



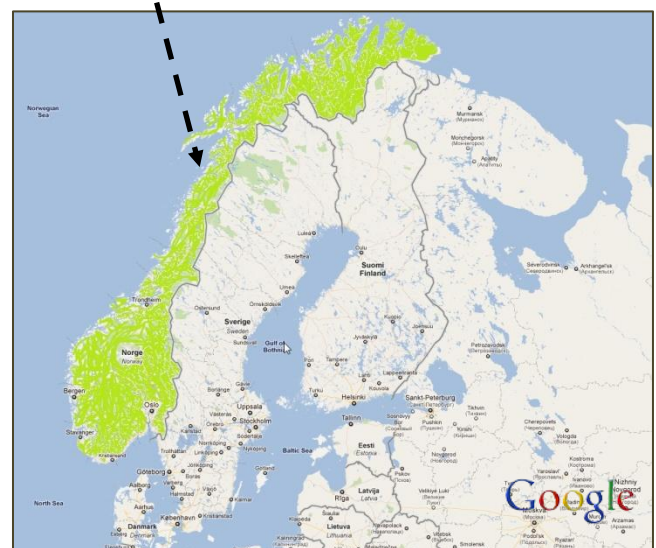
# Trekking the Planet

Discovering the Cultural and Natural Significance of the World



## Where are we now?

- Darren and Sandy are in Bodø, Norway, located at 67° N and 14° E.
- We have traveled approximately 31,278 miles (50,337 kilometers) from our starting point in California.



## People and Culture

- Norseman, or Vikings, ruled regionally until the 11th century when Norway established its first king. From 1442 to 1814 Danish kings ruled Norway. It was united with Sweden until 1905, when a Danish prince was invited to an independent Norwegian throne.
- Today's population is about 5 million with 500,000 of those living in Oslo, the capital city. About 30,000 to 40,000 people are Sami, the ethnic group of the north. Immigrants comprise only about 6% of the total population.
- Norway is not a member of the European Union. It uses the krone as its currency. Each krone is divided into 100 øre. They are governed by a king and a prime minister.
- There are almost as many Norwegians living in the United States (about 4.5 million people) as in Norway. From 1860 to 1910 the percentage of Norwegians emigrating to the US was second only to the Irish. The states of North Dakota, Minnesota and Wisconsin have significant Norwegian populations.
- Typical Norwegian food includes brown cheese thinly sliced on bread. Fish (salmon, herring, trout and codfish) are also commonly served.

### Did you know?

The bunad is a traditional Norwegian folk costume worn at weddings, folk dances and on National Day (May 17th). The clothes are decorated with embroidery, scarves, shawls and hand-made jewelry called sølje. Each area of the country has a specific design and most Norwegians wear bunads from where their families originate.



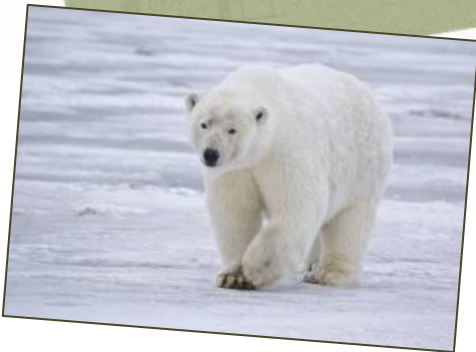
*Bunad costumes on National Day (sources: [Wikipedia.org](http://Wikipedia.org), [Flickr.com/Ove and Lucia, Patmoore.org](http://Flickr.com/Ove and Lucia, Patmoore.org))*



*Lutfisk, a dried whitefish / cod, is eaten by 20% of Norwegians during the Christmas holiday season. Here it is with potatoes and peas (source: [Wikipedia.org](http://Wikipedia.org))*

## Polar Bears

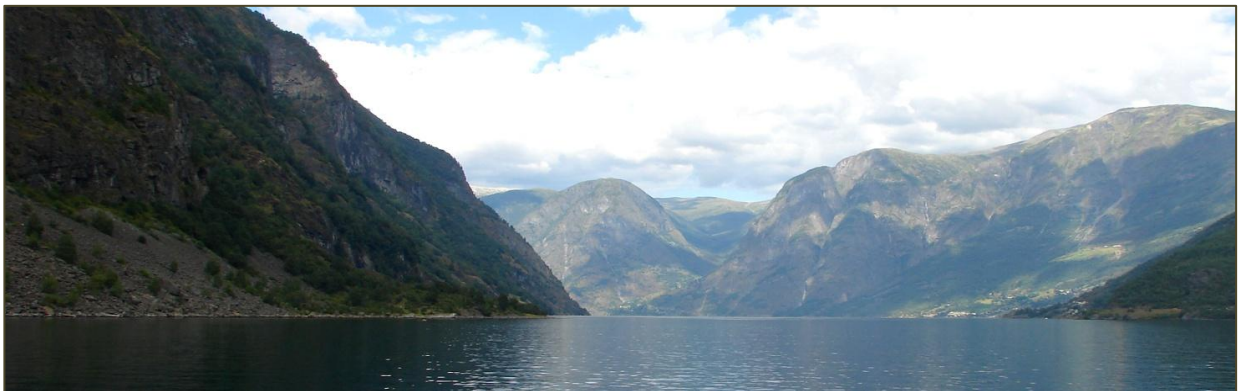
The largest type of bear in the world, polar bears are found in areas of ice, including Canada, US (Alaska), Greenland, Russia and Norway. Males weigh between 660 and 1,540 pounds (300 to 700 kilograms) while females only weigh from 330 to 770 pounds (150 to 350 kilograms). They prey on seals and can swim up to 100 miles (161 kilometers) at a time. As of 2004, there are about 3,000 polar bears in Norway.



sources: [Ourpeaceablekingdom.com](http://Ourpeaceablekingdom.com),  
[Npolar.no](http://Npolar.no), [Kids.nationalgeographic.com](http://Kids.nationalgeographic.com)

## Nature and Environment

- Norway is located on the western Scandinavian Peninsula. The length of the country is about 1,100 miles (1,770 kilometers) and it varies in width from 4 to 270 miles (6 to 435 kilometers). It is slightly larger than the state of New Mexico.
- One-third of the country is above the Arctic Circle and Norway lies the furthest north of the Arctic Circle of any European country. Almost 70% of Norway is uninhabitable and consists of moors, forests, mountains and glaciers.
- Norway has the highest fjord concentration in the world. These are narrow and deep inlets that formed when glaciers retreated. The longest and deepest fjord is Sognefjord, which is 127 miles (204 kilometers) long and 4,291 feet (1,308 meters) deep. Three national parks and two UNESCO sites are found there.
- Major natural exports include fish (cod, herring and mackerel) as well as timber. Norway has large petroleum and natural gas reserves.



Sognefjord (sources: [Scaven.deviantart.com](http://Scaven.deviantart.com))

## Our Plans

- Now that we have completed our Swedish Lapland Arctic Circle trek, we have moved into Norway. We will be traveling south through this country for the next few days.
- After reaching Oslo, in the south of the country, we will continue to Denmark.
- As we continue our travels in Europe please let us know if you have any questions or comments. We will try to include our responses in a further update.

## Polar Explorer

Roald Amundsen was a Norwegian explorer who was a significant polar expedition leader in the early 20th century. He was the first to traverse the Northwest Passage (1903 - 1906), led the first Antarctic expedition to the South Pole in 1911, and was one of the first to reach the North Pole in 1926. He wrote of his South Pole expedition: *"Victory awaits him who has everything in order – luck, people call it. Defeat is certain for him who has neglected to take the necessary precautions in time; this is called bad luck"*.

source: [Wikipedia.org](http://Wikipedia.org)

## More Information

- <http://www.visitnorway.com/en/Articles/Theme/What-to-do/Attractions/Nature/What-is-a-fjord/>
- <http://www.tripadvisor.com/Travel-g190455-c117166/Norway:Trivia.And.Fun.Facts.html>
- <http://www.norway-hei.com/norway-facts.html>
- <http://www.everyculture.com/No-Sa/Norway.html>
- [http://en.wikipedia.org/wiki/Norwegian\\_krone](http://en.wikipedia.org/wiki/Norwegian_krone)
- <http://www.sognefjord.no/en/>
- <http://www.infoplease.com/ipa/A0107851.html>

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