



Lillehammer and Gudbrandsdalen offer a range of family-friendly activities and adventures, and also a wide choice of accommodation where children are welcome and well catered for.

Create your experience.

Visit Lillehammer and Gudbrandsdalen in summer, and you will find a region bursting with adventures just waiting to be explored - whether you visit with your children, your loved one, or good friends.

For families, this is a unique experience. Adventure parks and attractions provide entertainment for both young and old, and you are within easy reach of a plethora of outdoor activities such as rafting, cycling, horseback riding, and hiking - to mention but a few.

Also highly recommended are the many cultural experiences the region has to offer. Visit the museums, indulge in local cuisine, and discover the enchanting Peer Gynt and other cultural events.



Looking for a challenge? Try Birken, Furusjøen Rundt, or one of the other races. In this brochure, you will find a diverse selection of summer activities in the region.

For further info, please visit

www.lillehammer.com.

Enjoy summer - the way you like it. Welcome!

Tourism Manager Ove Giesdal

CONTENT















Eco-friendly travel made easier



Share your images and holiday memories with us at #visitlillehammer. Maybe the photo we repost is yours?

Lillehammer Tourist Office

Jernbanetorget 2, 2609 Lillehammer Tel: 61 28 98 00 | info@lillehammer.com

Vinstra Tourist Information Office, Servicetorget Kommunehuset i Nord-Fron, Nedregate 50, 2640 Vinstra Tel: 61 21 61 00 | post@nord-fron.kommune.no

Gausdal Tourist Office

Dikterportalen 21.05-30.09, Aulestadvegen 4, 2656 Follebu Tel: 975 62 000 | turistinfo@gausdal.kommune.no

Ringebu Tourist Information Office, Servicetorget Rådhuset i Ringebu, Hanstadgata 4, 2630 Ringebu Tel: 61 28 30 00 | post@ringebu.kommune.no

Our cooperation Municipalities



























Lillehammer 1

Lillehammer is a charming town at the entrance to the Gudbrandsdalen valley. With its 27,000 inhabitants and picturesque pedestrian street, it has a cosy village feel rarely found in urban settings Lillehammer is one of Norway's most important cultural centres, and has status as a UNESCO City of Literature. Storgata, lined with idyllic wooden town houses, provides the framework for a modern and friendly shopping experience and is an experience in its own right. Lillehammer was the host of the 1994 Winter Olympics, and there are several Olympic Arenas well worth a visit. It is a popular annual venue for both large and small events, such as the Nordic World Ski Championships, the Birkebeiner Races, and the Norwegian Festival of Literature. Numerous museums and cultural centres are also available, including Maihaugen, the Norwegian Olympic Museum, and Lillehammer Art Museum. These are only a few of the experiences on offer, and another attraction not to be missed is Skibladner - the world's oldest paddle steamer still in scheduled service.

Hafjell, Hunderfossen and Øyer 💈

Wide range of adventure activities within a small radius: Hunderfossen Adventure Park is the country's very own fairy tale adventure park, and with over 60 attractions it caters for every age group. Kids Farm Hunderfossen with over 150 small and large animals. Lilleputthammer Family Park is packed with exciting experiences for children under 9 years old. Hafjell Bike Park offers lift-assisted downhill biking for all skill levels. This is also the area where you find Lillehammer Olympic Bobsleigh and Luge Track, the Norwegian Road Museum, and Hafjell Golf. Furthermore, the Øyerfjellet mountain offers a spectacular scenery ideal for hiking, fishing, and biking.

Sjusjøen and Nordseter 5 7

Sjusjøen and Nordseter are the mountain areas closest to Lillehammer. Both are located a mere 20 km from the town centre, and are ideal for anyone interested in hiking and cycling. A network of way-marked trails and bicycle routes are available. Visit Natrudstilen, and you will also find a roller ski track with biathlon facilities.

Kvitfjell, Venabygdsfjellet and Ringebu 3 10 12

Kvitfjell is home to Norway's most spectacular alpine runs - the very same that were used for the 1994 Olympics - and is an annual venue for the World Cup downhill race. On the eastern side of Gudbrandsdalen are the breathtaking Venabygdsfiellet and Rondane - a stunning high-mountain experience by car as well as by foot. Rondane National Tourist Route offers spectacular views as you drive along and from its many vantage points ideal for a break, Ringebu is often referred to as Norway's smallest town, and its history as a commercial centre dates back to 1899. Here you will find a wide selection of speciality shops in charming surroundings.

Gålå, Kvamsfjellet, Vinstra, Fagerhøy and Rondane Nasjonalpark





Visit the central part of Gudbrandsdalen, and you will discover a spectacular mountain hiking terrain as well as a host of cultural experiences in an authentic setting. The town of Vinstra is the region's centre, and the highlight of the summer is the annual Peer Gynt Festival held at Gålå - in the World of Peer Gynt. On the eastern side of the valley is Rondablikk (Kvamsfiellet mountain), which is a gateway to Rondane National Park. This is home to the Furusiøen Rundt races (mountain biking, running), also known as the Adventure of Rondane. Just north of Vinstra, you will find one of the best whitewater rafting rivers in Europe. GoRafting offers adventures for visitors of all ages.

Skeikampen, Gausdal, Espedalen and Skåbu 489

Skeikampen, some 45 minutes by car from Lillehammer, is a destination ideal for cycling and hiking. It is located in the mountain area known as the World of Peer Gynt, where you also find Kvitfiell, Gålå, and Espedalen. Follow the Peer Gynt route, and you will reach the mountain plateau at approx. 1000 metres above sea level. The mountain destination Espedalen north-west in this area is another fantastic starting point for outdoor pursuits, whatever the season. This is also where you find Helvete Nature Park featuring Northern Europe's largest potholes. At Skåbu, just north of Espedalen, you can pick up Jotunheimvegen - a route leading directly to Jotunheimen National Park.

Landsbyen Dokka and Synnfjell 14 15





Synnfiell mountain area is a true gem located 50 km from Lillehammer. With its forests and peaks, it is the ideal spot for both MTB and hiking enthusiasts. Synnfjell offers spectacular outdoor adventures all year round, and borders Langsua National Park, Its highest point is Spåtindtoppen at 1414 m a.s.l. Popular activity is geocaching. Offering the best of both urban and rural living, Dokka was the first in Norway to become an official village (Landsby) when this classification was introduced in 2009.

For further information on the various destinations, please visit www.lillehammer.com

for families

with children

Hunderfossen Adventure Park

The Norwegian Adventure Park in Lillehammer is the country's very own fairy tale adventure park, and is one of Norway's most popular tourist attractions. Plenty to do and see with over 60 activities on offer. New this year -test center for "Månelyst I Flåklypa!"

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Lilleputthammer Miniature Town

Lilleputthammer is an adventure park in the Hafiell Hunderfossen area, and is an attraction both children and adults will enjoy. In "the tiny town" children can feel like giants, and then move on to the trains, cars, boats, Ferris wheel, rollercoaster or the stomach-churning Ola's frog leap. Alternatively, they can enjoy the climbing tower, obstacle course, bouncy pillow or trampolines.

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Maihaugen

Maihaugen is the perfect spot to bring children during summer! This open-air museum offers an array of fun activities for the whole family. Enjoy a travelling-theatre performance, say hello to the animals, and try your luck fishing in idyllic surroundings. Knock on the doors of generations past, visit the train at the station, and buy a snack at the country store. In the buildings of a more recent date, parents and grandparents will discover childhood memories to share with their families. Maihaugen is a feel-good experience where history is brought to life.

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Children's farm Hunderfossen

150 animals and over 20 different bird species - the ideal adventure for animal-loving children and adults! The farm has an obstacle course, a playground, jumping in the hay, and tractor rides for the playful, and picnic areas for the hungry.

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Lekeland Hafiell - play centre

GUDBRANDSDALEN AND LILLEHAMMER SUMMER 2019

One of Norway's largest indoor play centres with slides, obstacle courses, ball pools, and a haunted room. Children are encouraged to jump, climb, crawl, balance, slide, explore, and discover... Designated areas suitable for children aged 0-3 and 2-4.

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Leisure Pool

What could be more fun than a family day out at one of our leisure pools, featuring children's pools, water slides, counter-current swimming, jacuzzis, saunas, climbing walls, waterfalls, steam rooms, and spectacular surroundings. The leisure pools Jorekstad Fritidsbad, Fron Badeland, and Karlsvogna Fjellbad are guaranteed to keep your children entertained.

Family white-water adventure

Fantastic outing for families looking for a fun and exciting adventure! The family rafting experience takes place on the wide river Otta, and features some exhilarating rapids towards the end. This is an activity with children in focus - with lots of fun and action in a safe setting.

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Hafiell Bike Park

If you are looking for some excellent downhill biking, Hafiell Bike Park is Norway's leading provider of lift-assisted cycling adventures. There are routes suitable for every skill level - from beginners to the more experienced riders.

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Lillehammer Olympic Bobsleigh and Luge Track

Looking for an adrenaline rush? Then try the wheelbob at Lillehammer Olympic Bobsleigh and Luge Track. Speeds can reach up to 100 km/h. Minimum age: 10

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Tyrili Klatresenter - climbing centre

Climbing builds confidence, and is an incredibly fun activity to do together as a family. In Lillehammer you will find Norway's most amazing climbing centre, where children have their own practice area as well as the opportunity to book lessons with an instructor.

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Museum experiences for children

Learn cultural history together as a family whilst having fun! In our region, you will find some of Norway's most exciting museums for children. Lillehammer Art Museum, Maihaugen, Aulestad, Bjerkebæk, the Norwegian Road Museum, Kittilbu open-air Museum, and the Norwegian Olympic Museum all offer experiences suitable for children as well as adult.



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DO NOT MISS...

Literature Festival 29 May to 3 june. Welcome to the UNESCO City of Literature Lillehammer, and the Norwegian Festival of Literature – the biggest of its kind in the Nordics. Meet the authors, and enjoy an opportunity to partake in discussions about literature and topical issues with like-minded people. We can guarantee words that will stir emotion and make you think. 400 authors and artists from all over the world will be present.



Birken 15 june 31 August and 1 September

Birken is for everyone - whether you use your legs in the Birkebeiner cross-country run, or use your bike in the Birkebeiner MTB Race. The run is held on 15 June, whereas the MTB race is takes place over the weekend of 31 August and 1 September. Birken comprises a variety of events, and you are guaranteed to find a race suitable for you - regardless of skill-level. It is an ideal target to train for throughout the year.



Furusjøen Rundt and EC marathon 6 july

Literature

Festival

This year's Furusjøen Rundt, known as the Adventure of Rondane, takes on a slightly different form. The traditional race will run alongside the MTB Marathon European Championships. On the start line are all the best mountain bikers in Europe, and the race is open to everyone. Gunn Rita Dahle-Flesjå is one of the contestants. The event organiser at Kvam is looking forward to showcase the spectacular surroundings to the international MTB community.



Hunderfossen Adventure Park

The Norwegian Adventure Park in Lillehammer is the country's very own fairytale adventure park, and is one of Norway's most popular tourist attractions. Plenty to do and see with over 60 activities on offer. New this year – test center for "Månelyst I Flåklypa!"

Lillehammer Live. Lillehammer Live is a new festival, and was first held in 2018. It takes place on 6-7 September, and the setting is Strandtorget on the banks of Mjøsa. The festival has been extremely well received, and particularly its focus on local food. Featuring on stage are Åge & Sambandet, Ina Wroldsen, DeLillos, Daniel Kvammen, and Ingrid Olava - to mention but a few.



Peer Gynt at Gålå

> The mountain concert 'By Rondane"

Peer Gynt at Gålå New performance for 2019 2 - 5 and 7 - 10 August 2019, at 19.30

Director Marit Moum Aune has put together her dream team of the country's best actors along with solo dancers from the Norwegian National Ballet. We follow Peer Gynt's journey through fantasy, humour, and poetry. Scenography by Snøhetta creates a powerful visual expression. In the lead role as Peer Gynt: Pål Christian Eggen.

Read more and book tickets at www.peergynt.no

Sunday 11 August 2019, at 13.00
THE MOUNTAIN CONCERT "BY RONDANE"

Mari Eriksmoen, Kåre Conradi, and a star-studded big band

Mari, Kåre, and a star-studded 15-piece big band led by the National Theatre's musical director, Per Christian Revholt, create a concert experience with a unique combination of swing and lyricism. With Rondane as backdrop, you get to hear classic Grieg as well as Duke Ellington's great Peer Gynt Suite, renowned and cherished all over the world.

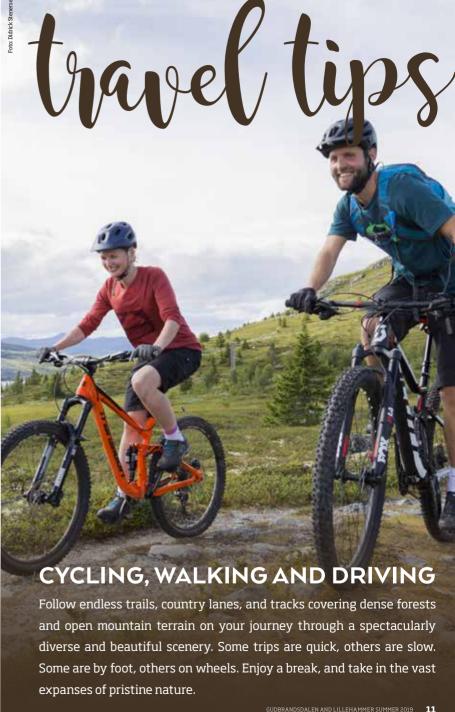
Read more and book tickets at www.peergynt.no



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Tread carefully in nature

We are happy to share our wonderful outdoors and make use of our countryside and wilderness. This is something to which we are fully



- Stick to the trails, and avoid creating new ones.
- Do not leave litter in nature, and remember to clean up after yourself.
- Respect the wildlife. Remember that there are periods when dogs must be kept on a leash.
- Lighting campfires is fine, but use established sites.
- You can pick berries, mushrooms, and plants for your own use.
- Fishing is permitted subject to purchase of fishing licence.

www.lillehammer.com/responsible-visitor

Selected walks

Route	Where/higlights	km
Synnfjell	Spåtind 1414 (600 meters above sea level)	9
"Sjusjørunden"	Sjusjøen, forrest terrain	4
Muen 1424 moh, Venabygdsfjellet	Views of Rondane	2
Peer Gynt stien, Sør-Fron	The World of Peer Gynt: Multi-day trips from	70
Spidsbergseter-Svartfjell, Venabygdsfjellet	Spectacular views of Rondane and lake Flaksjøen	12
Nordseter-Nevelfjell-Slåseterfjell	Lillehammer`s mountains	11,5
Helgafossen, Skeikampen	Skeikampen	2
To the top of Skeikampen	Fantastic view	3,5
Lunkefjell, Sjusjøen/Nordseter	View towards Sjusjøen and Nordseter	3,5
Myfallet, Venabygdsfjellet	Amazing waterfalls, Venabygd	3
Skardefjell-Sikkilsdalen	Old trench road	23

In the footsteps of Peer Gynt

The beautiful and varied terrain on the western side of Gudbrandsdalen is where the 70 km long Peer Gynt Trail runs. This is a mountain area stretching from Gausdal and Skeikampen in the south and east to Skåbu and Espedalen in the north and west. Numerous hotels and mountain lodges along the way provide accommodation and meals.

www.discover-norwav.no

Langsua National Park

Langsua National Park can be found in the mountain between Gausdal and Valdres. It is surrounded by six nature reserves and four conservation areas with a rich flora and fauna. Langsua is a diverse and popular hiking area, and is easily accessible for most of the year. From Lillehammer and Gausdal follow route 204, From Dokka follow route 250 to the conservation areas by Kittilbu Utmarksmuseum. The museum is also a visitor centre for Langsua. Old, idyllic dairy farms and welcoming mountain lodges are scattered all around. The area has its own outdoor adventure app (TurApp) called OUTTT.

Rondane nasjonalpark, Venabygdsfjellet and Rondablikk

Beautiful area with a network of way-marked trails in gentle, varied mountain terrain. A birch forest is close by, and the mountain plateau - with over 30 small and large peaks - is within easy reach. In the summer and autumn, Venabu Mountain Lodge, Spidsbergseter Resort Rondane, and Rondablikk offer walks and horseback riding in the mountain.

The Pilgrims' Way

- a walk through beautiful Gudbrandsdalen

With Lillehammer as starting point, the route leads through the municipalities of Lillehammer, Øyer, Ringebu, Sør-Fron, Nord-Fron and Sel. Enjoy hiking through beautiful nature and culture landscape before you enter the mighty Dovrefjell.

www.gudbrandsdalen.pilegrimsleden.no

Scenic tourist routes

Lillehammer and Gudbrandsdalen are ideal starting points for excursions - either on your own or with a guide.

Birkebeinervegen, Bjørnsonvegen, Friisvegen, Jotunheimvegen, Nasjonal Turistveg Rondane, Peer Gynt Vegen, Gudbrandsdalsvegen, Elgland

The routes are marked on the map. page 66



For further information, please visit lillehammer.com

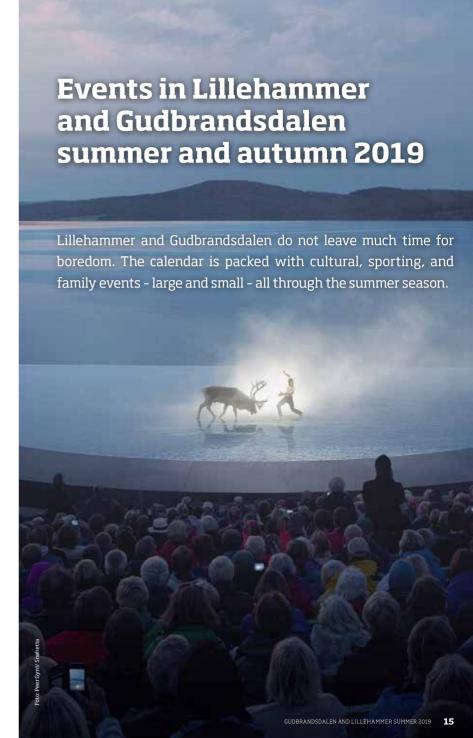
Bicycle routes

	Bicycle routes	Km of trails	Difficulty
Lillehammer	Lillehammer - Hafjell	15	
Nearest bycycle rental: Nordseter Fiellpark	Birkebeineren	95	
Nordseter Fjellpark Tel. 99 43 70 00	Lillehammer - Sjusjøen	15	
	Mjøstråkk	136	Asphalt
Hafjell	Family trip	16	
Nearest bycycle rental: Hafjell Bike Park: Tel. 61 99 04 93 Pellestova Hotell: Tel. 61 27 45 00	Hafjell - Lillehammer	15	
	Round-trip Mosetertoppen	20	
Hornsjø Nearest bycycle rental: Hafjell Bike Park: Tel. 61.99.04.93 Pellestova Hotell: Tel. 61.27.45.00 Nordseter Fjellpark: Tel. 99.43.70.00	Hornsjørunden	40	
	Hornsjø-Djupslia	35,7	
Sjusjøen	Nordseterrunden	22,4	
Nearest bycycle rental: Sjusjøen sykkelutleie Tel. 45 28 92 68	Three peaks from Natrudstilen to Sjusjøen	30	
	Åstdalsrundene	46	
	Round-trip Ringsakerfjellet	83,5	
Skeikampen	Torsdalen	5	
Nearest bycycle rental: Gudbrandsdal Leirskole	Fagerhøi	13	
Fagerhøy: Tel. 61 28 18 00 Skeikampen Alpinsenter: Tel. 61 05 95 00	Skeikampen rundt	12	
Skeikampen Booking: Tel. 61 22 80 00	Skardbua	23	
Espedalen/ Skåbu	Roundtrip Espedalen	35,3	
Nearest bycycle rental: Dalseter Høyfjellshotell: Tel. 61 29 99 10	Fredrikseterrunden	13,9	
Ruten Fjellstue: Tel 61 29 73 20 Strand Fjellstue: Tel 61 28 57 20	Skåburunden	32,3	
	Ruten rundt	69	
Kvitfjell	Gompenrunden	21	
	Digeråsrunden	27	
	Årstulsrunden	46	
	Skardbua - Fagerhøi	47	
Venabygdsfjellet	Family trip to Svartfjell	10	
Nearest bycycle rental: Spidsbergseter Resort Rondane Tel. 61 28 40 00	Dørfallet	14	
Gålå	Jetningen rundt	11	
Nearest bycycle rental: Gudbrandsdal Leirskole	Årstulsrunden	46	
Fagerhøy: Tel. 61 28 18 00	Seterrunden	22	
	Valsfjellet	25	
Rondablikk Nearest bycycle rental: Rondablikk sykkelutleie: Tel 61 29 49 40	Furusjøen Rundt	18	
Synnfjell/Dokka	Flubergrunden	31,5	
	Dokkfløy rundt	34,6	

 $\label{thm:bicycle} \mbox{Bicycle maps are available at tourist information in Lillehammer.}$

Easy Skil
Medium Exp

For more information: www.lillehammer.com/cycling



May

21.-26 The Norwegian Litterature Festival

- 25. Season opening at HUNDERFOSSEN ADVENTURE PARK
- 25. Young horse exhibition STAV, TRETTEN
- Village Market DOKKA
- Concert with STAUT DOKKA CAMPING
- 25.-26 Norwegian Championship Athletics LILLEHAMMER
- 25.-26 "Trollcup" football tournament ØYER
- 30. Concert with "Brave hearts" SIGRID UNDSETS HOME BJERKEBÆK, LILLEHAMMER

June

- Hillbillies and BYTING RUDI GARD, SØR-FRON
- "Multikulti" RINGEBU
- 02.-05 "Livsnyter 2019" VENABYGD
- Aquavitt night LILLEHAMMER MIKROBRYGGERI
- Jonas Fjeld and Kvarts RUDI GARD, SØR-FRON
- 08. The Rich Harper Band LILLEHAMMER MIKROBRYGGERI
- Opening of the Norwegian Vehicle Museum HUNDERFOSSEN
- 13.-15 The Lillehammer Days 2019 LILLEHAMMER
- 15. Birkebeinerløpet, run (21 km) LILLEHAMMER
- 15. HalvBirken, run (12 km) LILLEHAMMER
- 15. UltraBirken, run (60 km) LILLEHAMMER
- Birken Fjellmaraton, run (42 km) SJUSJØEN
- 15. UngdomsBirken, run (4 km) LILLEHAMMER
- L5. BarneBirken, run LILLEHAMMER

- 15. BokkeReidars Bluesband LILLEHAMMER MIKROBRYGGERI
- 15.-16 Opening weekend at Hafjell Bike Park HAFIELL. ØYER
- 15.-16 The Fåvang Days 2019 FÅVANG

20.-23 Rondaståk Mountain Festival KVAMSFJELLET

- 20.-23 «Veidekkelekene», Athletics
- 21.-23 Merida terrain bike school for adults SKEIKAMPEN
- 22 Village Market DOKKA
- 22.-23 The Ringebu Days 2019 RINGEBU

23. Mid Summer at Maihaugen LILLEHAMMER

- 23.-28 Merida terrain bike school for children SKEIKAMPEN
- 28.-30 Garden Festival DOKKA
- 28.-30 Camping Festival for children HUNDERFOSSEN CAMPING
- 30. Summer concert
 with Kjetil Bjerkestrand trio
 RINGEBU STAVE CHURCH

July

- 03.-07 Country Music Festival 2019 VINSTRA
- 06. Furusjøen Rundt, MTB Marathon European Championchips RONDABLIKK, KVAMSFJELLET
- 07. Spanish evening with Habaneroz RINGEBU STAVE CHURCH
- 13. The night of the Trolls
 HUNDERFOSSEN ADVENTURE PARK
- 14. Summer concert "Slåttejazz" RINGEBU STAVE CHURCH

16.-20 The night of the Trolls HUNDERFOSSEN ADVENTURE PARK

- 19.-21 "Liv Lågå" SKÅBU
- 20. Village Market DOKKA
- 23.-27 The night of the Trolls
 HUNDERFOSSEN ADVENTURE PARK

- 25. Eva Weel Skram duo RUDI GARD, SØR-FRON
- 27. "Svartkampen Opp" SYNNFIELL
- 28. Summer concert with Frøydis Grorud and Trude K. Klæboe RINGEBU STAVE CHURCH

30.-31 The night of the Trolls HUNDERFOSSEN ADVENTURE PARK

August

01.-03 The night of the Trolls HUNDERFOSSEN ADVENTURE PARK

- 01.-04 Hafjell Bike party HAFJELLE BIKE PARK
- 01.-11 Open farm with exhibitions and café RUDI GARD. SØR-FRON

02.-10 Peer Gynt at Gålå GÅLÅ

- 03. "Morgenstemning" THE PEER GYNT SCENE, GÅLÅ
- 03. «Dølalåt and Dølarock BAKSIA» RUDI GARD, SØR-FRON
- 06. Peer Gynt anniversary dinner with Per Tofte, Mari Maurstad etc. RUDI GARD, SØR-FRON
- 08. Heine Totland and Gisle Børge Styve RUDI GARD, SØR-FRON
- 08.-10 The Gausdal Festival SKEIKAMPEN
- 09.-11 Dog show HUNDERFOSSEN CAMPING
- 10. «Skeikampen Rundt» run SKEIKAMPEN
- 11. Family Day
 THE NORWEGIAN ROAD MUSEUM,
 HUNDERFOSSEN

11. The mountain consert "By Rondane" RONDABLIKK, KVAMSFIELLET

- 14.-18 "SykkelViku" RINGEBU
- 15. Concert with Sigrid Moldestad RUDI GARD, SØR-FRON
- 15.-16 Village Rock RINGEBU
- 15.-18 IVRIG girl camp VENABYGDSFJELLET
- 16.-18 "Fjellmillom" VENABYGDSFJELLET

- Village Market DOKKA
- 18. Tour of Mjøsa LILLEHAMMER
- 24.-25 Pony exhibition STAV, TRETTEN
- 25. Children`s Summerday MAIHAUGEN, LILLEHAMMER
- 30.-31 "13 Treffet" STAV, TRETTEN
- 30.-31 Moose Festival DOKKA CAMPING
- 31. Birkebeinerrittet, cycle (86 km) RENA
- 31. HalvBirken cycle (41 km) LILLEHAMMER
- 31. UltraBirken cycle (112 km) LILLEHAMMER

September

- 01. BarneBirken cycle LILLEHAMMER
- 01. UngdomsBirken cycle (16 km) LILLEHAMMER
- 01. «Bergtatt» with Mari Midtli and Aslak Brimi RUDI GARD, SØR-FRON
- 03. Concert with VAMP MAIHAUGEN, LILLEHAMMER

06.-07Lillehammer Live 2019 LILLEHAMMER

- 07. Furusjøen Rundt XC Running/walking RONDABLIKK, KVAMSFJELLET
- Pernille Sørensen MAIHAUGEN, LILLEHAMMER
- Sheep o høy RUDI GARD, SØR-FRON
- Village Market food market DOKKA
- 28.-30 Autum break activities
 THE NORWEGIAN ROAD MUSEUM,
 HUNDERFOSSEN
- 28.-30 Mutton Stew Festival 2019 RINGEBU

October

01.-05 Mutton Stew Festival 2019 RINGEBU

- 01.-06 Autum break activities
 THE NORWEGIAN ROAD MUSEUM,
 HUNDERFOSSEN
- 01.-13 Autum break activities MAIHAUGEN, LILLEHAMMER
- 03.-06 Autum break activities and seson ending HAFIELL BIKE PARK

04.-05 "Mataukfestivalen" LILLEHAMMER

- 05. "Skeikampen Opp" SKEIKAMPEN
- Concert with Bellamy Brothers MAIHAUGSALEN, LILLEHAMMER

- 05. Skåbu Mountain Marathon SKÅBU
- 12. Orbo Nove dancing MAIHAUGSALEN, LILLEHAMMER

17.-20 Lillehammer Jazz Festival 2019 LILLEHAMMER

18.-20 «Stavsmartn» STAV, TRETTEN

- Ørjan Burø Big boys don`t cry MAIHAUGSALEN, LILLEHAMMER
- 26. Thank you for the music: We love ABBA MAIHAUGSALEN, LILLEHAMMER
- 27. Kari Bremnes MAIHAUGSALEN, LILLEHAMMER







EXHIBITIONS

16.02-02.06	Marianne Hurum	
	LILLEHAMMER ART MUSEUM	

08.03-12.01.	The fight to take part - women in sport
(2020)	NORWEGIAN OLYMPIC MUSEUM

31.03-24.11 Letters from the front - Dear mother NORWEGIAN POSTAL MUSEUM

04.04-09.06 Patrick Huse

- Landskap som tomhet og kilde LILLEHAMMER ART MUSEUM

20.05-31.08 Folk Art in Gudbrandsdalen MAIHAUGEN, LILLEHAMMER

20.05-31.08 Anders Sandvigs Dental Office MAIHAUGEN, LILLEHAMMER

20.05-29.09 Sigrid Undsets travels SIGRID UNDSETS HOME BJERKEBÆK

20.05-27.10 To Enclose Oneself - In Sigrid Undsets house there are many rooms
LILLEHAMMER ART MUSEUM

21.05-29.09 Bjørnstjerne Bjørnson

- as a king he was taken to the grave BJØRNSTJERNE BJØRNSONS HOME AULESTAD

22.05-09.06 Festival Exhibition with Håvard Vikhagen GALLERI ZINK, LILLEHAMMER

01.06-02.09 Ringebu Stavkyrkjeutstilling RINGEBU RECTORY

09.06-31.12 NEW! Norwegian Vehicle Museum NORWEGIAN ROAD MUSEUM, HUNDERFOSSEN

15.06-25.08 Summer exhibition with Runi Langum GALLERI ZINK, LILLEHAMMER

15.06-25.08 Collective summer exhibition with over 50 artists

GALLERI ZINK, LILLEHAMMER

02.08-11.08 Peer Gynt festival exhibition with Kjell Erik Killi-Olsen, GÅLÅ

31.08-22.09 Anniversary exhibition with Vegard Stalsberg, GALLERI ZINK, LILLEHAMMER

as a king he was taken to the grave

BJØRNSTJERNE BJØRNSONS HOME

29.09-06.10 Autum exhibition on Ilsetra 10 years ILSETRA, ØYER

05.10-10.10 Give Time - World Day of Mental Health GALLERI ZINK, LILLEHAMMER

12.10-27.10 Dølajazz Festival exhibition with Iben Sandemose. GALLERI ZINK, LILLEHAMMER

31.10-24.11 Exhibition with Einar Sigstad, Kjell Bendiksen, Finn Lande Andersen,

Ole Kristian Reinsbu and Johan Mæhlum GALLERI ZINK, LILLEHAMMER

All year Fjellsprengningsmuseet

 Meet the people who built modern Norway NORWEGIAN ROAD MUSEUM,

HUNDERFOSSEN

All year ROADS THROUGH THE AGE

- interactive exhibition the history of roads

NORWEGIAN ROAD MUSEUM,

HUNDERFOSSEN

All year DRIFT - Anniversary exhibition with hidden treasures and secret rooms

NORWEGIAN ROAD MUSEUM, HUNDERFOSSEN

All year Jakob Weidemann

LILLEHAMMER ART MUSEUM

All year Permanent collection comprises Norwegian Visual art from the 1800s up until today.

Visual art from the 1800s up until to LILLEHAMMER ART MUSEUM

All year We won the land

- Norwegian history through the ages MAIHAUGEN, LILLEHAMMER

MAINAUGEN, LILLENAMMER







SIGRID UNDSET'S TRAVELS

A new permanent exhibition at Bjerkebæk
Daily May 20-August 31. Weekends in September.

SIGRID UNDSETS HJEM



100 YEARS WITH SIGRID UNDSET



TO ENCLOSE ONESELF

IN SIGRID UNDSETS HOUSE THERE ARE MANY ROOMS

A new exhibition with art and culture that influenced Sigrid Undset's life and writing.

May 20-august 31.



Activities Welcome to an enchanting world of adventures and attractions. Lillehammer and Gudbrandsdalen are a paradise for young families, with a wealth of activities to keep everyone entertained. GUDBRANDSDALEN AND LILLEHAMMER SUMMER 2019

Hunderfossen Adventure Park







All Norway's Adventure Park has, in all, more than 60 activities for the family! Experience the Adventure Castle, the Troll Drop, The Little Prince in 4D, animal theatre, the Energy Centre and Ivo Caprino's Fairy Tale Grotto. Try our fantas - tic family rafting and the stunning roller coaster. Take the Fairy Tale Ship high up into the air, visit the bathing area, explore the kiddies' area and the Play House, drive the Tractor Track or take your driving licence on real mini-cars. We have an indoor area of 7000 m2, super cool electric go-karts on a new track, exciting courses in the High Ropes Park, the Kongsgården Royal Resi - dence with famous fairy tale theatre. Virtual reality at the Energy Centre, and adventurous Night of the Trolls. This year's news - test center for "Månelyst i Flåklypa"

Opening hours: Season from 25.5-6.10. See website for details, Prices: Normal Ticket: NOK 445,-, «Småtroll»-ticket (from 90 cm-120 cm) NOK 395,-, These ticket types can be purchased on the web. Locked date gives 5% discount. Adress: Fossekrovegen 22. 2625 Lillehammer, Tel: 61 27 55 30 www.hunderfossen.no



Kids Farm Hunderfossen



Do you like animals? Then the Children's Farm at Hunderfossen is the right place for you! At this beautiful and traditional farm, you will also find forest track with children's terrain cars, a jumping course to race with wooden hobby horses, playgrounds, a climbing trail for kids, jump in the hay, farm shop and light refreshments. 300 metres from Hunderfossen Family Park. Parking fee is NOK 50 per day. Take the summer bus to Hunderfossen, or travel by rail to Hunderfossen Railway Station..

Opening hours: Every day 11.00-17.00, from June 23- August 19

+ week 40 and 41.

Prices: NOK 139. Kids under 2 years -free.

Adress: Fossekrovegen 45, 2625 Lillehammer, Tel: +47 61 27 55 30

www.barnasgard.no



3 Lilleputthammer Familypark





Lilleputthammer is an adventure park for young and old to enjoy, where most activities are designed for children under age 9. Here you can explore a miniatu - re model of Lillehammer's main street, Storgata, and amid the charming small wooden houses you'll find various children's activities such as trains, electric cars, Ferris wheel, mini roller coaster, Ola's frog leap, bumper boats, bouncy castle, trampolines, climbing tower, obstacle course and the Children's Book Town." Also try Olas climbing park which is an exciting challenge for the kids.

Opening hours: www.lilleputthammer.no Prices: www.lilleputthammer.no Adress: Hundervegen 39, 2636 Øver Tel:+47 61 28 55 00 www.lilleputthammer.no





4 Lekeland Hafjell



Lekeland Hafiell is the only indoor play center in the Lillehammer region for children aged 0 to 12, boasting a play area of some 900 sq m. Slides, obstacle courses, ball pools and a haunted room are just some of the activities children can enjoy. They can discover and explore the ghost room, and hit the target in the ballshooting area. Designated areas suitable for children aged 0-3 and 2-4 are vailable. While children climb, jump, slide and hide themselves - the adults can enjoy a cup of coffee, surf the net or reading newspapers and magazines in the cafe area.

Opening hours: www.lekeland.no Prices: www.lekeland.no Adress: Hundervegen 39, 2636 Øyer Tel:+47 61 28 55 00

www.lekeland.no



6 Iorekstad Leisure Pool





Welcome to our indoor and outdoor agua park. We are located seven kilometres from Lillehammer city centre and eight kilometres from Hunderfossen amusement park. We have several pools, saunas and a wibit track for kids (in use during the school holidays). You can also stay overnight or longer at Jorekstad. We have cozy cabins with modern facilities that we rent out for shorter or longer periods.

Opening hours: Check our current opening hours at www.iorekstad.no

Prices: 144 NOK/adult, 122 NOK/child Adress: Glasmestermoen 10, 2647 Sør-Fron

Tel+4761296990 www.iorekstad.no



6 Fron Badeland





A 25m swimming pool with 6 lanes, starting blocks and turning boards, A 12.5m therapy pool with wheelchair ramp. 5 lanes. Water temperature at a constant 32C. A diving pool - 1m springboard and 3m diving board. A climbing wall - 3,75m height. A children's pool with 48m water slide, children's slide, countercurrent facilities and "cave". Steam room and sauna. Ice shower for the brave. Jacuzzi - for up to 8 people. Kiosk with food and drink

Opening hours: www.fronbadeland.no

Prices: Adult NOK 120, children NOK 90, 2 adults+2 children NOK 304

Adress: Glasmestermoen 10, 2647 Sør-Fron

Karlsvogna Leisure Pool

Tel:+47 61 29 69 90

www.fronbadeland.no







This is a unique wellness area with steam bath, whirlpool, several saunas, a countercurrent, climbing wall, waterfall and more. The weather in the mountains isn't always nice and even the outdoor loving Norwegians sometimes have to realize that the weather doesn't suit outdoor activities. Therefore we will make sure your stay is pleasant inside the hotel!

Opening hours: 10.00-21.00 (08.00-21.00 for hotellets giester)

Karlsvogna følger hotellets åpningsdatoer.

Prices: Children 0-3 years: free when using a swimming diaper, Children 4-14 years: 80,-, Adults: 140,-

Adress: Glasmestermoen 10, 2647 Sør-Fron

Tel:+47 61 29 69 90

www.spidsbergseter.no/en



B Tyrili Climbing Centre



Welcome to Norway's most awesome climbing centre! Located in downtown Lillehammer, our climbing centre offers vertical experien - ces for all ages. The centre houses walls for junior climbers, bouldering walls, as well as a main room with 15 m high walls. If you just want to try out climbing for the first time, our instructors will be happy to assist. The climbing centre houses a small shop where you can buy climbing clothing and equipment, and a chance to sit down and enjoy a cup of coffee.

Opening hours: www.tyriliklatring.no

Prices: www.tyriliklatring.no

Adress: Anders Johansens veg 10, 2625 Lillehamme

Tel:+47 47 47 40 03











Go Rafting Sioa





Rafting is an exciting, fun and safe activity. We offer a wide range of rafting trips. In the Sjoa river you will experience beautyfull nature, wild rapids and lots of adrenaline. The Otta river will give a safe, ecciting and wet rafting experience for the whole family. We provide equipment and place great emphasis on safety instructions and training before rafting. Experienced professional rafting guides will take you down the beatyfull river. This is fun! We also offer canvoing and riverboarding. For more information, visit our web page.

Opening hours: 1. May - 1 October

Prices: Use the code VLS2019 when booking online, and get a 15% discount on

all our activities. NOK 690 pp

Adress: Glasmestermoen 10, 2647 Sør-Fron

Tel:+47 61 29 69 90 www.gorafting.no



Sioa Raftingsenter







Welcome to Norway's oldest and most experienced rafting company! Join us for unforgettable experiences in the rivers Sjoa, Otta, and Gudbrands-

Choose from a range of options - from fun, family-friendly trips to adrenalinefilled white-water adventures.

We have our own campsite, and we also offer accommodation in cabins. Or maybe spend a night in one of our lavvus in our wilderness camp on the riverbank?

Opening hours: May - October

Rafting in Sioa from NOK 780 pp. Family rafting in the river Otta NOK 630 pp.

Adress: Glasmestermoen 10, 2647 Sør-Fron

Tel:+47 61 29 69 90

www.sioaraftingsenter.no



Perfect Escape



Perfect Escape is fun cooperative games for 2-6 persons. The games take place in custom designed rooms in downtown Lillehammer, where you have 60 minutes to solve the games mission and reveal the room's enigmatic secrets by exploring, find clues, keys and hidden rooms. Everything you need to solve the mysteries is either in the room or hopefully in your heads.



Prices: From NOK 250

Adress: Fåbberggata 115, Lillehammer 2615

Tel: (+47) 94 11 33 33

http://perfectescape.no/lillehammer/



Wheelbob



Are you ready for an adrenalin-filled experience suitable for both adults and children? As the only bobsleigh run in Scandinavia, the Lillehammer Olympic Sli - ding Centre offers activities for speed-lovers at a real Olympic track. The venue hosts international races in winter, but also offers bob and skeleton activities for its visitors. In summer you can try the wheeled bobsleigh, which is similar to the competition sled used in winter - but on wheels - and will take you down the track at speeds of up to 100 km/h. It seats 4 passengers in addition to an autho - rised pilot, and helmets and safety instructions are provided before setting off.

Opening hours: 04.05 - 22.06: Saturdays kl. 10.00-17.00 29.06 - 18.08: Daily kl. 10.00-17.00, 24.08 - 14.09: Saturdays kl. 10.00-17.00

Prices: www.olympiaparken.no/en/activities/wheelbob/ Adress: Hunderfossvegen 680, 2625 Fåberg

Tel: +47 61 05 42 00

www.olympiaparken.no









Hunderfossen High Ropes Course



Try out your Tarzan skills at Hunderfossen's spectacular obstacle course high above the rafting - at heights from 2 to 12 metres above ground, and fly out into 'open air' 80 metres above ground. Here, you are safely attached with harnesses and double sets of carabiners. 5 different levels of difficulty make it possible for anyone over the age of 6 and 120 cm in height, to take part. Children must be accompanied by an adult. 11 new obstacles in the new 'purple' level of difficulty, increased accessibility and a new safety system that increases capacity! The High Ropes Course is open for groups every day throughout the year upon advance booking.

Opening hours: Season from 25.05-06.10. The High Ropes Park is open every day that Hunderfossen Family Park is open (except for green days) from 12.00. See website for details.

Prices: NOK 50.00 per circuit in the High Ropes Park + valid entry tick to the

Family Park

Adress: Fossekrovegen 22, 2625 Lillehammer Tel: +47 61 27 55 30, www.hunderfossen.no



4 Hafiell Bike Park



Hafiell is home to some of Europe's finest lift accessible mountainbiking, with trails suitable for everyone. The park has 15 trails covering 28 km of downhill fun, with difficulty levels from beginner to expert. The bike shop has top quality downhill, enduro, XC and E- bikes ready to give you a great biking experience, either in the park, or on the beautiful Øyer mountain plateau. The gondola is a great experience in itself, and takes you up to Mosetertoppen, the perfect place for a delicious lunch or coffee at Skavlen Restaurant. Isa's diamond hunt - a nature trail starting at Mosetertoppen - is an exciting experience for the very young. If you find all the posts, you get a prize!

Opening hours: www.hafjell.no

Prices: Gondola ticket NOK 80,- Bike rental from NOK 315,-

Adress: Hundervegen 122, 2636 Øyer

Tel: +47 612 74 700

www.hafjell.no/en





15 Sjusjøen Mountain Park



Skillspark and singeltrack for every skill level. Take the bike to the top on gravel roads and trails and enjoy the amazing view from our café at Brannhytta. Contineue on singletrack in the mountains or take one of our downhill tracks back to the bike rental. Our bike shop is a good starting point, and we can offer rental of fullsuspension bikes fo all ages. We can also help you with good advices for you bike ride.

Opening hours: www.sjusjoen-skisenter.no

Prices: Bicycle rent from NOK 310,-

Adress: Sjusjøen Skisenter, Rømåsen 1190, 2612 Sjusjøen.

Tel: +47 452 89 268

www.sjusjoen-skisenter.no



16 Rail Tricycle Rides - AS Valdresbanen

A unique outdoor experience along the tracks, suitable for all. Popular with young families, groups of friends, and as corporate activity. Zoom along as a little train with our new, easy-to-pedal tandem velocipedes. Remember to bring plenty to drink, good food, and maybe some charcoal for a BBO. This is a full-day activity, and is ideal to combine with swimming in Randsfiorden or some beach volley - ball. The most popular route is from Dokka towards Hov, and then back to Dokka. Children aged 10 and over can pedal, whereas younger children have to ride as passengers at the back.

Opening hours: 06.00-23.00 during the period 01/06 - 1/10

Price: 450 per tandem velocipede Adress: Jernbanegata 3, 2870 Dokka

Tel: +47 99 44 87 11

www.valdresbanen.no





Organised bicycle rides and walks

Discover Norway offers prepacked bicycle and hiking tours throughout Norway. In Lil - lehammer and Gudbrandsdalen we offer hiking tours with luggage transfer in Rondane National Park, along the Pilgrims path in Dovrefjell, and along The Peer Gynts trail. The tours go between hotels, with or without tour guide. For groups (min. 6 persons) we tailor make cycling tours in Peer Gynts kingdom and the Lillehammer mountains. Contact us for tour suggestions and price. Tel: + 47 917 25 200, www.discover-norway.no

Guided hikes and bicycle rides in the forest and mountain, Primarily for small groups, Duration of activities varies from 4 hours to a full day, Location: Close to Lillehammer. Season: 10 June - 10 Sept. Tel: 41677672 www.discovernaturenorway.eu

Join like-minded friends, and experience the beauty of nature and the awe-inspiring mountains. Hikes with professional guide are available daily (Sunday to Thursday) during the period june to September 2019. Venabu Fjellhotell og Hytter, Adresse: Rondevegen 860, 2632 Venabygd, Tel. +47 61 29 32 00, www.venabu.no

We would love to take you out for a walk in our own backyard. Ringebu has everything we love to do in the outdoors. Fishing, biking, hiking and peakboarding on splitboard / randonee in winter. You can either book a private tour or join any of our scheduled events. We also arrange some trips to other destinations, including Jotunheimen. All tours have attendance at Værfast. Adress: Hanstadgata 7, 2630 Ringebu, Tel: 47 66 73 53/90 83 72 73, www.vaerfast.no



Organised fishing trips

Discover Nature Norway organize fly and spin fishing course, guided fishing trips to lakes and rivers, guided hikes and bicycle rides in the forest and mountain. Primarily for small groups. Duration of activities varies from 4 hours to a full day.

Close to Lillehammer.

Season: 10 June - 10 Sept. Tel: 416 77 672

www.discovernaturenorwav.eu





Moose Safari

At dusk the moose begins to move. The Chance to see the moose in their natural habitat is very likely. Join us for a real forest adventure and meet the king of the forest in its own element. Our local guides take you on a moose safari in the stunning scenery in the lillehammer region. To see the majestic moose in their natural environment is an unforgettable experience.

Discover Nature Noraway also offers photo-hide hire.

Providers:

Hornsjø Høyfjellshotell: visit@hornsjoe.com, T. 61 26 40 64 Gålå Event: post@visitgala.no, T. 46 64 79 27

Venabu Fjellhotell: venabu@venabu.no, T.61 29 32 00

Kittilbu Utmarksmuseum: T. 47 97 00 82

Discover Nature Norway: discovernaturenorway@gmail.com, T. 41 67 76 72



20 Canoeing and kayaking

To paddle is a family-friendly idyll and a great way to explore nature, for young and old. In the Lillehammer region, which stretches across Gudbrandsdalen, there are countless waters and rivers that can be explored with the paddles in the water surface. Canoeing and kayaking is an activity that allows you to easily reach unspoiled and exciting areas, without having to carry heavy. A nice and relaxing activity for families with children.



Nordseter Fjellpark, Mesnali Leirsted, Thon Hotel Skeikampen Hornsjø Høyfjellshotell, Mageli Camping, Gålå Event, Dalseter Høyfjellshotell, Ruten Fjellstue, Strand Fjellstue, Rondablikk Høyfjellshotell, Spidsbergseter Resort Rondane, Venabu Fjellhotell, Sikkilsdalsseter Fjellstue, Gudbrandsdal Leirskole og Åstdalen ved Siusiøen Husky Tours.

For more information, visit www.lillehammer.com/kano



2 Rollerskis/Biathlon

Birkebeineren Ski and Biathlon Stadium is located in the very heart of Lilleham mer's recreation area. The roller ski course comprises several loops and is 6,3 km long and 8m wide. Tracks are classifed as easy, medium and challenging, and are suitable for all. Year round facilities Sjusjøen Alpine Centre Natrudstilen. Asphalt roller paths of 3,3, 5 and 10 km. Lighted trail of 10 km and biathlon-facilities with 30 stands. 7500 square meters large stadium area suitable for both play and sport activities.

Providers:

Birkebeineren Ski and Biathlon Stadium, Sjøseterveien 29, 2618 Lillehammer www.olvmpiaparken.no

Siusiøen Alpine Centre Natrudstilen www.sjusjoen.no/natrudstilen



Sjusjøen Husky Tours

Dog sledding on wheels by Sjusjøen Husky Tours. Experience beautiful Norwegian mountain landscape together with friendly Alaskan Huskies. During the summer-/autumn season tours are arranged with tough and comfortable troll carts. The two of you go together on one cart with 8 dogs, and you swop positions at half way stop if you are both older than 13 years. As the dogs must be careful in warm weather, tours are set up on request. Usually we will suggest meeting in the evening and in cool mountain areas. No minimum number, After touring we enjoy bread twists on the fire and warm drink.

Opening hours: All days on request

Prices: nok 750,-, children 7-12 nok 450,-(less than 7 years free)

Adress: Place to meet will be given Tel: +47 948 46 270 www.siusioenhuskvtours.no



Mordseter Fjellpark servicesenter

Nordseter Mountain Park, Service Centre is a preferred starting point when you want to get out exploring the Lillehammer Mountains. At Nordseter you are offered unlimited possibilities for hiking and cycling trails or the family-friendly trips on gravel roads in the mountains towards the city, Sjusjøen and Hafell. Rent mountain and hybrid bikes for junior and adults as well as trailers and seats for children. Rent rowing boats and canoe paddling on the lake Nevelvann. Nice café and convenience store and bicycle service.

Adress: Nordseterveien 1361, 2618 Lillehammer

Tel. 93 43 70 00 www.nordseter.no



24 Activity centre

Gudbrandsdal Leirskole: You will find Fagerhøy at famous Peer Gynt Road. You can rent canoes and life saving vests at Gudbrandsdal Leirskole, and you can paddle on the lake that has the same name as the map of Norway. You can combine your visit with different activities, walking and cycling. Combine your visit with a stay in our wilderness camp in the summerseason.

Adress: 2647 Sør-Fron, Tel: 61 28 18 00, www.fagerhoi.no

Camp Sjusjøen: about 20 minutes from Lillehammer, offers climbing for families/ children/ youth. They also have a fun team building trail in the woods suitable for all types of groups. Rental of canoes, swimming area at SouthMesna, soccer feld, volleyball court, hut, freplace, 3 km long light-trail, game room (table tennis, soccer games, ...), archery, toboggan run, outdoor amphitheater, «forest church», playground, jumping castle, camping site.

Adress: Sørmessenveien 23, 2610 Mesnali, Tel: 62 35 93 30, www.mesnali.no





4 Golf/Minigolf

Hafjell Golf - 9 hole park/forest course with large greens and several tees. Our greens have recent years been top 5 in the country. The golf course has a large driving range with 24 bays and a chipping putting green.

The putting course at Nermo Hotell is the only one in Scandinavia with real turf grass. This is a golf course in miniature with bunkers and a lot of water hazard. The length of the holes varies from 15-54 meters.



Adress: Nermosv. 56, 2636 Øver

Tel: 61 27 55 80

www.hafiellgolf.no • www.nermohotell.no



26 Activities in Gålå

Let yourself be tempted by the many engaging activities in stunning surroundings at Gålå! You can select one of the marked bike routes in Peer Gynt's kingdom. You can also choose quieter activities - hiking, fshing and canoeing safaris. Do you want to get a sight of the moose - we can help you. We have no golf course at Gålå, but Frisbee golf are just as entertaining - and you don't need a green card either.



Adress: 2646 Gålå Tel: 46 64 79 27 www.visitgala.no



Horseback riding

Custom riding in scenic rurroundings in the mountains. Rental trips, shorter and longer riding tours with experienced tour guides. From early July to early August, (week 25-41) Dalseterstallen and Venabu Fiellhotell offer riding instruction on the track and half-day trips in the mountains with island horses and fjords.



Providers:

Dalseter Høyfjellshotell: www.dalseter.no, Tel. 61 29 99 10 Rondablikk Høyfjellshotell: www.rondablikk.no, Tel. 61 29 49 40 Spidsbergseter Resort Rondane: www.spidsbergseter.no, Tel. 61 28 40 00 Venabustallen: www.venabustallen.no, Tel. 92 21 34 56 Åsli Ridesenter:www.lillehammer.com/aasli-ridesenter, Tel. 90 06 64 99



28 City Walk in Lillehammer

Wednesday and Thursday from June 19th til August 15th, will guides from Lillehammer Guideunion take you on a free city walk- from Skysstasjonen, the railwaystation, through our beautiful pedestrian zone in Lillehammer, and end up in a very nice park in the south end of the city. The walk takes between 1 and 11/2 hours

If you want to join, meet up at Skysstasjonen at 1045 am.



Tel: 908 64 553 / 901 00 293 More info at LILLEHAMMER GUIDEFORENINGS Facebook pages.



Locally produced and home-cooked food. Warm and friendly atmosphere, welcoming hosts and spectacular scenery.





Company of the year, Gausdal 2018









- Café, lunch, dinner & accomodation -

Opening hours 11.00-20.00

We specialise in local produce and home-cooked food. Allergy-friendly and vegetarian dishes.

Every sunday - large buffet

Hot and cold dishes. Cakes and desserts. 13:00-17:00

Activities

Canoes, boats and bicycles for hire. Farm shop. Horseback riding.

Accomodation

Motorhome pitches. Accomodation in comfortable rooms.



Strandsetervegen 7, 2658 Espedalen

Telephone +47 61 28 57 20







Art Landscape Gudbrandsdalen

When travelling through the beautiful Gudbrandsdal valley, you can seek out artworks made by recognized artists, erected in natural surroundings. Take a detour from the main road and experience more of the valley's distinctive character!



- "Flokk" (The Herd) in Sør-Fron -Down a pleasant pathway and cross the road from Sygard Grytting, you will find an extraordinary collection of 21 tall, extremely narrow bronze statues.
- **The Dragon** Ringebu Stave Church is the most visited attraction in Ringebu, and comprises the feature on which the sculpture "Dragon" by Linda Bakke is based.
- The Mammoth in Fåvang "Mammoth" by Linda Bakke is an exact recreation of a mammoth scull, but in double the size.

For more informastion visit: www.illehammer.com/art-landscape

Cultural experiences Sustainable development is important for Lillehammer & Gudbrandsdalen's tourism industry. We offer experiences rooted in our cultural history and heritage. Become familiar with and show consideration for local traditions, nature and environments during your stay. Ask the region's hosts for recommendations.



🕮 Maihaugen Open-Air Museum 😰 🤠 🧔





Maihaugen offers activities and experiences for the whole family. Enjoy the idyllic surroundings and experience life like in the old days. Popular gudied tours and walking plays every day in the high season. The museum has more than 200 historic houses from as far back as the 13th Century to homes of the different decades of the 1900s, including Queen Sonja's childhood home. Grazing animals in the open-air museum. All year you can visit historical houses, great exhibitions, the museum shop and café.

Opening hours: 2 May - 31 May, every day 10.00-16.00, 1 June-31 August, every day 10.00-17.00, 1 September - 14 Oktober, Tuesday-Sunday 10.00-16.00 15 Oktober - 30 April, Tuesday-Friday 11.00-15.00, Saturday-Sunday 11.00-16.00, Closed: 1 January, 1 May, 17 May, 24-25 December, 31 December,

Prices: See www.maihaugen.no

Adress: Maihaugveien 1, 2609 Lillehammer, Tel: +47 61 28 89 00

www.maihaugen.no





30 Norwegian Postal Museum

The Norwegian Postal Museum at Maihaugen shows Norway's exciting postal history. Learn how important the the postal service has been to develop our country - from the time when it took weeks to deliver a message up to today's electronic communication. See post offices from the past, enter our old train with a postal coach and send a post card with Maihaugen's own postmark. Demonstration of old post vehicles on selected dates in July, and the Postal Museum's treasure hunt with prizes for all the children.

Opening hours: 1 June-31 August, every day 10.00-17.00

Prices: Included in the entrance fee to Maihaugen open-air museum.

Adress: Maihaugveien 1, 2609 Lillehammer

Tel: +47 61 28 89 00 www.postmuseet.no









31 Sigrid Undset's home Bjerkebæk

Welcome to the home of one of Norway's great female writers. Nobel laureate Sigrid Undset (1882-1949) lived at Bierkebæk with her three children. Here she wrote the medieval novels for which she was awarded the Nobel Prize in Literature in 1928. Join in a guided tours in the home (several times daily) and enjoy a walk in the garden. Great new exhibition on Undset's life through her many journeys. The modern visitor centre has a nice café with view to the home and a beautiful garden. Free entrance to the café and the garden.

Opening hours: 20 May-31 August, every day 10.00-17.00.

Saturday and Sunday in September 11.00-16.00.

Prices: www.bjerkebek.no

Adress: Sigrid Undsets veg 16E, 2615 Lillehammer Tel: +4761288900

www.bjerkebek.no





32 Bjørnstjerne Bjørnson's home Aulestad

Experience the atmosphere of beautiful Aulestad! The Nobel laureate Bjørnstjerne Bjørnson lived here with his family from 1875. The museum is one of the best preserved artist homes in Norway and has a beautiful garden. Bjørnstjerne Bjørnson wrote the national anthem. He was an enthusiastic soul, engaged in the matters of his time. Guided tours in the home several times every day. Great exhibition about Bjønsons's death and furneral. Café with sandwiches, blueberry pancakes and more. Free entrance to the garden and the café.

Opening hours: 21 May-31 August, every day 10.00-17.00.

Saturday and Sunday in September 11.00-16.00. Entrance fees: See www.aulestad.no

Adress: Aulestadvegen 6-14, 2656 Follebu Tel: +47 61 28 89 00

www.aulestad.no





Norwegian Olympic Museum

The Norwegian Olympic museum in Lillehammer is a top modern and exciting museum. Be enchanted by unforgettable olympic moments made by athletes from all over the world, and experience olympic history from ancient times to the present day. The Winter Olympics that took place in Lillehammer in 1994 and Oslo in 1952 play a central role in the museum. See medals and other original objects, try out the a biathlon simulator, and get carried away by great movies. New exhibiton: «The fight to take part - women in sport».

Opening hours: 2 May - 31 May, every day 10.00-16.00, 1 June-31 August, every day 10.00-17.00, 1 September - 14 Oktober, Tuesday-Sunday 10.00-16.00, 15 Oktober - 30 April, Tuesday-Friday 11.00-15.00, Saturday-Sunday 11.00-16.00, Closed: 1 January, 1 May, 17 May, 24-25 December, 31 December.

tion, the Norwegian Vehicle Museum. The Norwegian Road Museum is one of

Norway's largest technical museums, and is a fascinating day out for the who-

le family. Take a journey through time with the historical exhibition "Roads

through the ages" or test your knowledge in the interactive traffic safety centre.

This large open-air museum boasts a large collection of machines and vehicles

and offers a variety of activities. Visit our website for the full programme and

Prices: See www.ol.museum.no Adress: Maihaugveien 1, 2609 Lillehammer Tel: +47 61 28 89 00, www.ol.museum.no





34 Norwegian Road Museum





NEW: 9 June will see the opening of the Norwegian Road Museum's new addi-



Opening hours: 15.6-15.8 kl. 10-17 (every day) 16.8-14.6 kl. 10-15 (Tuesday-Sunday)

Price: Free entrance

Adress: Hunderfossvegen 757, 2625 Fåberg

Tlf: +47 61 28 52 50

www.vegmuseum.no

65 Lillehammer Art Museum



Lillehammer Art Museum is one of the leading of its kind in the country, and boasts a large collection of works from Norwegian art history. Parts of the exhibition is permanent, and features original works from renowned Norwegian artists such as J.C. Dahl, Tidemand & Gude, Munch, and many more. In addition, several separate exhibitions are held annually. Visit our website to discover more. Two of the distinctive museum buildings have been designed by Snøhetta architects, and are

Daily tour 1 July - 18 August 14:00

Opening hours: 1. september - 31. May: Tuesday - Sunday 11-16, 1. June - 31. August: every day 10-17, Closed 1. January, 1. May, 17. May, 24.-26. December and 31. December.

Admission: www.lillehammerartmuseum.com

attractions in their own right. Visit our shop and café.

Adress: Stortorget 2. 2609 Lillehammer

Tel. +47 61 05 44 60. www.lillehammerartmuseum.com



Galleri Zink

Gallery Zink presents visual art and handcraft of high quallity and diverse artistic expression. Temporary exhibitions as well as commissioned contepo - rary art by artists from all over the country.



Opening hours: Monday (15.06-25.08) 1700-1700, Tuesday-Friday: 1200 - 1700, Saturday: 1100 - 1600, Sunday: 1300 - 1600

Prices: Adults: NOK 100,- Children: NOK 70,- Children under 18 years: Free Adress: Storgaten 47, 2609 Lillehammer,

Tel: +47 48 19 23 03

www.gallerizink.no



Gudbrandsdal War Collection

Gudbrandsdal War Museum is located in Kvam. The collection includes models, objects, photographs, drawings, maps, documents, films, computer programs and sound depicting the following topics: The second world war in Gudbrandsdalen - events in april 1940 - the years of occupation, 1940-45 - and the liberation.

Opening hours: 1 of June-20 of August

Prices: Adults NOK 80,- Children free, Groups (min 10 persons) NOK 70,-

Adress: Linvegen 18 2642 Kvam

Tel: 45 60 46 08 www.krigsminne.no





38 Kittilbu open-air museum



Kittilbu, a small mountain pasture village, is situated in between Gausdal Vest - fiell and Valdres. The museum tells the story of how people have been using the mountains, all the way back to the stone age. The museum is surrounded

by nature, and there are good fishing opportunities and hiking terrain close by. At the museum, you can walk along a historical trail, visit a historic mountain farm and taste traditional food, produce iron and learn how to smoke fish. The Kittil - bu open-air museum also provides visitor information for the Langsua

National Park.

Opening hours: 11:00-16:00

Prices: Depends on activity. Contact us for questions.

Adress: Vestre Gausdal

Tlf. 47 97 00 82 www.randsfjordmuseene.no







Skibladner

History in motion Welcome to a world of exciting sights, sounds and smells. Unspoiled scenery. Warm hospitality. And a ship that's celebrating over 160 years of service. Powered by a triple-expansion steam engine driving her large paddle wheels offers a unique and genuine taste of travel by steamship in the second half of the 19 th century. Skibladner is the world's oldest preserved paddle steamer still in timetabled service. Skibladner is a treasure chest full of discoveries for everyone, big and small. Welcome aboard!

Season: Regular route 25 of June -18 of August 2019 - From Lillehammer kl.15.00 Tuesday, Thursday and Saturday, Charter in weeks 21, 22, 23, 24, 25, 34, 35

Prices: from NOK 170,- until NOK 370,- pp

Adress: Brygge Lillehammer: Vingnesgata, 2608 Lillehammer

Tel: 61 14 40 80 www.skibladner.no





40 Lysgårdsbakkene Ski Jumping Arena

Lysgårdsbakkene Ski Jumping Arena is Lillehammer`s major landmark. The faci lity consists of a large and a small ski jumping hill - HS 138 and HS 100. Both hills have a plastic coating for all-year-round jumping, and are in frequent use both summer and winter. Take the chairlift to the top and enjoy the fantastic views from the Ski Jump Tower. If you like, you can walk the 954 steps to the bottom of the hill - or just let the lift take you down. There is a souvenir shop with a wide selection of gifts in the arena.

Opening hours: Ski Jump Tower/chairlift

18.05.-31.05. Daily. Kl. 09.00-16.00, 01.06.-15.09. Daily Kl. 09.00-19.00, 21.09.-

29.09. Saturday/Sunday Kl. 10.00-16.00 Prices: www.olympiaparken.no/no/anleggene/lysgardsbakkene-hoppanlegg/

apningstider-og-priser Adress: Birkebeinervegen 122, 2618 Lillehammer

Tel.+47 61 05 42 00, www.olympiaparken.no







41 Ringebu Stavechurch and Rectory

Christianity was introduced to Norway around 1000 AD, and in the years to follow some one thousand stave churches were built. Ringebu Stave Church dates back to around 1220, and is one of the country's 28 remaining buildings

Opening hours: 2 of June -25 of August daily 09.00 til 17.00.

(The church is closed when there is religous events)

Prices: Adult NOK 70, child/senior NOK 40. One ticket Ringebu Stavchurch and Ringebu, Rectkory: Adult NOK 100, Child NOK 60, Groups NOK 80,-

Adress: Gråvåbakken 104, 2630 Ringebu

Tel: +47 612 81 374 or 940 30 047. Kirkekontoret 61 28 43 50

www.stavechurch.no



Ringebu Rectory

Ringebu rectory from 1743 is located in beautiful surroundings just north of Ringebu Stave Church. The vicarage served as rectory until 1991. It is now pro - tected and restored as a historical adventure in itself. The museum consists of five buildings and a historic rose garden. Enjoy a coffee in the garden or let our guides give you a tour in the vicarage. From June till august, new exhibitions will appear in the vicarage. The main activities of the vicarage are:

Art Exhibitions Stave Church Exhibition • Historical Rose and Perennial Gardens • Kindergar ten and School of Art exhibition.

Opening hours: 1 june - 2 september, daily 10.00 til 17.00.

Prices: Adult NOK 60, child NOK 40, senior/group NOK 50. One ticket Ringebu Rectory and Ringebu, Stavechurch: Adult NOKr 100, Child NOK 60, Group NOK 80

Adress: Vekkomsvegen 433. 2630 Ringebu Tel. +47 61 28 27 00/ +47 976 87 950 www.ringebuprestegard.no





43 Dale-Gudbrands Gard

Dale-Gudbrands Gard sits on the foundations of settlements dating back thousands of years, and is fully protected. The heritage farm comprises 6 buildingsfeaturing Dale-Gudbrands Gard consists of 6 houses with 16 high standard rooms, 1 suite, 7 rooms of simple standard and several function halls, and is also home to Gudbrandsdalsmusea regional museum and the Pilgrim Centre. A number of burial mounds can be found in its grounds, and in 2021 it will play a key role in the 1000th anniversary of the Christianisation of Gudbrandsdalen. The farm was first mentioned in writing in Snorre's sagas around AD 1200. Today, guests are welcome to Dale-Gudbrands gard by the Frich family.



Adress: Hundorpgjeilen 12, 2647 Sør Fron Tel: 91 15 89 38 / 90 09 88 87 www.dale-gudbrandsgard.no



44 Sygard Grytting

Old manor farm typical of Gudbrandsdalen with rare intact courtyard and interiors. Beatiful view. The Grytting family has welcomed travellers since the Middle Ages. The 16th generation offers a guided tour in the houses in combination with accommodation and/or dinner. The buildings dating from 1300-1850.



Opening hours: Reservation is required Adress: Kongsvegen 999, 2647 Sør-Fron Tel: +47 61 29 85 88/ +47 91 30 67 50 www.grytting.com

GUDBRANDSDALEN AND LILLEHAMMER SUMMER 2019 GUDBRANDSDALEN AND LILLEHAMMER SUMMER 2019

45 Rudi Gard

In the barn the smell of dried grass and above us looms a solid framework of rough timber. Revue Artists, musicians artists challenge beams and eardrums. Rudi Gard offers concerts, comedy, theater, exhibitions and refreshments. The farm is in full operation, in a lovely landscape with many cultural sites. Fjostrevet, the main stage, has a capacity for 450 persons in intimate atmosphere.

Adress: 2647 Sør-fron Tel: +47 91 38 53 88 www.rudigard.no

46 Nermo Hotell

Nermo is a family run hotel. For nearly 150 years travellers have sought out the hotel. Johannes Nermo, fifth generation, along with his wife Susan is now running the hotel. Royalty, heads of state, leading groups and families appreciate Nermo's hospitality. With 31 unique rooms, 53 apartments, ski in & out to Hafjell and close to Lillehammer, Nermo is a good place to stay. Nermo is also known for its homemade food with ingredients from local farmers. Member of Historic hotels & Restaurants

Adress: Nermosvegen 56, 2636 Øyer Tel: 61 27 55 80 www.nermohotell.no





47 Aquavitfjøset

This is the original goat barn from the 1850s. The smell is gone but the traditions and stories remain in the walls. In the bar we serve numerous kinds of this noble drink, over one hundred of them. Inside the "barn" you will be brought on a journey into the world of Aquavit and also get to know the history of the old summer mountain farm better. Opening hours: The barn is open minimum 1 hour during the weekned and otherwise on request for groups.

Opening hours: The barn is open minimum 1 hour during the weekned and otherwise on request for groups.

Prices: No entry fee, you only pay for what you drink Adress: Flaksjølivegen 82, 2632 Venabygd

Tel: +47 61 28 40 00 www.spidsbergseter.no



48 Peer Gynt at Gålå

Everything is set for a completely new "Peer Gynt" at Gålå in 2019.

Director Marit Moum Aune has put together her dream team of the country's best actors along with solo dancers from the Norwegian National Ballet. Scenography by Snøhetta creates a powerful visual expression. Peer Gynt: Pål Christian Eggen.

Other experiences include Kåre Conradi, Mari Eriksmoen, and a 15-piece big band performing the "By Rondane" mountain concert, a Morning Mood concert with Nils Bech, and the theatre concert "Solveig" with Heidi Ruud Ellingsen in Sør-Fron church.









49 Night of the Trolls at Hunderfossen 🕏



By the foot of the blue mountain towers the Fairytale Castle, and the Troll who turned into stone glares down at the idyllic King's Estate on the banks of river Gudbrandsdalslågen. After sunset, on 16 evenings in July and August, the amphitheatre stages the new, spectacular fairytale performance, "Askeladden and the troll who stole the sun" - with professional actors and lots of humour, music, and excitement. Directed by Gard Eidsvold, written by Mathias Calmeyer, and with music by Eirik Myhr, this play promises to be a great success! To date, over 90,000 people have experienced the Night of the Trolls at Hunderfossen.

Dato: 13 July-03 August 2019 from 21:30-23:15 Prices: NOK 285,- online www.hunderfossen.no

www.hunderfossen.no







TYRILI KLATRING

NORGES RÅESTE KLATRESENTER

Opening Hour

Mon-Thu 12:00-22:00 Fri-Sun 12:00-20:00

Special hours please visit web page



With the new AutoBelay you can now climb on your own

Trublue Autobelay will be ready to use within May 2018

Tyrili Klatring is one of the most innovative climbing gym in Norway

With a 14.75m tall rope wall and a lot of space for bouldering there will be no limit for what our vertical challanges will be

It's possible to pay for a climbing instructor to belay you or a personal belay partner, or just to have someone to give you some good advice while bouldering

Entry Fee

Drop-In 0-4 Year 5-15 Year

5-15 Year 50,- / 70,-Adult (from 16year) 80,- / 100,-Family climbing 900,- NOK

2 adults with up to 3 children (a Harness and belay included Day / Evening/Weekends Free with paying customer

50,- / 70,- NOK 80,- / 100,- NOK

www.tyriliklatring.no

GPS 6111862, 10.45727
TYRILI KLATRING ANDERS JOHANSENSVEI 10
2615 LHMR 47 47 40 03



HAFJELL - eldorado for biking!

Hafjell has great opportunities for all kinds of cycling; try **Hafjell Bike Park** on a downhill bike or enjoy the big network of single trails and gravel roads.

Bring your bike up with the Gondola and start experience Hafiell on two wheels!

hafjell.no





50 Lillehammer City Center

Lilleammer's charming shopping precinct comprises 75 outlets and 20 cafès & restaurants! Furthermore, the city can offer 2 galleries, 7 hotels, hair salons, pharmacies, banks and other services! In Søndre Park, a popular green oasis, you'll find a charming cafè open daily. Do not miss the beautiful Mesna river. Lillehammer was granted town status as early as 1842.

Opening hours: Mon-Sat 09.00-18.00 Lillehammer Sentrum Drift AS Adress: Sigrid Undsetsplass, Storgata 49, 2609 Lillehammer Tel: +47 61 05 77 80, www.lillehammersentrum.no



51 Village of Ringebu

The charming village Ringebu has a big selection of special shops and a wel - coming pedestrian zone. In 2011 Ringebu was awarded with the "Bymiljø - prisen" (the price for the most welcoming and cozy city) with competition from sixteen other places and cities in Norway.«Landsbygalleriet Ringebu» is an outdoor photo gallery in Ringebu village, accessible to visitors all year round. The pictures are taken by local photographers, as well as one guest photographer, all from the age of 15 to 75. The pictures are located on selected houses around the central area of Ringebu village, and the motives are changed four times a year. This makes the gallery a dynamic attraction for all visitors."



Opening Hours: Mon-Fri 09.00-17.00, Sat 09.00-15.00 www.ringebu.com



52 Vinstra

Vinstra is a rural town in the heart of Gudbrandsdalen. It has two welcoming shopping centres, and also a shopping street, Nedregate, with the railway station, council building, and the green oases Stasjonsparken and Palmer hagen nearby. The town is surrounded by beautiful villages, and offers easy access to outdoor adventures. River Gudbrandsdalslågen, which with its 204 kilometres is one of the country's longest watercourses, flows straight through the town centre. The area is famous for its Peer Gynt Festival, and in its wake Vinstra has flourished as a cultural scene.





53 Village of Dokka

Dokka is a vibrant village with winter & Christmas markets, Village Fete, and other rural events. Dokka Camping has been voted Norway's best camp site for two years in a row, and is a popular venue for dance events and concerts during the summer season. Shopping in Dokka is an enjoy - able experience, and the village is renowned for its excellent personal service and friendly people. In summer, it is possible to rent a velocipede car and ride along the Valdres line to the Dokka Delta National Wetlands Centre and Nature Reserve. Lands Museum, providing insights into the cultural and natural history of the area, is within walking distance of the village centre.





The porcelain manufacturer MENT can be found 10 minutes north of Lillehammer. It is the main tableware supplier to the underwater restaurant UNDER for 2019, and its design has attracted national as well as international interest. Every week, doors open to 400 sq m of production history, innovative design, and a stunning spectrum of colours in the old ski factory at Fåberg







55 Strandtorget

Strandtorget Shopping Centre offers shopping from dawn to dusk! Strand - torget can boast 65 shops, café and restaurant - all under one roof, 1000 free parking spaces and +20°C all year round. 15 minutes walk from the centre of Lillehammer. Let yourself be tempted by the varied selection of shops and many great deals! Opening hours: Mon-Fri kl. 09.00-20.00, Sat kl. 09.00-18.00 Adress: Strandpromenaden 85, 2609 Lillehammer Tel: +47 61 25 15 50, www.strandtorget.no





56 Fabrikken

Fabrikken, a former furniture factory in central Lillehammer, is a centre for the arts, culture and creative industries, Fabrikken contains 30 small businesses offering glass art, visual art, interior design, clothes, jewellery design and more. Ideal for anyone looking to enjoy and purchase art and handcraft in a unique environment.

Opening hours: Mon - Fri 10.00 - 16.30, Sat 12.00 - 15.00 Reduced opening hours in July Adress: Løkkegata 9, Tel: +47 400 01 989, www. Fabrikken.org





52 Hett Glass

Welcome to Hett Glass! A glass studio and gallery in Fabrikken Lillehammer. We design and produce functional objects in our hot-shop, which is open to the public. Visit us, enjoy a wide range of unique art, experience the glassblowing process from start to fi nish, and have the opportunity to blow your own glass or create a custom design project with our team. Welcome to a unique experience! Visit our website or contact us for more information.

Opening hours: Mon-Fri kl. 10.00-16.30, Sat kl 12.00-15.00 Adress: Fabrikken, Løkkegata 9, 2615 Lillehammer Tel: +47 41 22 98 95, www.hettglass.no





58 Blåswixbutikken Concept Store

Welcome to our activity shop! Here you will find a waxing cabin, museum, coffee shop, a large variety of poles, ski waxes and waxing tools from Swix and Toko. Swix, Ulvang and Lundhags apparel, team collections from Origi - nal and our Outlet. How to find us: By bus #211 Lillehammer Skysstasjon - Segalstad Bru/ Svingvoll/ Skeikampen. Bus stop "Hovearmen". By car: E6 exit #83 to Gausdal, Highway 255. Opening hours: Mon-Wed 10:00-17:00, Thursday-Friday 10:00-20:00, Saturday 10:00-16:00, Adress: Blåswixvegen 5, 2624 Lillehammer, Tel: (+47) 41 56 51 06, www.swixsport.com





59 Fjellrypa sports and interior shop

Fjellrypa is the Norwegian name for mountain grouse and also an exciting sports and interior shop at Spidsbergseter Resort Rondane. You will find clothes, jewellery, interior items, souvenirs, sports items and handicraft. It's much to choose between and everything is carefully selected which makes for an exciting shopping experience.

Adress: Spidsbergseter Resort Rondane, Flaksjøvegen 82, 2632 Venabygd Tel. 61 28 40 00, www.spidsbergseter.no





60 Værfast

Værfast is a business concept selling items like hiking, biking, fishing, and snowboarding gear, and features a cafe offering homemade uncomplicated dishes, yummy bakery products, and freshly brewed coffee.

We hope that the locals, cabin owners and passers by will find their way to Værfast for a chat about gear, a good cup of coffee, or maybe some après work/après bike/après ski. Come and hang out with us!

Adress: Hanstadgata 7, 2630 Ringebu, Tel. 47667353/90837273, www.vaerfast.no



Food and nightlife





















Bryggerikjelleren Restaurant og Bar





Frich's Spiseri Maihaugen

Maihaugveien 1, 2609 Lillehammer Tel. 48 11 06 00 www.frich.no



Heim Gastropub

Storgata 84, 2609 Lillehammer, Tel. 61 25 10 15 www.heim.no



Hvelvet Restaurant

Stortorget 1, 2609 Lillehammer Tel: 907 29 100 www.hvelvet.no



Lillehammer Mikrobryggeri

Elvegata 19, 2609 Lillehammer Tel: 61 25 28 90 / 950 19 108 www.lillehammerbryggeri.no



Nikkers

Elvegata 18, 2609 Lillehammer Tel: 61 24 74 30 www.nikkers.no



Nikkers Sport

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> Elvegata 18, 2609 Lillehammer Tel: 61 24 74 30 www.nikkers.no



Park Cafe'n

Storgata 26, 2609 Lillehammer, Tel. 61 25 08 85 www.parkcafen.no



Paa Bordet (Catering)

Nordseterveien 45 (Håkons Hall) 2618 Lillehammer, Tel. 61 25 30 00 www.paabordet.no



Salt & Pepper

Turisthotellveien 6, 2609 Lillehammer Tel. 61 28 60 26/61 28 60 00 www.lillehammerhotel.no



Stasjonen Cafe, Restaurant & Bar

Jernbanetorget 4, 2609 Lillehammer Tel: 61 26 00 24 www.stasjonen.no



Swix Cafè

Blåswixvegen 5, 2624 Lillehammer Tel. 415 65 106 www.swix.no



Telemarkstunet

Kantveien 135, 2618 Lillehammer Tel: 61 26 41 41 www.telemarkstunet.no



Toppen Skybar, Mølla Hotell, Elvegata 12, 2609 Lillehammer

Tel: 61 05 70 80 www.mollahotell.no



Bakeri og Kafé, Nordseter Fjellpark Servicesenter

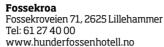
Nordseterveien 1351, 2618 Lillehammer Tel: 99 43 70 00 | www.nordseter.no







Lillehammer Fjellstue Sørlia 40 Tel: 61 27 77 70 www.Hafjelllodge.no







Fjøset Hundervegen 4B, 2636 Øyer Tel: 46 86 43 17 www.facebook.com/Fjøset-149746091810756/



Gaiastova Lundstadmyrvegen 250, 2636 Øyer Tel: 61 28 55 50 www.gaiastova.no



Glomstad Gjestehus Nord-Trettenvegen 471, 2635 Tretten Tel: 41 46 80 15 www.glomstadgjestehus.no







Lysaker Gjestgiveri Hunderfoss vegen 757, 2625 Fåberg | Tel. 61 28 52 83 www.lysakergjestgiveri.no

Nermo Hotell Nermosvegen 56, 2636 Øyer Tel: 61 27 55 80 www.nermohotell.no



Pellestova Hotell Hafjelltoppen, 2636 Øyer, Tel. 61 27 45 00 www.pellestova.no



Restaurant Hafiell Hotell Hundervegen 33, 2636 Øyer Tel: 61 28 55 50 www.hafjellhotell.no

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Skavlen Pjeksen 11, Mosetertoppen, 2636 Øyer Tel. 40 40 15 08 www.hafjell.no/servering-afterski



Smak Restaurant Scandic Hafiell Hundervegen 1, 2636 Øyer Tel: 61 27 77 77 | www.opplevhafjell.no



Trollsalen Restaurant 2625 Lillehammer Tel: 61 27 40 00 www.hunderfossenhotell.no



Woody's Hafjell Hundervegen 106, 2636 Øver Tel. 40 00 25 02 www.rykreis.no



Thon Hotel Skeikampen Restaurant & Vinbodega Hotellvegen 3, 2652 Svingvoll Tel. 61 28 50 00 www.thonhotels.no/skeikampen



Dalseter Høyfjellshotell Espedalsvegen 2346, 2658 Espedalen Tel: 61 29 99 10 | www.dalseter.no



Ruten Fiellstue Espedalsvegen 2418, 2658 Espedalen Tel: 61 29 73 20

www.ruten.no



Strand Fiellstue Strandsetervegen 7, 2658 Espedalen Tel: 61 28 57 20 www.strand-fiellstue.no



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Hotell Rondablikk Rondablikkveien 1208, 2642 Kvam Tel: 61 29 49 40 www.rondablikk.no



Dale-Gudbrands Gard Hundorpgieilen 12, 2647 Sør-Fron Tel: 91 15 89 38 www.dale-gudbrandsgard.no



Værfast Hanstadgata 7, 2630 Ringebu Tel. 47 66 73 53 / 908 37 273 www.vaerfast.no



Skåbu Fjellhotell, 2643 Skåbu Tel. 61 29 55 86/61 29 55 00 www.lvkkiafiellgard.no www.skabufjellhotell.no



Sygard Grytting Harpefoss, 2647 Sør-Fron Tel: 61 29 85 88 www.grytting.com



Synnfjellporten Synnfjellvegen 1186, 2880 Nord-Torpa Tel. 90 28 06 81 www.synnfjellporten.no



Aguavitfigset Spidsbergseter Resort Rondane Flaksjøvegen 82, 2632 venabygd Tel: 61 28 40 00 I www.spidsbergseter.no



LundeKroa Venabygdsfjellet, 2632 Venabygd Tel: 61 28 40 43 www.lundes.no





CINEMA EVERY DAY

Our theatre is open every day during summer, and we offer a wide range of titles. The majority of our screenings we show with original language, except some films for the youngest children.

Welcome to the cinema in Lillehammer!

Kirkegata 69, 2626 Lillehammer

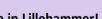


Villreinen Cafè og Bar Spidsbergseter Resort Rondane Flaksjøvegen 82, 2632 venabygd Tel: 61 28 40 00 | www.spidsbergseter.no



Venabu Fjellhotell og Hytter Rondevegen 860, 2632 Venabygd Tel: 61 29 32 00 www.venabu.no





Accommodation







Hytter/Leiligheter Cabins/Apartment:











Birkebeineren Hotel & Apartments Birkebeinerv. 24, 2618 Lillehammer Tel: 61 05 00 80 www.birkebeineren.no



Clarion Collection Hotel Hammer Storgata 108b, 2615 Lillehammer Tel: 61 26 73 73 www.nordicchoicehotels.no



First Hotel Breiseth Jernbanegata 1-5, 2609 Lillehammer Tel: 61 24 77 77 www.firsthotels.no/breiseth



HI Lillehammer - Stasjonen Hotell Jernbanetorget 4, 2609 Lillehammer Tel. 61 26 00 24 www.stasjonen.no



Jorekstad Ferieleiligheter Jørstadmoveien 690 | 2625 Fåberg Tel: 60 05 70 60 www.jorekstad.no



Lillehammer Camping Dampsagv. 47, 2609 Lillehammer Tel: 61 25 33 33 www.lillehammer.camp



Molla Hotell Elvegata 12, 2609 Lillehammer Tel: 61 05 70 80 www.mollahotell.no



Scandic Lillehammer Hotel Turisthotellveien 6, 2609 Lillehammer Tel. 61 28 60 00 www.scandichotels.no/lillehammerhotel



Scandic Victoria Lillehammer Storgata 84 B, 2609 Lillehammer Tel: 61 27 17 00 www.scandichotels.no



Skogli Helse- og Rehabiliteringssenter Fredrik Colletsvei 13, 2614 Lillehammer Tel: 61249100 www.skogli.no



Suttestad Gård, Suttestady, 17, 2613 Lillehammer Tel: 46 85 56 33 suttestadgaard@gmail.com



Overgaard Overnatting Jernbanegt, 24, 2609 Lillehammer Tel: 92 22 28 93 | oevergaard@gmail.com www.oevergaard.no



Lillehammer Fjellstue og Hytteutleie Nordsetervegen 1330, 2618 Lillehammer Tel. 61 27 00 00 www.lillehammerfjellstue.no



Nordseter Apartments Nordseterveien 1290, 2618 Lillehammer | Tel: 61 26 41 00 www.llillehammerfjellstue.no



Nordseter Fjellpark Booking Nordseterveien 1351, 2618 Lillehammer, Tel: 99 43 7000 #1 www.nordseter.no



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Arctic Dome Åstdalen, 2612 Sjusjøen Tel: 94 84 62 70 www.sjusjoenhuskytours.no



Hafjell Hotell Hundervegen 33, 2636 Øyer, Tel. 61 28 55 50 www.hafjellhotell.no



Hafjell Resort Hundervegen 33, 2636 Øyer Tel: 61 28 55 50 www.hafjellresort.no



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Garden Cottage 2372 Brøttum Tel. 62 34 32 69 www.richardson.no/cottage



Camp Sjusjøen Sørmessenveien 23, 2610 Mesnali Tel: 62 35 93 30 / 40 40 53 54 www.mesnali.no



Hafjelltoppen Apartments Gaiastova Lundstadmyrveien 240, 2636 Øyer Tel. 61 28 55 50 www.hafjellresort.no



Hornsjø Høyfjellshotell Hornsjøvegen 1845, 2636 Øyer Tel: 61 26 40 64 www.hornsioe.com

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Aggahytter Panorama Storslåvegen 56, 2636 Øyer Tel. 91 83 88 98 www.moseter.no



Fossegården Motell Hundervegen 282, 2636 Øyer Tel: 61 27 41 03 www.fossegarden.no



Hunderfossen Camping Fossekrovegen 90, 2625 Lillehammer Tel: 61 27 73 00 www.hunderfossen-camping.no



Hunderfossen Hotell & Resort Fossekroveien 71, 2625 Lillehammer Tel: 61 27 40 00 www.hunderfossenhotell.no



Glomstad Gjestehus Nord-Trettenvegen 471, 2635 Tretten Tel: 41 46 80 15 www.glomstadgjestehus.no



HafjellKvitfjell Booking Stasjonsvegen 19, 2634 Fåvang Tel: 61 24 90 00 www.hafjell.no



Ilsetra Hafjelltoppen, 2636 Øyer Tel: 61 27 52 52 www.ilsetra.no



Mageli Camping og Hytter Kongsveien 2220, 2635 Tretten Tel: 61 27 63 22 www.magelicamping.no

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Mosetertoppen Panorama Storslåvegen 86, 2636 Øyer Tel. 91 83 88 98 www.moseter.no



Nermo Hotell & Apartments Nermosvegen 56, 2636 Øyer Tel: 61 27 55 80 www.nermohotell.no





Odden Camping Kongsvegen 510, 2636 Øyer Tel: 61 27 83 26



Pellestova Hotell- 970 moh. Hafielltoppen, 2636 Øyer, Tel. 61 27 45 00 www.pellestova.no



Rustberg Hytter og Camping 2636 Øver Tel: 61 27 77 30 www.rustberg.no



Rybakken Camping Rybakken, 2636 Øyer Tel. 97 09 37 30 www.rybakken.com



Scandic Hafjell Hundervegen 1, 2636 Øyer Tel: 61 27 77 77 www.scandichotels.no/hafjell



Skarsmoen Gård Kongsvegen 1091, 2636 Øyer Tel: 993 94 436 www.skarsmoen.no



Aasletten Pensjonat og Hytter Hundervegen 92, 2636 Øyer Tel: 61 27 76 12 www.aasletten.no



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Skeikampen Booking Sanatorievegen 27B. 2652 Svingvoll Tel: 61 22 80 00 www.skeikampenbooking.no

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Thon Hotel Skeikampen Hotellvegen 3, 2652 Svingvoll, Tel. 61 28 50 00, www.thonhotels.no/skeikampen



Dalseter Høyfjellshotell Espedalsvegen 2346, 2658 Espedalen Tel: 61 29 99 10 www.dalseter.no



Elgtårnet i Espedalen c/o Dalseter, Espedalsvegen 2346 2658 Espedalen, Tel. +47 90 83 77 73 www.elgtarn.no

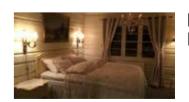


Paulsrud Gård Paulsrudvegen 10, 2653 Vestre Gausdal Tel: 90 95 57 66 www.gaardsferie.com



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Ruten Fjellstue Espedalsvegen 2418, 2658 Espedalen Tel. 61 29 73 20 www.ruten.no



Strand Fjellstue Strandsetervegen 7, 2658 Espedalen Tel: 61 28 57 20 www.strand-fjellstue.no



Veisten Landhotel Veistensgutua 37, 2653 Vestre Gausdal Tel. 98 62 36 41 www.veistenlandhotel.no





Sikkilsdalsseter Fjellstue Sikkilsdalsseter, 2643 Skåbu, Tel: 48 13 06 62 www.sikkilsdalen.no



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Dale-Gudbrands Gard Hundorpgjeilen 12, 2647 Sør-Fron, Tel: 91 15 89 38 www.dale-gudbrandsgard.no



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Gudbrandsdal Leirskole Fagerhøy Fagerhøy, 2647 Sør-Fron Tel: 61 28 18 00 www.fagerhoi.no



Skåbu Fjellhotell, 2643 Skåbu Tel. 61 29 55 86/61 29 55 00 www.lvkkiafiellgard.no www.skabufjellhotell.no



HafjellKvitfjell Booking Stasjonsvegen 19, 2634 Fåvang Tel: 61 24 90 00 www.kvitfjell.no



Gålå Fjellhytter Peer Gyntlia, 2646 Gålå Tel: +45 23 37 68 78 www.gala-fjellhytter.no



Rudisetra 2647 Sør-Fron Tel: 61 29 86 60 www.rudigard.no



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Høve Gård Vekkomvegen 218, 2630 Ringebu, Tel. 97 59 85 06 www.timbr.as/hoye-gard/



Rondevegen 770, 2632 Venabygd, Tel: 61 28 40 43, www.lundes.no



Sygard Grytting Historisk hotell Harpefoss, 2647 Sør-Fron Tel: 61 29 85 88 www.grytting.com



Kirketeigen Ungdomssenter og Camping, Bygdahusvegen 9, 2642 Kvam Tel. 61 21 60 90, www.kirketeigen.no



Spidsbergseter Resort Rondane Flaksjølivegen 82, 2632 Venabygd, Tel. 61 28 40 00 www.spidsbergseter.no



Venabu Fjellhotell og Hytter Rondevegen 860, 2632 Venabygd Tel: 61 29 32 00 www.venabu.no



Kvamhytta 2642 Kvam Tel: 907 78 999 www.kvamil.no



Hotel Rondablikk Rondablikkveien 1208, 2642 Kvam Tel: 61 29 49 40 www.rondablikk.no





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Go Rafting Sioa Heidalsvegen 829, 2677 Nedre Heidal Tel: 61 23 50 00 www.rafingsioa.no

Sioa Raftingsenter Gudbrandsdalsvegen 430, 2670 Otta Tel. 47 66 06 80 www.sioaraftingsenter.no







Norgesbooking - hytteutleie Lillehammerregionen Tel. 32 08 57 10, post@norgesbooking.no www.norgesbooking.no

HOW TO GET AROUND - Eco-friendly transport

Gudbrandsdalen offer numerous opportunities for eco-friendly travel. Car is the most convenient form of transport in the region, but bicycle, bus, and train are excellent alternatives. Lillehammer Skysstasjon is the main bus terminal, railway station, and taxi rank. Further north in Gudbrandsdalen, the main transport hubs are Ringebu Skysstasjon and Vinstra Skysstasjon. The E6 (the main north-south artery in Norway) runs through Lillehammer and Gudbrandsdalen.

By bus: There are bus services to most of Lillehammer's attractions every half hour, and there are also daily departures to Nordseter and Sjusjøen. During the summer months there are buses to the family parks in the region, and selected mountain destinations: Hunderfossen Adventure Park, Lilleputthammer, Hafjell Bike Park, Nordseter, Sjusjøen, Hafjell, Skeikampen, Espedalen, Skåbu and Venabygdsfjellet. For timetables, please see www.en-tur.no.

By train in Gudbrandsdalen: The Dovre train will stop in Lillehammer, and has three daily services northbound to Trondheim, There are stops at Hunderfossen, Ringebu, Vinstra, Kvam, Otta, Dovre, and Dombås north in Gudbrandsdalen. For timetables and tickets, please see www.nsb.no

Transport

Taxi Lillehammer. Hafiell, Over og Tretten Tel: 06565, www.06565.no



Unibuss. Tel: 91 60 05 05. www.unibusstur.no UNIBUSS | TUR

HKB Turbuss Tel: 99 55 33 36, www.hkh-turhuss.no



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Opening hours: 7 AM - 9 AM on appointment Prices: From NOK 200 - 1.000, pls refer to website Adress: Storgata 130, Lillehammer, Tel: 47 70 53 63, www.ekilibre.no

Scandic Lillehammer Hotel Wellness Centre

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Adress: Turisthotellyeien 6, 2609 Lillehammer Tel. 61 28 60 00 www.scandichotels.no/lillehammerhotel





Skeikampen Spa

Skeikampen Spa is located at Thon Hotel Skeikampen. This is the place for mental relaxation where you can enjoy treatments for body and face that will give you new energy and inspiration. Here you can relax under the stars in the iacuzzi, listening to the waterfall and enjoy comprehensive and result-oriented treatments from one of our skilled therapists.

Before and after the treatment, you can use our traditional sauna and steam room, soak in the two jacuzzis or simply wind down in the relaxation area. Step inside the door at Skeikampen Spa today and experience a new world!

Opening hours: Every day 10-19 Booking required! Adresse: Hotellyegen 3, 2652 Svingvoll Tel. 61 28 50 00 www.thonhotels.no/skeikampen





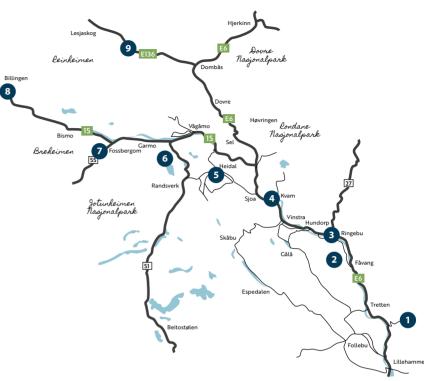
Event companies

Lillehammer Olympiapark Tel: 61 05 42 00 Gålå Event Tel. 99 12 42 39 Tel: 61 28 73 20 **Gyro Conference AS** Tel. 612 75 000 **Hafjell Event** Event 61° Nord Lillehammer Tel. 91 10 90 34 Tel. 45 47 90 40 **Team Kreaktiv** Frakke Folk Tel. 90 06 01 89

www.olvmpiaparken.no www.visitgala.no www.gyroconference.no www.hafjellevent.no www.event61.no www.teamkreaktiv.no www.frakkefolk.no



Join us on a journey through Gudbrandsdalen, a journey in traditions and exciting flavours. Taste the valley!



STOPS / LOCAL FOOD PRODUCERS

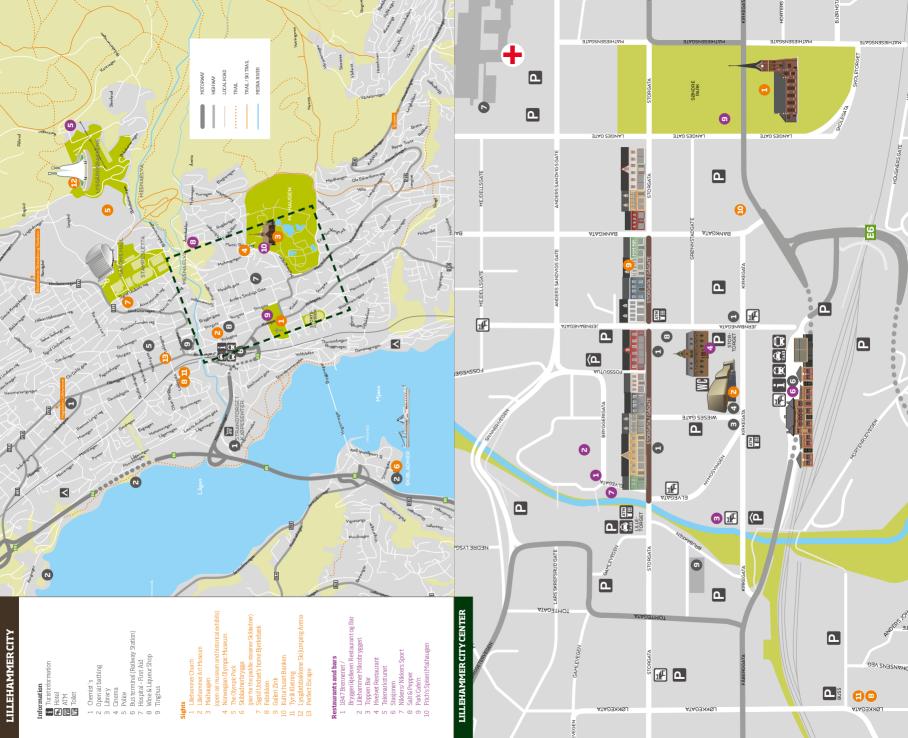
- 1. Moe Gård / Mat fra Øyerfjellet
- 2. Bonden Sylte
- 3. Annis Pølsemakeri
- 4. Øyens Hjemmebakeri

- 5. Heidal Ysteri
- 6. Brimi Sæter
- 7. Aukrust Gard
- 8. Billingen Seterpensjonat
- 9. Avdemsbue (gardsysteri)











- 2 Hafjell/Øyerfjellet
 Distance to Lillehammer: 16k

- Gålå Distanc

- **Skåbu** Distance to Lillehamn Espedalen Distance to Lilleh
 - Venabygdsfjellet
 Distance to Lillehamme
- Rondablikk
 Distance to Lille
 - 12 Ringebu Distance to Liller
- (13) Vinstra
 Distance to Lilleh
 - 14 Dokka Distance to Lillel
- Synnfjellet
 Distance to Lilleh
- (16) Kvam Distance to Li

- Lilleputthammer Fan
 Lekeland Hafjell
 Jorekstad Leisure Poo
 Fron Leisure Pool
 Karlsvogna Leisure P

- B Tyrili Climbing Centro

 G Go rafting Sjoa

 10 Sjoa Raftingsenter

 11 Perfect Escape

 12 Wheelbob

 13 Hunderfossen High I

 14 Hafjell Bike Park

 15 Sjusjoen Mountain Pa

 16 valdresbanens dresin

 17 Organised bicycle rid

 18 Organised fishing trif

 19 Moose Safari

 20 Canoeing and kayakir

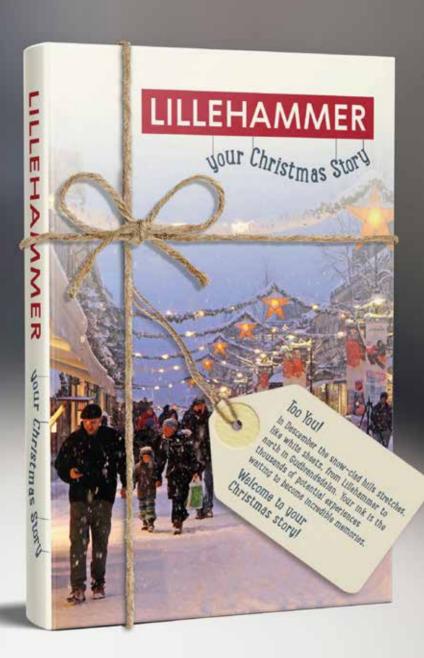
 21 Rollerskis/Biathlon

- 2.4 Aktivitety centres
 2.5 Golf/ minigolf
 2.7 Horsebackriding
 2.8 City Walk Lillehammer
 2.9 Maihaugen
 3.0 Norwegian Postal Museum
 3.1 Sigrid Undsets hjem Bjerkeba
 3.2 Bjornstjerne Bjornssons hjen
 3.2 Bjornstjerne Bjornssons hjen
 3.3 Norwegian Olympic Museum
 3.4 Norwegian Olympic Museum
 3.5 Lillehammer Art Museum
 3.6 Galleri Zink
 3.7 Gudbrandsdal War Collection
 3.8 Kittibu open-air museum
 3.9 Skibladner
 4.0 Lysgårdsbakken e Sid jumpit
 4.1 Ringebu Stavechurch and Re
 4.2 Ringebu Rectory

- 44 Sygard Grytting
 45 Rudi Gard
 46 Nermo Hotell
 47 Aquavitfjoset
 48 Peer Gynt at Gâlâ
 49 Night of the Trolls at
 50 Lillehammer City Cee
 51 Village of Ringebu
 52 Vinstra City Center
 53 Village of Pokka
 54 MENT
 55 Strandtorget
 56 Fabrikken
 57 Hett Glass
 58 Blâswixbutlikken Co
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