

PRACTICAL INFORMATION FOR DELEGATES



Conference hotel

The fourteenth session of the Sub-Committee on Fish Trade will be held in the four star Radisson Blu Royal Hotel, which is located at the famous *Bryggen* in the heart of Bergen.

Radisson Blu Royal Hotel
Bryggen 5,
5003 Bergen
Norway
Tel:+47 5554 3000
Fax:+47 5532 4808

Accommodation in Bergen

Delegates are invited to book rooms in the Radisson Blu Royal Hotel at a special rate. Special rates are also available at the three star hotel Thon Hotel Bergen Brygge, which is located a few minutes walk (0.3 km) from Radisson Blu Royal Hotel, and at the Augustin Hotel, which is located some 15 minutes walk (1.1 km) from the Radisson Blu Royal Hotel. Please note that there will be no organized transport between the hotels. Proper clothing (see *Travel Information*) is strongly advised in case of rain (or snow) and/or cold wind. All special rates will be granted up to 20 January 2014. Thereafter regular rates will apply.

Radisson Blu Royal Hotel

Delegates are entitled to a special rate of NOK 1325 (EUR 165/USD 225) per night for a standard single room in the hotel where the sub-committee session takes place. The rate includes breakfast buffet and free internet. Learn more about the

Radisson Blu Royal Hotel: <http://www.radissonblu.com/royalhotel-bergen>. Proceed to special rate booking by using the following link: <http://bit.ly/181Wb0X>

Thon Hotel Bergen Brygge

Delegates are entitled to a special rate of NOK 795 (incl breakfast buffet and free internet) (EUR 100/USD 135) per night for a standard single room, and a rate of NOK 995 (EUR 125/USD 170) for a standard double room, in this budget friendly waterfront hotel, located 250 meters away from the Radisson Blu Royal. Learn more about Thon Hotel Bergen Brygge: <http://www.thonhotels.com/hotels/countrys/norway/bergen/thon-hotel-bergen-brygge/>. For special rate booking, please send an email to bergen.brygge.booking@thonhotels.no mentioning block code reference code **4959723**.

Hotel Augustin

Delegates are entitled to a special rate of NOK 740 (incl. breakfast buffet and free internet) (EUR 93/USD 125) per night for a standard single room and a rate of NOK 970 (EUR 122/USD 165) for a standard double room, in this budget friendly waterfront hotel, located 1.1 km away from the Radisson Blu Royal. Learn more about Hotel Augustin: <http://www.augustin.no/en/>. For special rate booking, please make reference to the block code **3792229** or to FAO SUB-COMMITTEE ON FISH TRADE when contacting Mr Eirik Gjære by email (booking@augustin.no) or by telephone: (+47) 55 30 40 29.

Travel information

Climate in Bergen

The weather in Bergen may change many times during a day; sunshine from a blue sky may quickly be replaced by rain and wind. Average temperatures in Bergen in February vary between -1°C (30°F) to 5°C (41°F). If windy, the felt temperature is substantially colder. Waterproof and warm clothing and footwear is strongly advised.

Bergen Airport Flesland

Bergen Airport Flesland is well connected with other Scandinavian cities and the capital Oslo. There are direct flights from Oslo, Copenhagen, London, Amsterdam and Frankfurt. The airport is located 17 km from the centre of Bergen city. Convenient transport between the airport and the city centre is either the Airport Express Coach or Taxi. More on Bergen Airport Flesland: <http://www.avinor.no/en/airport/bergen/frontpage>

Currency

Norwegian currency is NORSKE KRONER (NOK). Cash points (MINIBANK) are located in Bergen Airport Flesland, and numerous places in the city centre. Exchange rates may vary but, approximately, the following applies:

EUR 1 = NOK 8

USD 1 = NOK 6

Airport Express Coach

Among the two optional airport express coach companies, the SAS FLYBUSSEN will take you to the very entrance of the RADISSON BLU ROYAL HOTEL. The travel time for this bus route is about 20-30 min. The price for a one-way ticket with SAS FLYBUSSEN is NOK 100 (EUR 13), visa/mastercard is accepted. The SAS FLYBUSSEN express coach runs every 15 minutes from the airport. More on the Airport Express Coach:

http://www.flybussen.no/kunde/flybussen/Filvedlegg/4/Flybussrute_06052013.pdf

Taxis

Bergen taxis are safe and swift - you can hail one on the street, or you call for a cab by phone and it arrives within 5 minutes. The minimum fare is around NOK 130 (EUR 16). A Taxi from the airport to city centre costs approximately NOK 500 (EUR 63).

City buses in Bergen

Buses are everywhere - you need a prepaid ticket (NOK 26 single fare, day passes also available) which can be bought in kiosks and vending machines at the bus stops. A newly opened tram is also available, it departs on a regular basis, and tickets can be bought at vending machines at the stops.

Customs and regulations

There are governmental restrictions on what can be brought with you when crossing Norwegian borders. These restrictions include maximum amounts of i.e. alcohol and tobacco. Restrictions apply regardless of whether these products are purchased prior to the travel or duty-free during the travel. You will find more information from Norway Customs on this <http://www.visitnorway.com/uk/About-Norway/Travel-facts/Before-you-go/Customs-and-regulations/>

Please also note that passengers flying to Bergen via Oslo will have to collect their luggage and pass through customs at Oslo airport, even though the luggage is checked in to Bergen.

Pre/post-session suggestions

North Atlantic Seafood Forum

The North Atlantic Seafood Forum conference (NASF) is a large international seafood business conference taking place in Bergen 3–6 March 2014. Participation at NASF might be of interest to delegates. See more on NASF: <http://www.nor-seafood.com/>

The Bergen Railway (Bergensbanen)

No other train ride between two cities in Europe is at a higher altitude than the one between Bergen and Oslo, the capital of Norway. Linking Norway's two largest cities, this line takes in some dazzling scenery, with the most spectacular stretch being the one over the Hardangervidda (<http://www.visitnorway.com/uk/Where-to-go-uk/Fjord-Norway/The-Hardangerfjord-Region/What-to-do-in-the-Hardangerfjord->

[Region/Attractions-in-the-Hardangerfjord-Region/Hardangervidda/](#)), Europe's highest mountainous plateau. The Bergen Railway is popular with tourists and commuters alike, and serves a number of ski resorts along the way. The total travel time between Oslo and Bergen is approximately seven hours. Daily departures from Oslo and Bergen. More info on departures and fares <http://www.nsb.no/BergenRailway/>

The Fjords

The fjords in Norway have been voted the world's most unspoiled tourist destination by *National Geographic*. Situated between the longest fjord *Sognefjord* north of Bergen and the beautiful *Hardangerfjord* in the south, Bergen has been called "The Gateway to the Fjords of Norway". Among other nearby fjords are the narrowest fjords *Geirangerfjord* and *Nærøyfjord*.

The fjords are deep and narrow, surrounded by high, steep mountains with snow-covered tops and both small and huge waterfalls. Here and there you see small farms, some by the fjords and some even high up in the mountains, evidence of people having lived and survived here for centuries. There are many organised sightseeing and fjord tours of varying lengths. Find more information about fjord tours from Bergen: <http://www.visitbergen.com/en/WHAT-TO-DO/Fjord-tours--Round-trips/The-most-popular-fjord-tours/>

The city of Bergen

The city of Bergen, located on the west coast of Norway, and its metropolitan areas has a population of 400,000, making it the second-largest city in Norway. The city centre and northern neighbourhoods are surrounded by mountains. For this reason, Bergen is known as the city of seven mountains. However, many of the extra-municipal suburbs are located on islands. Thus the sea and the docks have been as present in daily life of Bergen, as the surrounding mountains.

The city of Bergen is an international centre for aquaculture, shipping, offshore petroleum industry and subsea technology, and a national centre for higher education, tourism and finance. Learn more about Bergen on Wikipedia: <http://en.wikipedia.org/wiki/Bergen>

Brief history

Bergen is an international city, as it has been welcoming visitors for more than 900 years. Especially fish trade has played a crucial role in the history of Bergen. Historically, the principal export traded from Bergen was dried cod from the northern Norwegian coast, which started around 1100 a.c. By the late 14th century, Bergen had established itself as the centre of the trade in Norway. Hanseatic merchants from Germany enjoyed exclusive rights to trade with the northern fishermen that each summer sailed to Bergen. From around 1600, the Hanseatic dominance of the city's trade gradually declined in favour of Norwegian merchants (often of Hanseatic ancestry), and in the 1750s, the Hanseatic League Office finally closed. Bergen retained its monopoly of trade with Northern Norway until 1789.

The Fish Market is first mentioned in the Bergen City Law from 1276. It was an open square where the town's inhabitants met and the market traders sold their goods. It was centrally located in the town of Bergen. At the end of the 12th century, the Fish Market moved to Bryggen (<http://en.wikipedia.org/wiki/Bryggen>), an old Hanseatic wharf. Bryggen is architecturally unique and is among the most familiar images in Norway. Since 1979, Bryggen has been a UNESCO World Heritage Site.

The funicular *Fløybanen*

The funicular railway is one of Norway's most famous attractions. The trip, which takes about 6 minutes each way, starts from the city centre, just 150 metres from Bryggen. The exiting trip up to the mountain is a magnificent experience in itself. From Mount Fløyen, approx. 320 metres above sea level, you can enjoy the beautiful view, study the cityscape in detail and the seaward approaches and fjords surrounding Bergen. At Fløyen there is also a restaurant, cafeteria and a souvenir shop. The Fløybanen funicular runs daily from early morning until 11 p.m. Tickets are for sale at the Tourist Information in Bergen, located nearby the departure station. Learn more about the funicular Fløybanen: <http://www.floibanen.com/>

Tourist information

Information about what Bergen can offer is to a large extent available on internet. The VISITBERGEN and VISITNORWAY web pages offer detailed information in English about tours, what-to-see's, restaurants etc in Bergen. Please check www.visitbergen.com ; www.visitnorway.com