



# Escorted Tour - Taste of Bergen: A 3-Night Culinary Escape in the Norwegian Fjords



**HOLIDAY TYPE:** Small Group  
**VISITING:** Norway

**BROCHURE CODE:** 5988  
**DURATION:** 3 nights

## In Brief

Let us tantalize your taste buds and ignite your senses on this unforgettable gastronomic adventure in Bergen, Norway! Along with your expert local guide and likeminded small group of travellers you will get to visit (and taste) the hidden gems of this world famous city set in the heart of the stunning Norwegian Fjords.

## Our Opinion

*“ I had always seen pictures of the Norwegian Fjords and thought they were stunning but the idea of being on a cruise ship and arriving to the small towns with thousands of other people always put me off the idea. During this holiday you get the opportunity to learn (and taste!) so much more than you could experience on a few hours' day trip. I came away from Bergen having eaten some of the best food in my life and with a list of things i want to do on my next trip! Amy Hope ”*



## What's included?

- **Flights:** return flights from London Gatwick to Bergen, regional departures may be available (subject to availability and potential regional departure supplement)
- **Transfers:** Private group transfers are included throughout (based on set flight times)
- **Accommodation:** 3 nights at Hotel Heimen in a standard double/twin room
- **Meals:** 3 breakfasts, 2 lunches, 2 dinners
- **The following activities are included in the holiday price:** Bergen food tour, Crab Fishing and outdoor cooking outside Bergen, Mostraumen Fjord Cruise (order of activities is subject to change).
- Experienced, English-speaking local host throughout the holiday
- 24/7 assistance from our UK based operations team and in destination support from our local partners

## Trip Overview

Immerse yourself in the rich culinary tapestry of Bergen, Norway, on a captivating small-group, guided holiday designed for food enthusiasts. This exclusive experience transcends the typical sightseeing tour, taking you on a delicious journey through breathtaking landscapes, historical sites, and the very heart of Bergen's vibrant food scene.

This three-night short break combines some gentle guided activities to allow you to explore Bergen as the Gateway to the Norwegian Fjords, and meet some of its welcoming local residents who will each share their own 'off the beaten track' experiences and recommendations for your free time.

Bergen has a bustling gastronomic scene, it's iconic 'Fish market' has been a meeting place for locals and visitors since 1276 and still plays host to local farmers markets once a month. The town, which is surrounded by the sea, has high mountains, deep fjords, and plenty of access to lush alpine pastures, providing excellent, fresh produce both on land and in the sea.

There are many internationally recognised restaurants in the Bergen region, and the number of world-class chefs is rising. Creative culinary artists that masterfully blend local ingredients, seasonal twists, and inventiveness to create, preserve, and transmit the local food culture and gastronomy.

Aside from the gastronomic elements of this holiday we also include a fjord cruise from Bergen to the scenic Osterfjord and Mostraumen Channel on board a high speed catamaran.

Image credits: Sónia Arrepia - VisitNorway.com, Pål Hoff\_VisitBergen - VisitNorway.com, Fløien\_Øyvind Heen - VisitNorway.com, Christine Baglo - Visit Norway and CH - VisitNorway.com

# Agenda

Please note the order of activities is subject to change

DAY  
1

## FLIGHT, TRANSFERS AND BERGEN FOOD TOUR

You will arrive at Bergen airport just before 12 noon where you will be met by your local host for the duration of the tour. A short 30-minute private transfer will take you to the start point for your tour, the bus will continue onto your centrally located hotel where your luggage will be securely stored until you return to check in.

What an introduction to Norway! This three-hour walking tour combines the city's fascinating story, from Viking roots to modern life, with a delectable journey through local and national Norwegian cuisine.

### Unveiling Bergen's Culinary Heritage:

- Our adventure begins at Oleana, where you'll be served a delicious platter which includes cured meats, regional cheeses, and a refreshing 7 Fjell beer, immersing yourself in Bergen's most traditional flavours.

### A Seafood Symphony at the Fish Market:

- Next, we head to the bustling fish market, where your taste buds will take centre stage as you indulge in five distinct salmon preparations, showcasing the city's love affair with the sea.

### Savoury & Sweet Delights:

- We'll continue with a true Norwegian classic – a delicious hot dog from Bergen's most famous stand.
- Then, tantalize your sweet tooth with a unique treat at 26th North: a classic Norwegian waffle topped with cured ham and a dollop of cream.

### Grand Finale with a View:

- Our culinary adventure reaches new heights as we take the funicular railway up Mount Fløien. Here, you'll enjoy a final delightful dessert while soaking in breathtaking panoramic views of Bergen.

This tour promises a delightful synergy of history and gastronomy, leaving you with a deeper understanding of Bergen and exactly why we have chosen it for one of our Gastronomy holidays!

After the tour you will be taken to your centrally located hotel to check in. This evening is left free to relax and explore the area around your hotel.

**Included Meals:** Lunch

DAY  
2

CRAB FISHING AND OUTDOOR COOKING IN THE FJORDS AND DINNER AT FRESCOHALLEN

Calling all food enthusiasts! This exclusive activity offers a unique opportunity to delve into the world of Bergen's seafood bounty. Following breakfast in the hotel you will be met by your host and transferred on a scenic 40-minute drive to the picturesque islet of Syltøy in Øygarden. Upon arrival, you'll be outfitted with appropriate outerwear for a comfortable and safe experience on the boat.

After a thorough safety briefing, you will set sail on the 28-foot open boat for an exciting crab fishing expedition. Under expert guidance, you'll learn traditional methods for catching these delicious crustaceans. Following a successful fishing session, you'll return to a charming seaside cabin. Inside this historic setting, you'll witness the transformation of your catch as we prepare and cook the crabs using the traditional methods.

The highlight of the tour awaits: a delightful feast featuring the freshly cooked crabs accompanied by crusty bread, zesty mayonnaise, and refreshing lime wedges. Locally sourced apple juice will complement the meal. To tantalize your taste buds further, you will also be presented with an exquisite starter – a selection of hand-picked shrimp (normally from that very morning!) and other treasures gleaned from the shoreline.

Our local partners are very committed to responsible fishing practices that respect the delicate marine ecosystem. As part of the activity you will learn about ethical methods for harvesting crabs and the importance of preserving the natural environment. This tour is designed to be an immersive, multi-sensory experience. As you explore nature and learn to cook like a local, you'll be enveloped by the sights, sounds, and aromas of Øygarden. The activity will last for around 5 hours in total and will end with the transfer back to the hotel.

This afternoon is left free for you to explore before you reconvene for a special dinner this evening. We have chosen Restaurant Frescohallen for tonight's dinner. Frescohallen isn't just a restaurant; it's a portal to Bergen's vibrant past. This stunning venue, housed within a meticulously restored former stock exchange (built 1861-82!), seamlessly blends historical grandeur with contemporary sophistication. Opened in May 2022, it's rapidly become a local favourite. "Let's Fresco!" – It's more than just a tagline; it's an invitation to indulge in an unforgettable culinary and historical adventure. Join us for a three-course dinner and discover why Frescohallen is a must-visit in Bergen.

**Included Meals:** Breakfast, Lunch, Dinner



DAY  
3

## MOSTRAUMEN FJORD CRUISE AND DINNER AT BRYGGEN TRACTEURSTED

In the morning your host will meet you and escort you to the harbour where you will embark on a 3-hour adventure through the majestic fjords near Bergen. From the high-speed catamaran you will have front row seats to the breathtaking landscapes of the Osterfjord and the dramatic Mostraumen Channel.

As you depart Bergen's inner harbour, take a moment to admire the city's rich history. From the water you can see the imposing medieval fortress Bergenhus, the iconic St. Mary's Church, and the vibrant Bryggen Hanseatic Wharf, a UNESCO World Heritage Site.

As you leave Bergen behind, your journey then unfolds through the picturesque Western Norwegian scenery. Glide through the Cityfjord, Salhusfjord, and Osterfjord, before reaching the awe-inspiring Mostraumen Channel. Here, your skilled captain will expertly navigate the narrow passages, weaving through a maze of islands, towering fjords, and cascading waterfalls. The cruise will last around 3 hours in total, upon your return to Bergen you will have free time to visit whichever restaurant you would prefer – our local host is also on hand to make any recommendations.

This evening the group will enjoy their farewell dinner at Bryggen Tracteursted. This isn't just our favourite Bergen restaurant – it's an experience unlike any other. Here, history, hospitality, and exceptional cuisine come together to create a truly memorable visit. Located within the enchanting Bryggen Wharf, a UNESCO World Heritage Site, Bryggen Tracteursted is steeped in Bergen's rich past. Step back in time and explore the beautifully preserved Svendsgården's Schøtstue (dating back to 1708!), the atmospheric Ildhus (Firehouse), and the Skjenkestue (Taproom). The restaurant's menu celebrates the bounty of the region, showcasing fresh, local produce prepared with a touch of modern flair. Whether you prefer a cozy indoor setting or a delightful meal in the charming backyard, Bryggen Tracteursted offers something for everyone.

**Included Meals:** Breakfast, Dinner

DAY  
4

## DEPART OR EXTEND YOUR STAY

Today, the group tour will come to an end, you can either bid farewell to your fellow travellers and return home or alternatively our travel experts can extend your stay either in Bergen or by arranging a visit to nearby Flåm on the famous Flåm railway or to a different area of Norway all together! Speak to our local team to discuss all the available options.

**Included Meals:** Breakfast

## Included Accommodation

## Hotel Heimen (Nights: 1-3)



Experience the charm of Bergen at Hotel Heimen, a newly renovated historic gem (formerly Hordaheimen) dating back to 1918. This hotel blends the warmth of tradition with modern design, creating a unique and intimate atmosphere. Admire a curated collection of Norwegian contemporary art throughout the hotel, a true reflection of Bergen's vibrant spirit. In the typical understated Norwegian style, the hotel describes itself as 'Bergen's most pleasant hotel' but we feel it is much more than that and provides the ideal, central base to explore the town.

Hotel Heimen boasts a central location, just steps from Bergen's iconic harbour. Explore the famed Bryggen wharf, vibrant Fisketorget fish market, and the fascinating aquarium – all within walking distance. The hotel has 100 rooms in various sizes and categories.

### Room types

**Double/ Twin room:** This hotel room offers either a double bed or two single beds. It includes amenities such as a desk, TV, free Wi-Fi, and a bathroom with a shower.

## The Specifics

### Group Size

We always try to provide an approximation of the group size you can expect to be with for the duration of each of our holidays. It may be that you are joined by others for parts of your holiday (such as transfers and particular activities) but the above number reflects those you can normally expect to be with from beginning to end. If group size is something which is particularly important to you, please speak to our Travel Experts and they can suggest the best holidays for you.

Tailor-made holiday group sizes will vary for all activities as will the group size for any additional activities you book.

### Minimum and maximum age

If a specific minimum age applies to this holiday, it can be found in the Key Facts box on the holiday Overview page.

Unless otherwise stated in the in the Key Facts box on the holiday Overview page, the minimum age for participation in an Artisan holiday is typically 8 years old (there may be younger children in some destinations who have booked with other companies). If an adult-only environment is important to you, then please contact our Travel Experts and they will advise on the best dates and destinations for you. If you are looking for a holiday designed specifically for families then please see our sister company [www.activitiesabroad.com](http://www.activitiesabroad.com)

## Itinerary amendments

The order of activities listed in this agenda is provided for guidance only, your final and detailed itinerary will be provided either with your final travel documents (which are uploaded into your online account around a week prior to departure) or upon arrival.

## Terms and Conditions

Our full booking terms and conditions can be found on our website: <https://www.artisantravel.co.uk/booking-conditions>

Minimum travellers 10, Maximum travellers 20