

# BERGEN

Bergen is the second largest city in Norway and the most popular gateway to the fjords of West Norway. The city is renowned for its beautiful nature and offers excellent hiking opportunities in its immediate surroundings. Having fostered many of Norway's greatest bands and artists, the city is also famous for its cultural life and underground/indie music scene.

## TRAVELLING INTO BERGEN

The central train station is located east of the city centre, close to the bus station. It has lots of facilities and is very close to the wharf. Take note, however, that many of the streets are cobblestoned. Bergen is the southern terminus for Hurtigruten, a week-long passenger ship route with stops along Norway's coast all the way to Kirkenes in the far north of Norway. The terminal is located at Nøstet.

If arriving by airplane, the Bergen Airport Flesland, is located 19 km south of the city. There is a frequent airport bus service (Norwegian: Flybussen), which takes about 30-40 minutes to downtown and costs around NOK 100. Taxis are also available but at a higher cost.



Bryggen, Bergen Tourist Board / Christer Rønnestad



## ACTIVITIES

### Mt. Fløyen & Mt. Ulriken

A few minutes ride on the Fløibanen funicular will take you from the city centre to the top of Mt. Fløyen, while a cable car takes you to the summit of our highest mountain, Mt. Ulriken. Enjoy the views and the peace and quiet while gazing down at the city.

### Bergen Aquarium & Old Hanseatic Wharf

Bergen's main industry is fishing and for those who enjoy the wharfs, head along the shore and visit the ships. Sample the delicacies on offer at the Fish Market, or spend hours among the fish, penguins and seals at Bergen Aquarium. Bergen's old Hanseatic wharf is on the UNESCO's World Heritage List.

### Old Town

The old town of Bergen, Bryggen (north side of the bay), is also a place to wander and explore with wonderful wooden houses and alleyways. You can get a good perspective on how past and present Norwegian communities live and work by wandering these back streets.

### KODE – Art museums and Composer Homes

Go back in time with a historical visit to KODE's extensive collection of art and design. The museum fills four buildings in the centre of the city. You can experience the masterpieces by Edvard Munch, Nikolai Astrup, Pablo Picasso, Paul Klee and J. C. Dahl, visit the unique exhibition "the Silver Treasure", admire the handicrafts and designs from the last five hundred years, or experience some of our temporary exhibitions.

### Bergen Maritime Museum

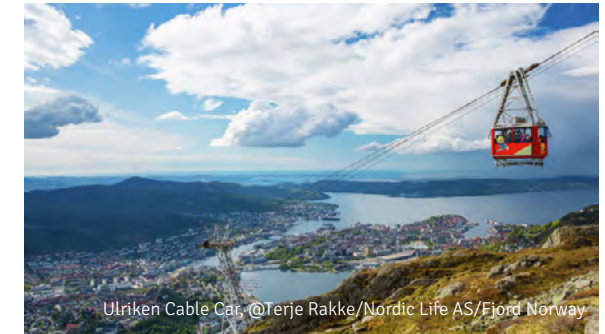
Museum presents Norwegian maritime history and the evolution of seafaring from the earliest times until the present day. The exhibitions showcase items related to seafaring and life at sea, ship models of utmost quality, paintings and marine-archaeological findings. One or more temporary exhibitions are regularly on show.

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Hanging out by the ocean can be one of the best ways to spend a summer day in Bergen. There are sandy beaches at Arbo-retet at Milde (Hjellestad), Kyrkjjetangen at Nordåsvannet and Helleneset. There are also "bathing houses" and beaches at Nordnesparken and Elsero situated in Old Bergen in Sandviken.

## OUR LOCAL FOOD TIPS

“Norwegian” food is the food of the husmann (cottager) – nutritious and cheap, not what you usually find in a restaurant. The Bergen fish soup might be the most important, as well as ‘raspeballer’ and cooked cod. If you want to get that Norwegian taste and have a gourmet meal at the same time, look for dishes that use “local” ingredients (such as reindeer, stockfish and cod) with a twist, such as Bryggen Tracteursted’s filet of reindeer farced with goat cheese.

Many cafes and restaurants serve “raspeballer” on Thursdays. Raspeballer are local potato dumplings, in Bergen usually served with bacon, sausages, salted meat from sheep, melted butter and mashed rutabaga. It is sometimes difficult to get into your restaurant of choice along the wharf so if you have time, check the restaurants out during the day and book ahead.

The region around Bergen is also known for meat production, used for a number of dishes. One of these is the Bergen speciality puspas, a stew with sheep meat, cabbage and carrots. Bergen specialties also include sweets, and the Hanseatic are said to have brought the cinnamon bun to Bergen, and the cake called White Lady (Hvit dame), which has a sugar cake and macaron bottom, filled with strawberry jam and whipped cream. The cake is covered with cream and marzipan lid and is used for festive occasions.



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Fish Market, @Terje Rakke/Nordic Life AS/Fjord Norway



@Terje Rakke/Nordic Life AS/Fjord Norway

## RESTAURANTS

### Marg & Bein

A 15 minute walk from the harbour will take you to this place that prepares rustic food from norwegian produce. Restaurant also has handcraft beer.

Address: Fosswinckelsgate 18, Bergen

Phone: +47 55 32 34 32

### Bryggen Tracteursted

This restaurant is found on historic grounds in Bergen, by the Bryggen wharf and this building is one of UNESCO’s World Heritage Sites. A hidden treasure with its somewhat anonymous appearance. Tip - Book ahead if you want to go there in the evening.

Address: Bryggstredet 2, Bryggen wharf

Web: [www.bellevue-restaurant.no/english](http://www.bellevue-restaurant.no/english)

Tel: + 47 55 33 69 99

Head down to the wharf for some fish’n’chips while enjoying the fresh sea air and beautiful scenery.

### Enhjørningen Restaurant

You`ll find Enhjørningen Restaurant (look for the sign of the Unicorn) on Bryggen, Bergen`s traditional wharf. Dating from the early Middle Ages, the whole building has been reverently restored to its condition in the 18th century, when it was occupied by a Hanseatic merchant who used this deep, narrow building as both business and living quarters, and for storage. This is a traditional Norwegian style Fish Restaurant and a little pricey but offers some interesting and great seafood.

Address: Enhjørningsgården 29, 5003 Bergen

Web: [www.enhjoeringen.no](http://www.enhjoeringen.no)

Check out the Bergen Card, it offers free public transport, free entry into many attractions or heavy discounts. This said, it is also a small town to walk around and some attractions that you may like to visit could already be free. So check the card, work out if it is worth it for you and happy exploring.