

SAMPLE PRODUCTS for Seniors: Norway

No	Product Name/ days	Type	Description	Arrival/departure point	Accesability at the location	Surrounding
1.	Fishing trip/accomodation in traditional fishermen's cottage. 1-3 days.	Self-drive	Accomodation at Feskberja ANS. A restored pier, formerly used for drying salted fish, with 2 x 73 m2 cabins and 1 x 25 m2 cabin. Also on site are 3 x 43 m2 cottages. Each cabin has a 15 or 19 foot dinghy with outboard motor at its disposal. http://www.feskberja.no/	Kristiansund Airport - 15 minutes drive. Molde Airport – 1 h drive. Rental car.		Sea, fish and fjord on the doorstep. A short drive from <i>the Atlantic Road</i> , Molde and Kristiansund. Idyllic location close by the water front and the best fishing spot.
2.	Den Gyldne Omvei – 'The Golden Route'. 1-4 days(?)	Self-drive /train+ bike hiring	The Golden Route – "Den Gyldne Omvei" – in the heart of Trøndelag is an interesting stretch defined by 20 small businesses and sights. Here you will find art gallery, a small sculpture park, ceramic studios, crafts, farm products based on local recipes, accommodation, and a wide range of activities.	Trondheim airport. 1 h drive to Røra (starting point to The Golden Route). Train from Trondheim Station to Røra station.	Varies	Beautiful cultural landscape. Close to the sea, which gives the opportunity for swimming, fishing, boat trips. Peaceful surroundings.
3.	Culinary visit to Skaslien Gjestgiveri (Kirkenær). 2-3 days	Selv-drive / express bus / train+bus	The kitchen and restaurant is well known throughout the country for its good service, nice and warm atmosphere and delicious meals – all made by local products. Accomodation of hotel standard, as well as camping cabins. The area has a beautiful nature and cultural landscape, and can offer a variety of activities. Web site: http://www.hanen.no/bedrift/195	105 minutes drive from Oslo. 90 minutes drive from Oslo Airport Gardermoen. Bus Oslo Airport Gardermoen-Kongsvinger-Kirkenær. Train Oslo-Kongsvinger (1 h 20 m), bus Kongsvinger -Kirkenær		Skaslien Gjestgiveri is placed in the Finnskogen area - a beautiful and wilderness area, with the great fauna that comes with it.

4.	<p>Cultural visit to Eggedal and the area of Trolls.</p> <p>2-4 days</p>	Self-drive	<p>Beautiful landscape and surroundings, the area which inspired the artists Chr. Skredsvig and Th.Kittelsen – specially known for fairy tell drawings and paintings of trolls.</p> <p>Accommodation at Eggedal Borgerstue – a small family driven hotel with an interesting history and lots of personal atmosphere.</p> <p>Visit the homes of the artists.</p>	<p>Oslo: 120 km. Drammen: 90km. Kongsberg: 80km. Larvik: 60km. Hønefoss:75 km. Gol:60km</p>		<p>Eggedal area represents an area of many interesting cultural experiences.</p> <p>http://www.eggedal-borgerstue.no/</p>
5.	<p>Explore the Fjords - Round trip in the Bergen/ Voss/Hardanger area.</p> <p>2-7 days.</p>	Self-drive	<p>Accommodation at Sigmundstovo Gjestehus, Store Ringheim and Eenstunet – rooms and/or cabins.</p> <p>A variety of activities in the fjord landscape: biking, hiking, kayaking, skiing, ++.</p> <p>http://sigmundstovo.no/sigmundstovo/?page_id=17</p> <p>http://www.storingheim.no/content.aspx?page=105073</p> <p>http://www.eenstunet.no/</p>	<p>Bergen Airport. 1 h 30 m drive to Voss. Train to Bergen/Voss. Self-drive from Bergen/Voss.</p>	Varies	<p>Fjords and mountains, cultural landscape.</p>