



FRUIT IN THE FJORDLANDS

WITH
OPTIONAL
OSLO
EXTENSION

JULY 27–AUGUST 5, 2023



ONWARD TRAVEL ✈️
EST 2014

FRUIT IN THE FJORDLANDS

TOUR OVERVIEW

PICTURESQUE CHERRY, APPLE, PLUM, AND BERRY FARMS LINE NORWAY'S DRAMATIC GLACIER-CARVED FJORDS.

The perfect backdrop for IFTA's next international tour! The height of summer is the perfect time to visit stunning Western Norway. The tour will begin and end in Bergen, gateway to the fjords, where we'll spend two nights. Then we'll travel by ferry to quiet and pretty Balestrand on Sognefjorden, Norway's deepest and longest fjord. After three nights there, we're off to the country's fruit producing headquarters: Hardanger, where you can trace the traditions of fruit growing back to the Middle Ages up to modern-day tree fruit research at the NIBIO Research Centre in Ullensvang. To get there, we'll cruise the narrow and breathtaking Nærøyfjord, a UNESCO site. After three nights at lovely Hotel Ullensvang, we're back to Bergen with a stop en route to learn about salmon farming.

This adventure directly follows IFTA's Summer Study Tour in Nova Scotia taking place July 23–25. Travel to Canada and then on to Scandinavia ~ two beautiful destinations.

Throughout the tour, you'll be inspired by the post-age-stamp orchards lining the fjords including rain-sheltered sweet cherry orchards at the height of the harvest season. In addition to learning about the local fruit growing industry, so many special experiences are planned: go kayaking, learn about trade in the medieval times, visit a wooden stave church, tour a glacier museum and lay eyes on Europe's largest glacier, dine on excellent locally-sourced food including lots of fresh seafood, hike to scenic views, take in spectacular waterfalls, and so much more!

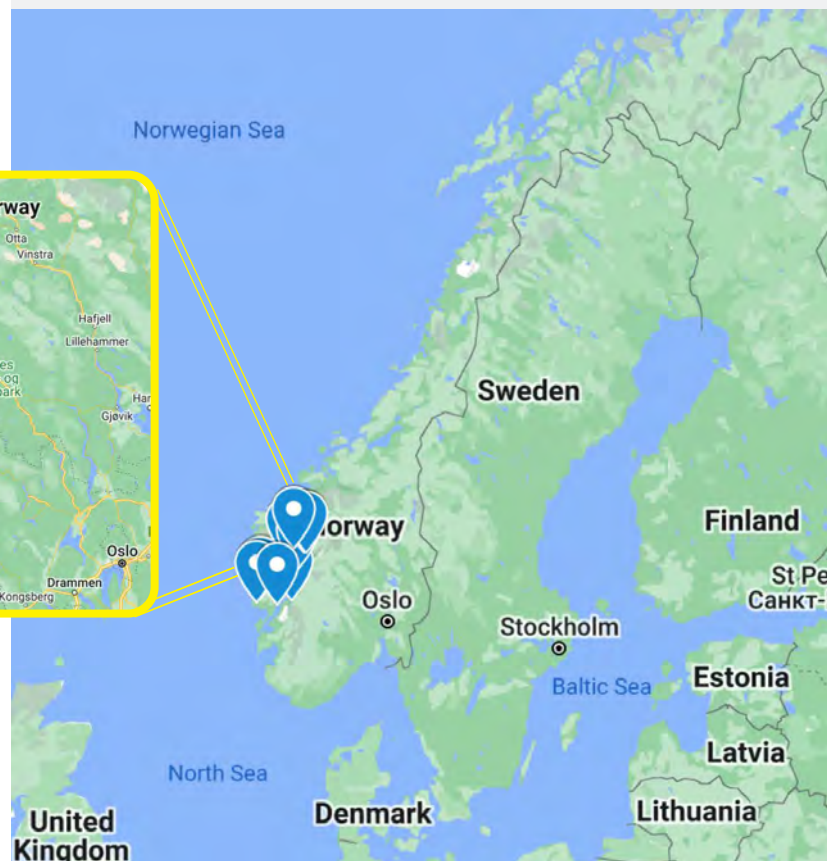
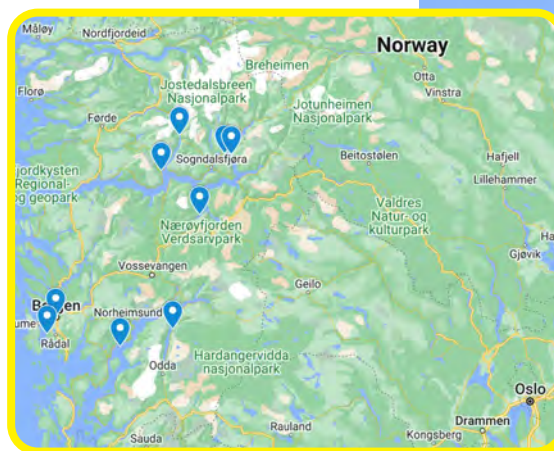
In the south-western region of Norway, fruit growing is an important part of cultural heritage. It is a wonderful lens to explore this beautiful, and remote, part of the world. Join Professor Greg Lang and fellow IFTA members for this memorable educational vacation!

SPOTLIGHT ON: NORWEGIAN CIDER "DOC"



The "Champagne" of apple cider comes from Hardanger, a district dominated by the Hardangerfjord. In 2009, 'Cider from Hardanger' was the first alcoholic product in Norway to be given a protected geographical indication. The ingredients must be grown in Hardanger, otherwise there are no restraints. The cider is characterized by its light, sour and aromatic apple taste. Cider from Hardanger represents 80% of all Norwegian cider sold by the Vinmonopolet (Wine Monopoly) – a government owned retailer of alcoholic beverages.

In the Sognefjord (like at Ciderhuset, where we'll visit), ciders are made from pears, berries, rhubarb, hops, malt, honey or bitter cider apples.



A LOOK AT AGRICULTURE

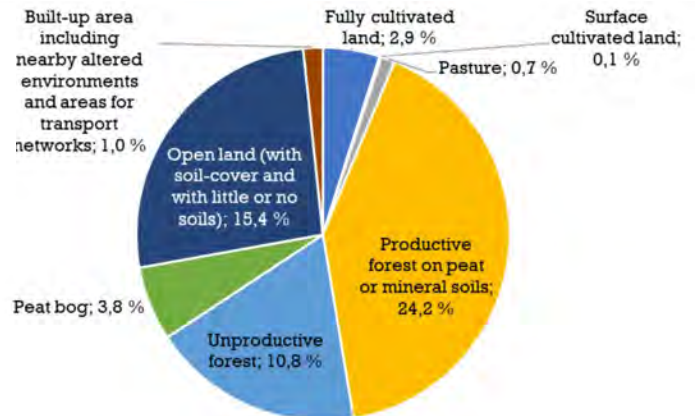
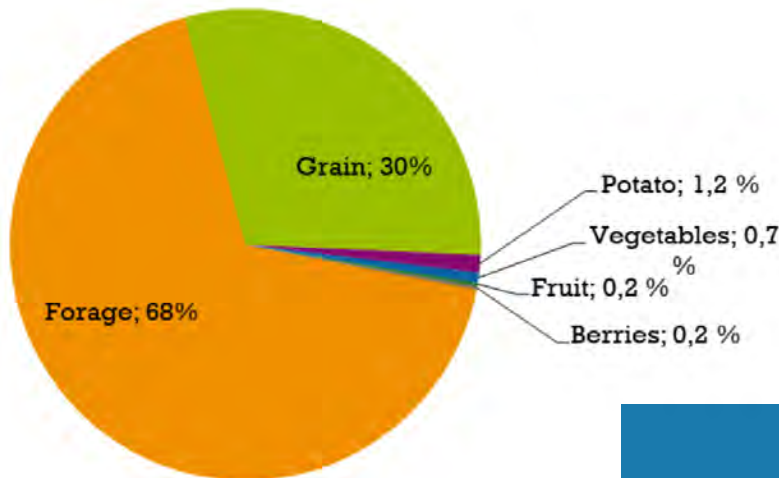
IN NORWAY



Norway is a high-cost producer with agricultural policies focused on maintaining a high degree of self-sufficiency. To maintain agricultural production, Norway's government has strong agricultural subsidies.

Mainland Norway is situated between the 57th and 71th latitude. Cold climate makes the growing season short (106-159 days/yr). The area of cultivated land is less than 3% of the total land area. These areas are spread out between fjords and mountains in all the counties and almost all municipalities. The productions are diverse, as are the size of the farms. In Norway you will find agricultural production in all climate zones and in all types of landscapes.

Agricultural areas in Norway by main crops, 2015. (Norwegian Agricultural Authority)



Land use in Norway (NIBIO)

- ✓ Norwegian annual consumption of fruit and berries is nearly 120 kg per capita. Norwegian produce amounts to roughly 30 kg of these.
- ✓ Grass-based livestock production is the backbone of Norwegian agriculture because the country is so far north, many crops cannot grow or have low yields.
- ✓ Norway is only 50% self-sufficient in food and agricultural production.
- ✓ Norway exports fish and fish products worth approximately NOK 28 billion - 5 percent of Norway's total goods export.

Thank you to Statistics Norway, NIBIO, and the Norwegian Farmers' Association for information.

TOUR HOSTS

GREG LANG is the IFTA Education Director and a professor at Michigan State University, where he conducts stone fruit research, teaches a wine education course, and travels the world to speak on fruit production science.



Molly in Norway, 2017

MOLLY CRIST has co-owned Onward Travel for 10 years, operating culinary and cultural tours around the world. She is married to a 5th-generation apple grower in NY's Hudson Valley and loves combining apples and travel.

FRUIT IN THE FJORDLANDS DAILY ITINERARY

DAY 1: THURSDAY JULY 27

ARRIVAL IN NORWAY

Upon arrival at Bergen Flesland Airport, grab a cab (\$60-80 per car) or the Flybussen (\$13 per person) into town, about 25 minutes. The Flybussen airport bus stops close to Hotel Oleana, our stylish and comfortable homebase for the next two nights. Take some time to explore the city - it is easily walkable and charming. We'll convene this evening for a special welcome dinner.

We chose a unique location for our first dinner in Norway together: Schøtstuene museum. This museum is located in Bryggen, a row of Hanseatic heritage commercial buildings alongside Vågen harbor. This used to be an important center of commerce, and the museum is dedicated to providing insight into the Hanseatic merchant's everyday life and work, so we'll travel back in time to the Middle Ages. Dinner is catered by Allmuen, a creative restaurant that focuses on tasting menus that feature local products.

Meals: Dinner

DAY 2: FRIDAY JULY 28

SIGHTSEEING IN BERGEN

Bergen is our oyster today! After a nice breakfast spread at Hotel Oleana, join a 2-hour walking tour with a knowledgeable local guide to get to know this charming city that combines nature, culture, and urban life. The beautiful berries and products at the bustling harborside market Fisketorget (The Fish Market) will wow you. We'll divide into small groups for the walking tour but then all convene at historic Bryggeloftet Restaurant for a lovely lunch.

Join Molly to take the Fløibanen Funicular up Fløyen Mountain for panoramic views of Bergen, framed by mountains, fjords and ocean. Enjoy the rest of the day to discover this place as you please.

Meals: Breakfast, Lunch

DAY 3: SATURDAY JULY 29

BOAT TO BALESTRAND

We'll depart Bergen this morning on the Express Boat to Balestrand. It is approximately 200 km by car, but we'll be traveling in the waterways and fjords. Get an interesting look at the region from the water and enjoy a relaxing morning of easy travel and glorious views. Midday we'll arrive in Balestrand, a small town with a population of around 1,400 people. The town is ideally located on the northern shore of the Sognefjord, and we'll take in those views from the lovely Kviknes Hotel. After dropping our luggage at the hotel, we'll walk 20 minutes to Ciderhuset, admiring the cute town and the fjord views on the way.

Ciderhuset is one of the region's best known cider producers. They ferment and distill a range of products. We'll visit their orchard and learn about the farming operation, then enjoy a cider tasting and lunch. This family-owned award-winning business will be great fun to experience. After lunch, we'll settle in a Kviknes Hotel, managed by the Kvigne family since 1822. Each evening, we'll enjoy a delicious buffet dinner together.

Meals: Breakfast, Lunch, Dinner



DAY 4: SUNDAY JULY 30

THE STUNNING SOGNEFJORD

Balestrand is the perfect place to catch your breath, and maybe increase your heart rate a bit. We've planned several immersive excursions, so you can explore and connect with other IFTA members. Choose an adventure from these options:

KAYAK: Choose a single or double kayak and enjoy paddling the fjords around Balestrand. Take in the natural beauty and check out some interesting architectural and lovely waterfalls.

HIKE: Start right in the village and hike up the mountains that frame Balestrand. Get amazing views of the Sognefjord and the village. Your guide will share local information as well as interpret the flora and fauna.

RIB BOAT: Take a RIB boat journey to the Finna fjord, the most secluded arm of the Sognefjord that is a sort of fjord within a fjord. Cruise through this narrow passage and take in the silence and tranquility.

In addition to your activity, enjoy a good amount of free time today to explore more or enjoy R&R. We'll convene for another enjoyable dinner tonight.

Meals: Breakfast, Dinner

DAY 5: MONDAY JULY 31

SOLVORN DAY TRIP

After an early breakfast, we're off for adventure. We're visiting the village of Solvorn, with a glacier detour en route. Our first stop is the town Fjærland, a European book town! We're here to visit the Glacier Museum and catch a glimpse of Jostedalsbreen, the largest glacier in continental Europe. The museum is small and well regarded, a hands-on look at glaciers and climate.

Midday we'll find ourselves in charming Solvorn, situated on Lustrafjorden, the innermost part of the Sognefjorden. We will have a delightful lunch at Walaker Hotell, Norway's oldest hotel. Enjoy their delicious food, fresh juice, and local art collection. Following lunch, we'll take a short ferry right across the fjord to Urnes to visit Ørnes Staves Church. A stave church is a medieval wooden Christian church building once common in north-western Europe. This one dates to 1130 and is Norway's oldest. Our bus will be waiting to take us back to Balestrand for one last evening overlooking the Sognefjord.

Meals: Breakfast, Lunch, Dinner

DAY 6: TUESDAY AUGUST 1

THE SCENIC ROUTE

We'll depart the hotel early this morning with a packed lunch in hand (Norwegians love their pikniks). A 9am car ferry awaits and we'll spend 2.5 hours plying the Kaupanger to Gudvangen route. This ferry takes us through the 17-km long Nærøyfjord, the wildest and most beautiful branch of the Sognefjord that is on the UNESCO World Heritage list. Admire mountains, waterfalls, and farms on the shores. We have some time this afternoon to explore, so we'll take the scenic route to Hotel Ullensvang.

Our drive took us away from the Sognefjord and we're now in the Hardanger region, considered the fruit bowl of Norway. The next three nights will be spent at the historical and luxurious Hotel Ullensvang, positioned on the Hardangerfjord. The hotel is a retreat of sorts with an incredible indoor/outdoor pool featuring an 88-meter long swimming channel, games, gardens, and recreation. They also have a lovely restaurant where we'll enjoy dinner each evening.

Meals: Breakfast, Lunch, Dinner



DAY 7: WEDNESDAY AUGUST 2

BIOFORSK RESEARCH CENTER

A short walk from the hotel is the Bioforsk Research Center, part of the Norwegian Institute of Bioeconomy Research (NIBIO). This research center is focused on fruit and berries. Mekjell Meland, research professor in fruit crop physiology, will host our group. Learn about the pomology program and visit a Celina pear orchard, tour the lab, and visit cherry tunnels where they host variety trials.

After an interesting morning, we'll walk to Alvavoll Frukt Og Sidergard, a local cidery with a modern apple orchard. The owner will give us an-depth tour of his farm and we'll enjoy a hard cider tasting and lunch. The afternoon is yours to enjoy...with another nice dinner tonight at your leisure. There are many nice hikes right from the front desk as well as plenty of places to relax and take in the view.

Meals: Breakfast, Lunch, Dinner

DAY 8: THURSDAY AUGUST 3

HARDANGER IMMERSION

This is vacation after all, so sleep in today. Late morning, a few minutes walk from the hotel, we'll board the "cider ferry." We're just going 15 minutes across the fjord but you can take this ferry up and down the fjord visiting cider producers and taking in the scenery. Our destination is the folk museum Agatunet, a protected and authentic farm cluster where we can experience a Norwegian village center where the oldest building dates back to 1220. We'll have a traditional soup lunch and an informative tour that focuses on fruit farming and agricultural history.

After our experience at Agatunet, you may take the ferry back to Ullensvang for a low key afternoon or visit nearby Aga Sideri to tour their operation and taste award-winning ciders, before heading back across the fjord. We will all dine together tonight.

Meals: Breakfast, Lunch, Dinner

DAY 9: FRIDAY AUGUST 4

BACK TO BERGEN

Bergen is our final destination this afternoon but first we're going to learn about one of Norway's top industries: fish farming! En route back to Bergen is Hardanger Akvasenter, home to a fish farm. We will tour the fishery, learn about aquaculture, and have a buffet lunch featuring... salmon! One more stop before Bergen: Steinsdalsfossen, a particularly photogenic waterfall with a 50 meter drop.

Our last stop as a group is at Thon Hotel Bergen Airport. We're conveniently just 2 km from the airport and the hotel is modern and comfortable. Enjoy the rec facilities onsite (pool, sauna, squash court) before we reconvene for a festive final farewell dinner party. What a great week we had exploring one of the most beautiful places in the world!

Meals: Breakfast, Lunch, Dinner

DAY 10: SATURDAY AUGUST 5

FAREWELL FJORDS

Fly home today from Bergen or continue your travels. *Oslo Extension* travelers will depart the hotel for an 8am train from Bergen Station. Onward!

Meals: Breakfast



Agatunet Folk Museum

OSLO EXTENSION

AUGUST 5 – 7 OR 8

FOR THOSE WITH A LITTLE MORE TIME TO EXPLORE THIS BEAUTIFUL COUNTRY,

let's head to Norway's capital for 2 or 3 nights (your choice). Oslo is known for its connection to nature, innovation, and museums. We'll take a 7-hour train journey from Bergen to Oslo, considered one of the most beautiful train rides in Europe. The tracks climb to 1200 meters, cross a variety of terrain, and feature 180 tunnels. After a relaxing train journey, we'll arrive in Oslo where our comfortable and centrally located hotel, Thon Opera Hotel, is just a 5 minute walk from the main train station. Take some time to unwind or explore before a group dinner.

On day 2, Sunday in Oslo, we'll have a slow morning and convene at lunchtime. Local guide Pål will meet us for a casual Norwegian hotdog lunch, then we'll head to Vigeland Sculpture Garden, ride by the Royal Palace, and walk around the city's main sights. Pål will provide a good overview of Oslo and share about life in the city and its history. Don't forget your swimsuit because we'll end at a sauna that we've rented exclusively for our group. Enjoy jumping in the fjord and the sauna... we'll bring some local brews and snacks for a very memorable happy hour and of course to toast our lovely time together!

There is still much to explore! If your schedule allows, select the 3-night package and enjoy a day to visit museums and stroll the city. Perhaps you'd like to join an island hopping excursion to see the city from a different perspective (*Additional \$50 per person, 11am-3:30pm, request info*).

Fly home Monday or Tuesday, or continue your travels. From the main train station, trains run to the airport every 10 minutes.

- **2 Night Package ~ August 5–7, 2023**

- ✓ \$650 per person, double occupancy
- ✓ \$800 per person, single occupancy

- **3 Night Package ~ August 5–8, 2023**

- ✓ \$760 per person, double occupancy
- ✓ \$980 per person, single occupancy

Includes Bergen-Oslo train, 2 or 3 nights at Thon Opera Hotel, daily breakfast, dinner on August 5, lunch on August 6, walking tour, sauna experience

Oslo Opera House



AIR TRAVEL INFO

If you're traveling to Norway from the Nova Scotia Summer Study Tour, there are two good options for flying to Bergen (BGO). The Nova Scotia Study Tour will conclude with a lobster boil dinner on Tuesday July 25 and Wednesday July 26 is a travel day.

Option 1 ~ Overnight Flight via Frankfurt:

Lufthansa 4399 - Depart YHZ 7/26 at 7:40pm, Arrive FRA 7/27 at 7:20am

Lufthansa 874 - Depart FRA 7/27 at 10:15am, Arrive BGO 12:15pm

Option 2 ~ Daytime Travel via London Heathrow

Air Canada 868 - Depart YHZ 7/26 at 11:00am, Arrive LHR 9:00 pm

Overnight at Heathrow Airport, then book a separate flight to Bergen the morning of 7/27. There are no nonstop flights from LHR to BGO but many with connections that take in total 4-5 hours.

If you are participating in Fruit in the Fjordlands only:

- ✓ Arrive at Bergen Airport (BGO) by mid-afternoon on Thursday, July 27, 2023
- ✓ Depart from Bergen Airport (BGO) any time on Saturday, August 5, 2023

If you are participating in Fruit in the Fjordlands AND Oslo Extension:

- ✓ Arrive at Bergen Airport (BGO) by mid-afternoon on Thursday, July 27, 2023
- ✓ Depart from Oslo Airport (OSL) any time on Monday, August 7, 2023 or Tuesday, August 8, 2023

TRAVEL INSURANCE

Onward Travel recommends that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. Travel protection plans include coverage for Trip Cancellation, Trip Interruption, Emergency Medical and Emergency Evacuation / Repatriation, Trip Delay, Baggage Delay and more.

We recommend Travelex Insurance Services - please see www.onwardtravel.co/trip-insurance for more information.

Additionally, some credit cards provide trip insurance if you pay for the tour with your card.

GET IN TOUCH!

Please don't hesitate to reach out to Onward Travel with any questions or requests:

letsgo@onwardtravel.co

845-293-2729

FAQS

How do I register?

Please complete a digital registration form at www.IFTATravel.com. We request one form per traveler. Onward Travel will confirm your participation and send you an invoice requesting the tour payment.

When can I register for IFTA's Summer Study Tour in Nova Scotia?

In early April you may register for the Summer Study Tour at www.ifruittree.org.

What is the balance of education and leisure?

This is not a Study Tour but rather an *educational vacation*. Be inspired, connect with colleagues, and learn about Norway's long tradition of fruit tree growing. This tour has been designed as a wonderful experience for IFTA members but it will not be focused on the latest and greatest plantings and research like IFTA's Study Tours.

May I bring my spouse or friend?

Absolutely ~ you may bring a traveling companion. Your companion does not have to be a member of IFTA as long as you are rooming together.

This tour is not just for growers or industry members, it will be interesting for anyone who wants to discover the fjordlands through an agricultural lens.

Are there age restrictions?

At the time of travel, IFTA members must be 16+ to participate and participants in the Companion program must be 18 or older.

Is registration limited?

Yes ~ we are taking one tour bus load of travelers on this adventure, around 45 people.

Travelers need to be physically active to participate in this tour.

Specifically, be comfortable walking for 20-30 minutes at a time on uneven terrain and able to manage one's own luggage on and off a ferry boat.

TRIP ESSENTIALS

BEGINS	Hotel Oleana, Bergen, Norway on July 27, 2023 Please meet at Hotel Oleana at 5pm for a welcome meeting, followed by dinner
ENDS	Thon Hotel at Bergen Airport on August 5, 2023 No activities are scheduled on August 5th <i>Or depart August 5th for the Oslo Extension</i>
PRICE	\$3950 Double Occupancy \$4665 Single Occupancy <i>You will have the option to upgrade your rooms on the registration form.</i>
LODGING	Hotel Oleana 2 Nights A boutique hotel with fun bold design and a nice central location. Restaurant/bar with terrace. Kviknes Hotel 3 Nights Grand 1752 chalet-style hotel with a modern annex overlooking the Sognefjord. Hotel Ullensvang 3 Nights Atmospheric hotel situated along Hardanger Fjord. Enjoy Ullensvang Bath, an 88-meter-long swimming channel. Gardens, private beach, paddle-boats, and bowling. Thon Hotel Bergen Airport 1 Night Convenient, modern conference hotel 2 km from airport. Indoor pool, squash court, gym and sauna.
THE FINE PRINT	Detailed Terms & Conditions are provided on the registration form. Payment may be made by check payable to Onward Travel or by credit card. Credit card payments require a 3% fee. Cancellation Terms: - If you cancel on or prior to May 1, 2023; Onward Travel retains \$250. Any additional payments will be returned. - If you cancel after May 1, 2023; Onward Travel retains \$1,500 per traveler. - If you cancel after June 1, 2023; 50% of total Trip Fee returned to you. - If you cancel less than 30 days prior to travel; you are not eligible for a refund and Onward Travel shall retain the entire amount paid. - Note the trip is transferable at any time, a \$250 transfer fee applies, and Onward Travel will do their best to assist. <i>Please note that air travel is not included and a current passport is required for travel to Norway. The passport should be valid for three months beyond the date of travel.</i>

TRIP PRICE INCLUDES THE FOLLOWING:

- Coach bus and ferry boat transportation to/from all scheduled activities and destinations
- Nine nights accommodations in comfortable rooms with en suite bath; choice of queen/king bed or two beds
- Most meals: daily breakfast, seven lunches, and eight dinners
- Local experts and guides
- Activities, sightseeing and tours as detailed in the itinerary

REGISTER NOW!

Visit www.iftatravel.com to complete the registration form.

Full payment is due upon booking and you will be sent an invoice with payment instructions. Payment plans are available upon request.

This tour is offered for current IFTA Members & their traveling companions.

Renew your membership or register as a new member at www.ifruittree.org

