ålesund



Café/COFFEE BAR/PÂTISSERIE	ADDRESS	TELEPHONE	WEB/ E-MAIL	
Trankokeriet Antikk, C3	Molovn. 16B, 6004 Ålesund	+47 70 12 01 00	<a href="http://www.trankokeriet.no">www.trankokeriet.no</a>	Ålesund
TYT Kafe, F5	Kremmergaarden, 6002 Ålesund	+47 70 10 90 50	<a href="http://www.kremmergaarden.no">www.kremmergaarden.no</a>	Ålesund
Valakers Bakeri AS Moa, M7	AMFI Moa, 6010 Ålesund	+47 70 15 37 55	<a href="http://www.amfimoa.no">www.amfimoa.no</a>	Ålesund
Westres Konditori, F5	Kremmergaarden, 6002 Ålesund	+47 70 12 36 22	<a href="http://www.kremmergaarden.no">www.kremmergaarden.no</a>	Ålesund
Alnes Fyr, S10	Alnes, 6055 Godøya	+47 70 18 50 90	<a href="mailto:post@alnesfyr.no">post@alnesfyr.no</a>	Sunnmøre
Ivar Aasen-tunet, S12	Indrehovdevn. 176, 6160 Hovdebygda	+47 70 04 75 70	<a href="http://www.aasentunet.no">www.aasentunet.no</a>	Sunnmøre
Kantina, T10	6030 Langevåg	+47 70 30 11 11	<a href="http://www.devoldfabrikken.no">www.devoldfabrikken.no</a>	Sunnmøre
Kokarsteinen, X11	6250 Stordal	+47 91 77 24 70	<a href="http://www.blaatind.no">www.blaatind.no</a>	Sunnmøre
Café på Kyrkjetoget, W10	Sjøholt, 6240 Ørskog	+47 70 27 27 50	<a href="http://www.orskog.kyrkja.no">www.orskog.kyrkja.no</a>	Sunnmøre
Kvilehytta, Q13	6146 Åheim	+47 90 85 04 14	<a href="http://www.kvilehytta.no">www.kvilehytta.no</a>	Sunnmøre
FASTFOOD/PIZZA	ADDRESS	TELEPHONE	WEB	
Big Bite, F5	Kremmergaarden, 6002 Ålesund	+47 70 12 34 02	<a href="http://www.bigbite.no">www.bigbite.no</a>	Ålesund
Big Bite, M7	AMFI Moa, 6010 Ålesund	+47 70 16 92 55	<a href="http://www.bigbite.no">www.bigbite.no</a>	Ålesund
Dolly Dimples Moa, M7	AMFI Moa, 6010 Ålesund	+47 04440	<a href="http://www.dolly.no">www.dolly.no</a>	Ålesund
McDonald's, M7	AMFI Moa, 6010 Ålesund	+47 70 14 95 70	<a href="http://www.amfimoa.no">www.amfimoa.no</a>	Ålesund
Peppes Pizza, M7	AMFI Moa, 6010 Ålesund	+47 22 22 55 55	<a href="http://www.amfimoa.no">www.amfimoa.no</a>	Ålesund
Stuen AS, F2	Tollbugt. 1 C, 6002 Ålesund	+47 70 12 31 83	<a href="http://www.stuen.net">www.stuen.net</a>	Ålesund
Sunn og Nam, M7	AMFI Moa, 6010 Ålesund	+47 70 14 40 00	<a href="http://www.amfimoa.no">www.amfimoa.no</a>	Ålesund
RECEPTION ROOM	ADDRESS	TELEPHONE	WEB	
Atlanterhavsparken, H7	Tueneset, 6006 Ålesund	+47 70 10 70 60	<a href="http://www.atlanterhavsparken.no">www.atlanterhavsparken.no</a>	Ålesund
Color Line Stadion, J7	Sjømannsvn. 14, 6008 Ålesund	+47 70 12 70 60	<a href="http://www.colorlinestadion.no">www.colorlinestadion.no</a>	Ålesund
Fjellstua, M2	Aksla, 6007 Ålesund	+47 70 10 74 00	<a href="http://www.fjellstua.no">www.fjellstua.no</a>	Ålesund
Jugendstilsenteret – selskap, D5	Apotekergt. 16, 6004 Ålesund	+47 70 10 49 70	<a href="http://www.jugendstilsenteret.no">www.jugendstilsenteret.no</a>	Ålesund
Lille Kalvøy Garaløa, L/M7	6021 Ålesund	+47 70 13 88 77	<a href="http://www.garaloe.no">www.garaloe.no</a>	Ålesund
Sunnmøre Museum – selskap, K7	Borgundgavlen, 6015 Ålesund	+47 70 17 40 00	<a href="http://www.sunnmore.museum.no">www.sunnmore.museum.no</a>	Ålesund
Ivar Aasen-tunet, S12	Indrehovdevn. 176, 6160 Hovdebygda	+47 70 04 75 70	<a href="http://www.aasentunet.no">www.aasentunet.no</a>	Sunnmøre
Verkstden Bistro, V11	6222 Ikornnes	+47 70 25 16 40	<a href="http://www.ekornesmarina.no">www.ekornesmarina.no</a>	Sunnmøre
Devoldfabrikken, T10	6030 Langevåg	+47 70 30 11 11	<a href="http://www.devoldfabrikken.no">www.devoldfabrikken.no</a>	Sunnmøre
Gunnabuda, U9	6293 Longva	+47 70 21 78 16	<a href="http://www.gunnabuda.no">www.gunnabuda.no</a>	Sunnmøre
Christineborg Gjestehus, Q11	6096 Runde	+47 70 08 59 50	<a href="http://www.christineborg.no">www.christineborg.no</a>	Sunnmøre
Runde Miljøsen, Q11	6096 Runde	+47 70 08 08 00	<a href="http://www.rundecentre.no">www.rundecentre.no</a>	Sunnmøre
Nilsgardstunet, X11	6250 Stordal	+47 70 27 89 90	<a href="http://www.nilsgardstunet.no">www.nilsgardstunet.no</a>	Sunnmøre
Rekkedal Gjestehus, U12	Rekkedal, 6165 Sæbø	+47 95 22 26 79	<a href="http://www.rekkedalgjestehus.no">www.rekkedalgjestehus.no</a>	Sunnmøre
Glede på Reisen Selskapslokaler, T9	6040 Vigra	+47 70 18 50 99	<a href="mailto:wilson1407@live.com">wilson1407@live.com</a>	Sunnmøre
Ulsteinvik Vandrerrhj. og Sommerh., R11	Varleitevn. 5, 6065 Ulsteinvik	+47 92 64 39 03	<a href="mailto:ulsteinvik@hihostels.no">ulsteinvik@hihostels.no</a>	Sunnmøre

# SHOPPING

COMPANY	TELEPHONE	WEB/E-MAIL	CATEGORY	
<b>Aarflot Havnevik</b> , D5 Kirkegt. 3 A/B, 6004 Ålesund	+47 70 12 48 48	<a href="http://www.aarflot.no">www.aarflot.no</a>	Assorted selection of charts, office- and computer equipment	Ålesund
<b>AMFI Moa</b> , M7 Langelandsvn. 25, 6010 Ålesund	+47 70 17 75 60	<a href="http://www.amfimoa.no">www.amfimoa.no</a>	Shopping centre	Ålesund
<b>Ark Aarflot</b> , F5 R. Rønnebergsg. 6, 6002 Ålesund	+47 70 12 27 27	<a href="http://www.aarflot.no">www.aarflot.no</a>	Bookshop with a wide range of books and literature	Ålesund
<b>Artifex Kunst &amp; Antikk</b> , D5 Apotekergt. 10, 6004 Ålesund	+47 91 35 09 94	<a href="http://www.artifex.no">www.artifex.no</a>	Art and antiques from local and international artists	Ålesund
<b>B. Rongve AS</b> , G4 Notenesgata 9, 6002 Ålesund	+47 70 13 22 60	<a href="mailto:post@rongve.no">post@rongve.no</a>	Souvenirs, sports and work clothing	Ålesund
<b>Gullsmed Danielsen</b> , H4 Kongensgt. 3, 6002 Ålesund	+47 70 12 19 85	<a href="mailto:gullsmed@danielsen.as">gullsmed@danielsen.as</a>	Jewellers with jewellery, rings and costume jewellery in precious metals	Ålesund
<b>Husfliden</b> , I4 Parkgt. 1, 6003 Ålesund	+47 70 12 16 68	<a href="http://www.norskflid.no">www.norskflid.no</a>	Gift articles, handicrafts and souvenirs of high quality	Ålesund
<b>Ingrids Glassverksted</b> , C3 Molovn. 15, 6004 Ålesund	+47 47 41 63 71	<a href="http://www.ingridsglassverksted.no">www.ingridsglassverksted.no</a>	Glassblowing studio with gallery, shop and tour of the works	Ålesund
<b>Kremmergaarden</b> , F5 R. Rønnebergsgt. 6, 6002 Ålesund	+47 70 10 04 70	<a href="http://www.kremmergaarden.no">www.kremmergaarden.no</a>	Shopping centre	Ålesund
<b>Pigment Kunsthandel AS</b> , K4 Kipervikgt. 17, 6003 Ålesund	+47 70 12 23 40	<a href="http://www.pigment.no">www.pigment.no</a>	Paintings, ceramics, arts and equipment for painting and hobby	Ålesund
<b>Trankokeriet Antikk</b> , B3 Molovn. 16b, 6004 Ålesund	+47 70 12 01 00/ +47 91 35 23 04	<a href="http://www.trankokeriet.no">www.trankokeriet.no</a>	Espresso bar, gallery and antiques in a sea house from 1895	Ålesund
<b>Galleri Cylindra</b> , V11 Tusvik, 6222 Ikorntnes	+47 70 25 00 33	<a href="http://www.cylindra.net/tour">www.cylindra.net/tour</a>	Workshop and exhibition of furniture art, among others from Peter Opsvik	Sunnmøre
<b>Devoldfabrikken</b> , T10 6030 Langevåg	+47 70 30 11 11	<a href="http://www.devoldfabrikken.no">www.devoldfabrikken.no</a>	Outletshop known brands like Devold, Moods of Norway, Bergans	Sunnmøre
<b>Bruktbutikken</b> , W10 Kyrkjetoget, 6240 Ørskog	+47 70 27 27 50	<a href="http://www.orskog.kirken.no">www.orskog.kirken.no</a>	Large and small second hand items, as well as café	Sunnmøre

The shops are normally open from 10 until 17 on weekdays (Sat until 15). Shopping centres are open until 20 on weekdays (Sat until 18). Global Refund runs a system whereby foreign tourists can have VAT deducted from their purchases. Look for the Norway Tax Free logo when shopping.

GUIDES/ACTIVITY COMPANIES	TELEPHONE	WEB
<b>Vestferd</b>	+47 94 49 87 88	<a href="http://www.vestferd.no">www.vestferd.no</a>
<b>Uteguiden AS</b>	+47 40 55 46 70	<a href="http://www.uteguiden.com">www.uteguiden.com</a>
<b>Norgesguidene AS</b>	+47 92 05 40 57	<a href="http://www.norgesguidene.no">www.norgesguidene.no</a>
<b>Hjørundfjord Adventures</b>	+47 90 15 14 47	<a href="http://www.hjørundfjordadventures.no">www.hjørundfjordadventures.no</a>
<b>Møre Guideservice</b>	+47 45 29 98 67	<a href="http://www.moeregide.com">www.moeregide.com</a>
<b>Noreon</b>	+47 46 78 50 80	<a href="http://www.noreon.no">www.noreon.no</a>

# showroom



## LOOKING FOR SHOPPING CENTRES?

KREMMERGAARDEN, F5, R. Rønnebergsgt. 6, 6002 Ålesund, +47 70 10 04 70, [www.kremmergaarden.no](http://www.kremmergaarden.no). The shopping centre in the Town Hall building in Ålesund town centre offers 30 shops and snack bars with something for everyone. Large underground car park (charge). AMFI Moa, M7, 6010 Ålesund, [www.amfimoa.no](http://www.amfimoa.no). One of Norway's largest shopping centres is located at Moa east of Ålesund town centre. It is comprised of several different buildings connected by a gangway. 170 stores representing all branches and a wide range of cafés and restaurants. 2500 free parking spaces.



**ÅLESUND & SUNNMØRE** IS EASY TO GET TO BY AIR, SEA AND LAND. ÅLESUND IS THE REGIONAL TRAFFIC HUB WITH EXCELLENT CONNECTIONS TO THE WHOLE FJORD- AND COASTAL REGION. THE AREA ALSO HAS MANY HIRE COMPANIES FOR ALL KINDS OF TRANSPORT.

## BY AIR

Ålesund Airport Vigra is a 20-minute drive from Ålesund town centre and has good connections to/from Oslo, Bergen, Trondheim, Stavanger, Amsterdam, København, London, Riga, Gdansk, Alicante and Las Palmas. There are also good connections from Ørsta/Volda Airport Hovden to/from Oslo, Bergen, Sogndal og Florø.

**Air Baltic**, +37 16 70 06 006, [www.airbaltic.com](http://www.airbaltic.com).

**Norwegian**, +47 815 21 815 or +47 21 49 00 15 outside Norway, [www.norwegian.no](http://www.norwegian.no).

**SAS Norway**, +47 05400, [www.flysas.com](http://www.flysas.com).

**Widerøe**, +47 810 01 200, [www.wideroe.no](http://www.wideroe.no).

**KLM** +47 22 64 37 52, [www.klm.com](http://www.klm.com).

**Wizz Air** +47 820 50 511, [www.wizzair.com](http://www.wizzair.com).

## BY RAIL

The nearest railway station is at Åndalsnes, 120 kilometres from Ålesund, with a bus connection with the Train Bus to/from Ålesund. **NSB**, +47 815 00 888, [www.nsb.no](http://www.nsb.no). Timetables also at [www.frammr.no](http://www.frammr.no), +47 815 22 900.

## BY BUS

Express bus services run throughout the region, with good connections to/from Oslo, Bergen and Trondheim. **TIMEKSPRESS** goes regularly between Volda, Ålesund, Molde and Kristiansund. **Nor-Way Bussekspress**, +47 815 44 444, [www.nor-way.no](http://www.nor-way.no). **Nettbuss Midt-Norge AS**, +47 815 22 900, [www.nettbuss.no](http://www.nettbuss.no).

## BY CAR

All roads lead to Ålesund & Sunnmøre, and the drive here can be a rewarding scenic experience in itself. From Oslo,

take the E6 to Dombås, then continue on the E136 via Ørskog and Skodje to Ålesund. From Trondheim, take the E39 heading south. From Bergen, there are several exciting routes to choose from, including the E39, the main road through the fjords. An other option is to take the E39 to Byrkjelo, then the RV60 via Olden and Stryn to Ålesund. RV61 via Hareid and Ulsteinvik will give you a view of the coast. Timetables for ferries: **Fjord1**, +47 57 75 70 00, [www.fjord1.no](http://www.fjord1.no) or +47 177, [www.frammr.no](http://www.frammr.no)

## HURTIGRUTEN/THE COASTAL EXPRESS

Hurtigruten, calls daily at Ålesund and Torvik on both its northbound and southbound voyages. The northbound service also makes the Ålesund-Geiranger-Ålesund round trip daily from Jun-August, and Ålesund-Hjørundfjorden-Ålesund in September and October. **Hurtigruten**, +47 810 30 000, [www.hurtigruten.no](http://www.hurtigruten.no).

## TAXI

**Ålesund Taxi AS**, L7, Lerstadvn. 312, 6014 Ålesund +47 70 10 30 00, [www.alesund-taxi.no](http://www.alesund-taxi.no).

Operates a taxi service in Ålesund, Sula and Giske. 07012

**07012 Ring Taxi AS**, J7, Sjømannsv. 9, 6008 Ålesund +47 07012, [www.07012.no](http://www.07012.no)

Taxi- and sightseeing service in Ålesund, Sula and Giske.

## BOAT SERVICE AND BOAT HIRE

**62°NORD**, F2, Skansekaia, 6002 Ålesund +47 70 11 44 30, [www.62.no](http://www.62.no)

Total supplier of travel arrangements in region, which in addition to charter tours and events offers sightseeing trips with boat and helicopter. Sales and service office in Brosundet, Ålesund F5, during the summer season.



### **Hjørundfjord Adventures, V13**

+47 90 15 14 47, [www.hjorundfjordadventures.no](http://www.hjorundfjordadventures.no)

Hjørundfjord Adventures provide various activities like fishing and cultural guiding in the Hjørundfjord and the Sunnmøre Alps area.

### **Fjord1 MRF AS, Y8, 6900 Florø**

+47 57 75 70 00, [www.fjord1.no](http://www.fjord1.no)

One of Norway's biggest ferry companies, running ferry services and express boat services throughout the region.

### **M/S Nordic Genesis, V11, Storøen 7, 6230 Sykkylven**

+47 92 28 63 42, [eldar.kurseth@norpost.net](mailto:eldar.kurseth@norpost.net)

Brings you quickly around the fjords - whether you need transport or want a fishing/sightseeing trip.

### **Fjord Cruise Adventures**

+44 7715 57 3818, [www.fjordcruiseadventures.com](http://www.fjordcruiseadventures.com)

Specialising in boat based adventure trips along the coast of Norway with the luxuriously converted mine-sweeper, Gåssten. Ideal for ski & sail, diving and bird watching (12 pers.) UIABM qualified guides.

### **Runde Miljøsen, Q11, 6096 Runde**

+47 70 08 08 00, [www.rundecentre.no](http://www.rundecentre.no)

Offers tailor-made sightseeing trips around the bird island of Runde, with return transport from Ålesund and Vigra. Also offers trips in a mini-submarine (ROV).

### **Ålesund Havfiskesenter, I7, Skarbøvik, 6028 Ålesund**

+47 91 30 54 43, [www.alesund-havfiskesenter.no](http://www.alesund-havfiskesenter.no)

The charter boat Rebell takes 11 passengers and offers 2-4 hours fishing trips in the coast and fjord area.

### **CAR HIRE**

**Avis Bilutleie**, [www.avis.no](http://www.avis.no)

Nedre Strandgt. 50, I7, 6005 Ålesund, +47 70 13 24 00  
Ålesund lufthavn Vigra, T9, 6040 Vigra, +47 70 18 34 60

**Europcar Sydsiden Bilutleie**, [www.sydbil.no](http://www.sydbil.no)

Sjømannsavn. 7, J7, 6007 Ålesund, +47 70 11 39 99

Ålesund lufthavn Vigra, T9, 6040 Vigra, +47 70 18 23 00

**Hertz Bilutleie**, [www.hertz.no](http://www.hertz.no)

Lerstadvn. 517, M7, 6018 Ålesund, +47 70 15 80 10

c/o Geiranger Fjordservice AS, Y13, 6216 Geiranger, +47 70 26 30 07, Ålesund lufthavn Vigra, T9, 6040 Vigra, +47 70 18 36 50

### **BUS SERVICES AND HIRE**

**Nettbuss Midt-Norge AS**, J7, 6105 Volda

+47 815 22 900, [www.nettbuss.no](http://www.nettbuss.no)

The largest bus company in the region which operates the Airport Bus services, TIMEkspressen, the Town Bus and the bus services to the islands of Giske/Ellingsøya, and other local and regional bus services in Sunnmøre. Also offers tour coaches for hire.

### **Turbilane AS**

Veddevn. 62, 6030 Langevåg

+47 92 48 27 61, [b-hra@online.no](mailto:b-hra@online.no)

Buses with 11 and 16 seats. Accessible for wheelchairs.

**Turistbussen Ålesund AS**, U10, Blindheim Industrivei 4, 6020

Ålesund, +47 70 14 33 16/91 15 68 88, [www.turistbussen.no](http://www.turistbussen.no)

Fully equipped, high standard coaches (incl. mini-buses). Assistance with transport, accommodation and sightseeing.

**Ålesund Turvogn Service**, 6021 Ålesund

+47 92 22 42 92, [www.turvogna.no](http://www.turvogna.no)

Rental of maxi-taxi and buses of different sizes, in addition to shuttle bus service from hotels in Ålesund and the airport on Vigra.

## **TIMETABLES, ROAD AND TRAFFIC CONDITIONS**

Information about road and traffic conditions throughout Norway. Call 175 from Norway, +47 23 23 78 63 from abroad. Timetable information for buses, ferries, express boats and airport buses. For Møre & Romsdal, call 177 when in the county or +47 71 58 78 00 if you are outside the county. [www.frammr.no](http://www.frammr.no)

# PRACTICAL INFORMATION

## TOILETS

Toilets available at the shopping centers, in the Mix kiosk at Skateflukaia, G2, at the Pavillion, H3 and at the kiosk on Hellebroa, E/F5

## LUGAGE LOCKERS

In the Mix Kiosk at Skateflukaia, G2, and in the Mix Kiosk at the Central Bus Station / Rutebilstasjonen, F6

## FREE WIFI

Tourist Information Office, G3, Skateflukaia, 6002 Ålesund. Ålesund Library, G5, Rådhuset, 6003 Ålesund. You will find FREE WIFI at the Turistinformation during opening hours.

## AUTOPASS AND TOLL STATIONS

Payment must be made within three working days after passing a toll station with manual payment, either in toll or service stations. At automatic toll station, an invoice will be sent automatically, also abroad. [www.autopass.no](http://www.autopass.no)

## PETROL STATION

**Lerstad Bensin**, L7, Lerstadvn. 308, 6014 Ålesund, +47 70 15 56 51

## GUEST MARINAS

**Ålesund**, E5, +47 70 16 34 00/ 95 88 34 00  
[www.alesund.havn.no](http://www.alesund.havn.no)

Guest marina with room for 60 boats, WC, shower and washing facilities. Electricity is paid for at the kiosk. If the kiosk is closed the duty harbour officer takes payment. 24-hour service VHF channel 12. **Sunnmøre**: There are guest marinas with good facilities throughout Sunnmøre. Contact the Tourist Information Office in Ålesund or [www.visitalesund.com](http://www.visitalesund.com) for more information.

## EMERGENCY NUMBERS

**Fire**: 110 / **Police**: 112 / **Ambulance**: 113

## DOCTORS

Visitors who become ill or require medical assistance can call the local accident and emergency service, which is manned 24 hours a day. In medical emergencies, always call 113.

## LIBRARIES

All municipalities have a public library, many with Internet access.

## TELEPHONE

For international calls 00 + country number. To Ålesund & Sunnmøre from abroad: +47 + no.



## PARKING

**Ålesund Parkering**, G4, Notenesgt. 9, 6002 Ålesund, +47 70 16 21 28, [www.alesundparkering.no](http://www.alesundparkering.no)

**Ålesund**: Parking charge in the town centre from NOK 15 per hour. Pay at ticket machines. Saturdays free at Hjelsethgården, Nedre utstillingsplass, Torghallen p-hus and Kremmergården p-hus.

## MULTI-STOREY CAR PARKS IN ÅLESUND TOWN CENTRE

**Kremmergaarden**, F5, Mon-Fri 7-20, Sat 8-18.

**Parken Parkering**, I3, open 24 hrs.

**Brunholmen**, E3/4, open 24 hrs.

**Kipervika Parkeringshus AS**, I/J5, Mon-Fri 7-22, Sat. 7-20.

**Torghallen**, D6, Daily 7-23.30

## PARKING FOR CAMPER VANS/MOBILE HOMES

**Hjelsetgården Bobilparkering**, H1,

Sørenskriver Bullsgt. 33, 6003 Ålesund,

+47 70 16 21 28, [www.alesundparkering.no](http://www.alesundparkering.no)

Car park for camper vans/mobile homes close to the town centre. Waste emptying station and sanitary facilities.

**Open** 01.05.-30.09, NOK 200 per day.

## MONEY EXCHANGE AND ATM

Standard credit cards are accepted in most places. Cash Machines (ATMs) are widespread. Foreign exchange in the Tourist Information Office in Ålesund, G2.

## VINMONOPOL / WINESTORE

**Vinmonopolet Ålesund**, F5, Kremmergaarden, Rasmus Rønnebergsgt. 6, 6002 Ålesund +47 23 97 24 51, [www.kremmergaarden.no](http://www.kremmergaarden.no)

**Vinmonopolet Moa Syd Storsenter**, M7, AMFI Moa, Langelandsvn. 25, 6010 Ålesund. +47 23 97 17 40, [www.amfimoa.no](http://www.amfimoa.no)

**Vinmonopolet Langevåg**, T10, O.A. Devoldsvegen, 6030 Langevåg. +47 23 94 43 20, [www.devoldfabrikken.no](http://www.devoldfabrikken.no)

## TRAVEL AGENTS

**Berg-Hansen Nordvest AS**, I4, Kipervikgt. 7 6001 Ålesund, +47 70 11 10 11, [www.berg-hansen.no](http://www.berg-hansen.no)

**VIA Egencia Ålesund**, F4, Brunholmg.1, 6001 Ålesund, +47 70 10 01 80, [www.viatravel.no](http://www.viatravel.no)

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Atlanterhavsparken – Ålesund Akvarium.

One of the largest and most unique  
Aquariums in Europe. Join us in our daily  
activities. New for 2015 is the biggest  
Sealpool in Europe. As close as it gets  
to real nature.



Enjoy lunch with an ocean view.



**ATLANTERHAVSPARKEN**  
Ålesund Akvarium

**+47 70 10 70 60** [atlanterhavsparken.no](http://atlanterhavsparken.no)



KUNSTMUSEET  
KUBE



## Kunstmuseet KUBE ART MUSEUM

Nedre Strandgt. 2, 6004 Ålesund  
[www.kunstmuseetkube.no](http://www.kunstmuseetkube.no) / (+47) 70 10 49 70

Explore the treasures at Kunstmuseet KUBE - a museum for art, decorative arts, architecture and design. As the regional Art Museum we want to highlight regional art and bring Norwegian and international art to Ålesund. We display various thematic exhibitions featuring a wide range of artistic media, including both contemporary and historical art.

### OPENING HOURS

June–August: Every day 10am–5pm | September–May: Tuesday–Sunday 11am–4pm | Mondays closed

**PRICES** (for both museums)

Adults 75 | Children/Students 40 | Children under 12 yrs free | Seniors/Groups 60 | Families 150

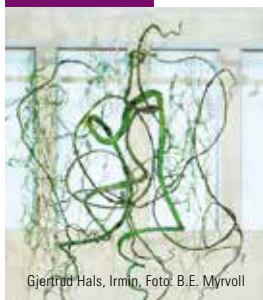
## Jugendstilsenteret NATIONAL CENTRE OF ART NOUVEAU

Apotekergata 16, 6004 Ålesund  
[www.jugendstilsenteret.no](http://www.jugendstilsenteret.no) / (+47) 70 10 49 70

With our Time Machine you will experience the town fire in 1904, and the challenging rebuilding of the city in Art Nouveau style. Enjoy the old authentic interiors as well as exhibitions and multimedia programmes.

**CAFÉ and SHOP:** Take a break in our café, and enjoy our famous chocolate cake. Bring back your souvenirs from the shop located in the former Swan Pharmacy. **PLAYROOM** for KIDS

JUGENDSTIL  
SENTERET



Gjertrud Hals, Irmin. Foto: B.E. Myrvoll



The café



The Pharmacists dining room



The shop



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- Within short walking distance of all amenities in Ålesund town centre
- Distinctive camper van site with seaside location
- Camper van site less than 5 minutes' walk from the centre
- See page 52-53 for map with location of car parks marked
- Unique opportunities with town-centre parking



1. S. Bulls gt
2. Torghallen
3. Kiperviktorget
4. Skansegt.
5. Brunholmgate
6. Notenesgate
7. Prestebrygge



ÅLESUND PARKERING as

Notenesgt. 9, 6002 Ålesund

Tel: +47 70 16 21 28, Fax: +47 70 11 44 95

E-mail: alesund.parkering@alesund.kommune.no

Web: www.alesundparkering.no

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alesund@scandichotels.com | scandichotels.com/alesund

**Scandic**  
ÅLESUND



- Aalesunds Museum og Fiskerimuseet (Ålesund)
- Sunnmøre Museum (Ålesund)
- Brudavolltunet (Ørsta)
- Sivert Aarflot-museet (Volda)
- Volda Bygdetun og Garverimuseet (Volda)
- Dalsfjord Fyrmuseum (Dalsfjord)
- Herøy Kystmuseum (Herøy)
- Godøy Kystmuseum (Godøy)
- Norsk Møbelfaglig senter (Sykkylven)
- Sykkylven Naturhistoriske museum (Sykkylven)
- Ytste Skotet (Stordal)
- Landbruksmuseet for Møre og Romsdal (Gjemundnes)

[www.sunnmore.museum.no](http://www.sunnmore.museum.no)  
Tel. (+47) 70 17 40 00

# ÅLESUND

# SIGHTSEEING

The little train takes you on a guided tour through town  
to the top of the mountain with panoramic view over Ålesund

[www.citytrainalesund.com](http://www.citytrainalesund.com)

June 22nd - August 15th

**Departure:**  
Monday - Saturday:  
11:00, 12:30, 14:00  
(29th of June to 1st Aug. 15:30)  
The train also runs May - Sept  
when cruise ships are in town

**Round trip:**  
1 hour and 10 minutes

**Departure:**  
Cruise terminal /  
Bus terminal (Ålesund F6)

**Price:**  
Adults: kr 160,-  
Children (u/ 16 years): kr 80,-  
Family (2+3): kr 440,-  
We accept: €, USD, £

**Guiding in:**  
English, German, Norwegian,  
Italian, French, Spanish,  
Dutch, Russian

**Phone:**  
+47 92482485 / +47 41501863



From early May to the end of September  
When cruise ships are in port

# CitySightseeing Alesund



## Hop On - Hop Off

Buy your ticket:

- at the cruise ship terminal
- on board the bus
- at the tourist information
- online: [citysightseeingfjord.no](http://citysightseeingfjord.no)



**1 day**  
**Valid Ticket**



Welcome aboard!

Prices:

Adult: NOK 240

Child (5-15 years): NOK 100

Family (2 adults + 2 ch): NOK 600



OPERATED BY CITYSIGHTSEEING FJORD AS

TEL: +47 70 30 51 85 - POST@CITYSIGHTSEEINGALESUND.NO - WWW.CITYSIGHTSEEINGFJORD.NO



# GISKE KOMMUNE – a refreshing experience

GODØYA - GISKE - VALDERØYA - VIGRA



**Fire øyar midt i Storhavet, 10-15 min frå Ålesund sentrum:**  
**Overnatting/servering – fiske – badestrender – riding – golf**  
**– turstiar – museum – kunst – gravrøyser – sjøfuglreservat –**  
**mektig natur – ro og stillheit**

*Four islands, only 15 minutes from the center of Ålesund:*  
*Hotel, cabins and residential boathouses for hire – fishing*  
*– sandy beaches – museum – golf course – nature trails*  
*– art & crafts – ancient burial grounds – bird sanctuaries*  
*– dramatic nature – peace and tranquility*

**i** [epost@visitgiske.no](mailto:epost@visitgiske.no) [www.visitgiske.no](http://www.visitgiske.no)  
Turistinformasjonen: Aalesund Airport Hotel, Ytterland, Valderøya



## Alnes Lighthouse

The beautiful Alnes Lighthouse from 1876 is protected, and considered a relic of Norwegian coastal culture. Enjoy exciting historical exhibitions and the view from the top of the lighthouse. Café with sale of tasty homemade cakes, and local souvenirs, arts and crafts. Only 20 minutes by car from town of Ålesund.

**Unique exhibition of watercolours and drawings by the well-known artist, Ørnulf Opdahl in the lighthouse tower.**

**Open:** 1 June - 31 August: Daily 12 - 18 + Sundays in March/April/May/September

**Prices:** Adults NOK 25, children NOK 10 for admission the lighthouse.

**Alnes Lighthouse**, Alnes, 6055 Godøy  
Tel.: (+47) 70 18 50 90





Foto: Stein Lindseth Olsen/Anumatak AS

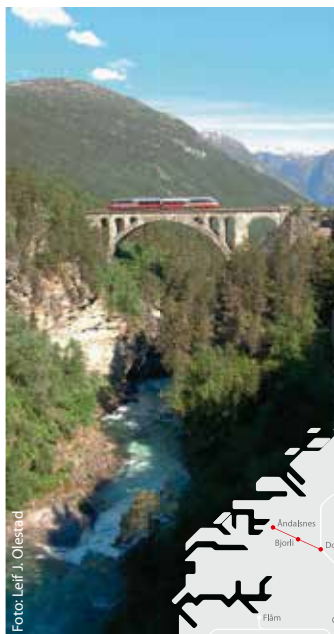


Foto: Leif J. Olestad



Foto: Ole Walter Jacobsen

www.schjorven.no

# The Rauma railway

The most beautiful train journey in Norway

The line between Åndalsnes and Dombås offers passengers an opportunity to experience close-up one of Norway's most spectacular natural regions. Highlights include the famous Trollveggen rock face and Kylling Bridge. You can start your journey at Åndalsnes, Bjørli or Dombås. At Dombås, there are connections with trains to and from Oslo and Trondheim.

See our presentation video at [nsb.no/RaumaRailway](http://nsb.no/RaumaRailway).

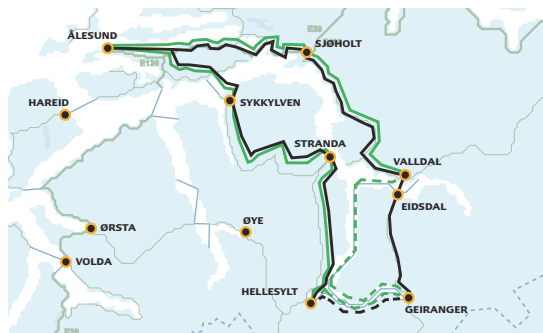
Book your ticket at [nsb.no](http://nsb.no) or by calling +47 815 00 888.



# Round trips

## Ålesund - Geirangerfjord with bus and ferry

For more information and other trips see  
[www.visitaalesund.com](http://www.visitaalesund.com)



## Norsk Fjordsenter in Geiranger



Part of a UNESCO World Heritage Site

Learn more about local history and World Heritage.  
 Interactive exhibitions, slideshow, souvenir shop and café.

Opening hours:

All year:

Monday - Saturday 10:00 - 15:00

Sundays upon request

Summerseason:

Every day 10:00 - 18:00

[www.verdsarvfjord.no](http://www.verdsarvfjord.no) | [booking@fjordsenter.com](mailto:booking@fjordsenter.com) | Tel: +47 70 26 38 10

## QUALITY HOTEL ULSTEIN



### MODERN AND MARITIME IN ULSTEINVIK

- Hotel located by the sea in centre of Ulsteinvik
- 123 rooms in modern style - many with balcony
- 4 large suites with seaview
- À la carte restaurant
- Close to Runde Island Bird Sanctuary
- Beautiful sandy beaches and hiking trails near by

We warmly welcome you!

**Quality Hotel Ulstein**

Sjøgata 10 | Post box 261 | NO-6067 Ulsteinvik  
 +47 70 01 30 00 | [q.ulstein@choice.no](mailto:q.ulstein@choice.no) | [www.choice.no](http://www.choice.no)



# WELCOME!



Family-friendly hotel, with  
pleasant and cosy atmosphere.

Swimmingpool – Sauna  
106 rooms – Summerprices



Kongensgate 27, N - 6002 Ålesund - Tel: + 47 70 15 77 00 - [www.thonhotels.no](http://www.thonhotels.no)

YOUR SECOND HOME IS **FIRST**



**FIRST HOTEL  
ATLANTICA**

ENJOY A GREAT LOCATION, FANTASTIC VIEW AND  
ÅLESUND'S BEST DRINKS AT T-RESTAURANT & BAR.

TEL: +47 70 11 73 00 / FAX: +47 70 11 73 01  
[WWW.FIRSTHOTELS.NO](http://WWW.FIRSTHOTELS.NO) / [ATLANTICA@FIRSTHOTELS.NO](mailto:ATLANTICA@FIRSTHOTELS.NO)

# Welcome!



Beautiful view – 197 rooms  
Restaurant – Exercise room – Sauna

**Scandic**  
**PARKEN**

Storgata 16, 6002 Ålesund  
Tlf +47 70 13 23 00 [parken@parkenhotel.no](mailto:parken@parkenhotel.no)

Welcome to our

**Art Nouveau hotel!**



81 rooms – Breakfast restaurant – Bar

**Scandic**  
**SCANDINAVIE**

Løvenvoldgata 8, 6002 Ålesund  
Tlf +47 70 15 78 00 [post@hotelscandinavie.no](mailto:post@hotelscandinavie.no)





# THE TALL SHIPS RACES

## Ålesund 15. - 18. juli 2015

Samarbeidspartnere:



Hovedsponsorer:



# OUTLET SHOPS, HISTORY,



Langevåg



Shopping



**OPENINGHOURS: MONDAY-FRIDAY: 10-18 / THURSDAY: 10-20 / SATURDAYS: 10-18 / SUNDAYS: 10-18**

This is the place for those of you who would like to experience shopping in a new and original way. If you have never been here you will definitely feel enriched – from experiences, food and drink, and not forgetting all the good deals you will find in the outlet shops.

Those who have been here before always return – because it is one of the most unique shopping areas in Norway. The buildings' original façades do not reflect the interior of the buildings, which are both modern and minimalistic.

You can follow us on Instagram, Facebook or our blog, [devoldfabrikken.no/blogg](http://devoldfabrikken.no/blogg) to keep

## DEVOLDFABRIKKEN AS

6030 Langevåg  
Tel: +47 70 30 11 11  
[devoldfabrikken.no](http://devoldfabrikken.no)

# , ART, CULTURE AND CAFÉ!



**SUNDAYS: 12-17** (5. July- 2. August og 29. November - 20. December)

The outlet shops at Devoldfabrikken are: Devold, Bergans, Norrøna, Moods of Norway, SKOMAX, , Helly Hansen, Le Creuset, Prinsessa og Frosken and 4Him men's fashion. You will also find an interior and flower shop, Binderiet; a hairdressing salon, NO12; and two fantastic cafés, KANTINA and EDO. **The outlet shops at Devoldfabrikken always have great discounts of 30 – 70% for known brands!** Devoldfabrikken in Langevaag is situated just a 15 minute drive from MDA, and only an 8 minute boat ride from Aalesund centre. Welcome!

# DEVOLD FABRIKKEN

yourself updated about development, activities and our super bargains and offers!



## DEVOLD® - WORN BY NORWEGIANS SINCE 1853

Founded in 1853, Devold® is the oldest knitwear company in Norway.

Norwegians have been knitting wool garments since ancient times and being an integral part of this history, Devold® is taking great pride in continuing this centuries old tradition. Today, Devold still make traditional knitwear, along with high quality wool underwear - with Merino wool as main fiber.

Visit us and experience 160 years of Norwegian knitwear traditions!

# DEVOLD®

OUTLET STORE

## Devold Factory Outlet in Langevåg



In Devold's old clothing factory in Langevåg you find a charming shop with a wide selection of underwear, sweaters and jackets made from wool. Come visit, and make quality purchases at low prices and enjoy the cafeteria's delicacies!

Open all year Monday to Saturday 10.00. - 18.00. / Thursday 10.00. - 20.00.

From July 5<sup>th</sup> to August 2<sup>nd</sup>: Also open on Sundays 12.00 - 17.00.

Phone: +47 70 19 98 43

## Devold Factory Outlet in Dyrkorn



Located in Dyrkorn village by the Storfjord - a fjord starting in Ålesund leading to Geiranger. The village is overlooking the fjord and mountains, giving a postcard view of Norway. Café with outdoor seating.

Open from June 21<sup>st</sup> to August 16<sup>th</sup>: Every day from 11.00 - 19.00.

Phone: + 47 70 27 90 90

## Devold Factory Outlet in Hellesylt



Located in the old Dairy at Hellesylt, a small village known for its good salmon river. From the bridge you can watch the salmon going upstream - an unforgettable sight.

Open from June 21<sup>st</sup> to August 16<sup>th</sup>: Every day from 10.00 - 18.30.

Phone: + 47 70 26 08 55



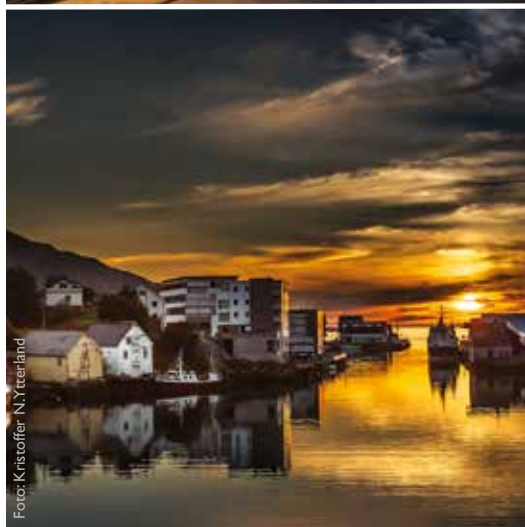


Foto: Kristoffer N. Ytterland



## THON HOTEL FOSNAVÅG

Thon Hotel Fosnavåg is a new and modern conference hotel. The hotel has 115 rooms, and is located on the quayside of Fosnavåg. The hotel also features a restaurant where you get a great view of the sea.

In connection to the hotel you will find a concert hall and a movie theatre. The hotel is also a great starting point for nature activities such as bird watching at the mountain Runde, sea fishing and scuba diving.

Thon Hotel Fosnavåg • Tel: +47 70 08 10 00 • E-post: [fosnavag@thonhotels.no](mailto:fosnavag@thonhotels.no)

# THE REGION OF SUNNMØRE

8



Hotel

--- Car ferry



Hostel/guest house/B&B

..... Express boat



Camping/cabin/fisherman's shack/camper van site

--- Hurtigruten



Self service DNT cabin

==== Tunnel



No service DNT cabin



Airport



Toll station

9



Tourist Information



E136 European Road



Tourist Information



61 National Road

10

11

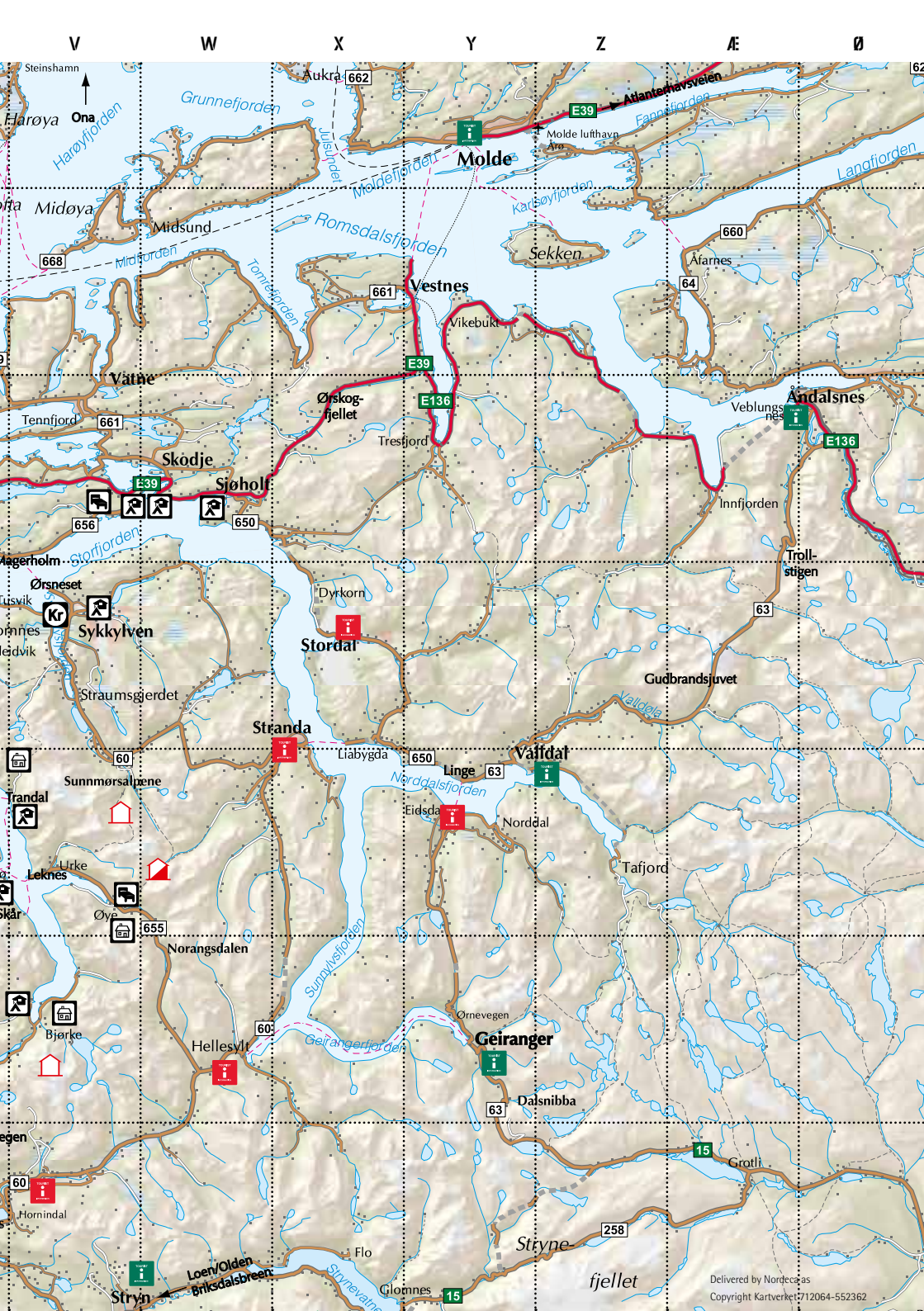
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14







## SIGHTSEEING TOURS 2015

29.JUNE-23.AUGUST



### 1 WILDLIFE SEA SAFARI

Enjoy the exciting Wildlife Sea Safari! The safari goes along the coastline outside Ålesund in a high-speed RIB-boat. Visit a seal colony and Runde's famous bird colonies with its eagles and puffins. Remember to bring your binoculars and camera! The route is weather depended.

Departure Ålesund 12:00 18:00  
Arrival Ålesund 14:00 20:00

**NOK 845**  
Minimum height 140cm

### 2 HJØRUNDFJORD CRUISE

Join us on a spectacular cruise through the wild and majestic Hjørundfjord, with stunning views of mountains and fjords at their most spectacular! You may combine the cruise with a stay at the beautiful Hotel Union Øye.

Departure Ålesund 10:00  
Arrival Ålesund 14:30

**NOK 845** adult, 50% off children <12 year  
Incl. two-course lunch at Hotel Union Øye

### 3 GO FISHING

For hundreds of years the locals have made fishing their living. The area around Ålesund is one of the best fishingspots in Norway. We take you out fishing in an area with stunning scenery to the best and secret fishingspots, right outside the city of Ålesund.

Duration 2 hours

**NOK 6 000** Charter  
Capacity 12 people

### BICYCLES FOR HIRE

Experience the city and the surroundings on a bike. From our Activity Centre at Notenesgata 3 you can hire bicycles with all necessary equipment.

**NOK 250** per day

### TICKETS

Arrival/Departure

62°Nord Activity Centre  
Notenesgata 3  
Phone +47 96 90 18 19  
Open daily 09:00 - 18:00

**62.no**

Share your adventure on  
Instagram, by using  
**#62nord**

Facebook, Twitter, Instagram  
@62nord

