

# *Activity program for Vrådal.*



The program  
is valid from  
January 1<sup>st</sup>  
to March 26<sup>th</sup>  
2010

**2010**

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*Welcome to active Vrådal!*

In Vrådal we are happy to have you and your family and friends as our guests. In order for you to get the most out of your stay, we have made an activity program that we hope will appeal to you.

Best wishes for a happy and snowy holiday

## Monday

The children's activity club, the **Troll Club** invites to:

- ❖ 6 pm - 7 pm, Treasure-hunting at Quality Straand Hotel & Resort. Sign up at one of the hotels before 3.30 pm. Price: NOK 50.

Week 7 - 8- 9:

4 pm join our **sleigh ride** at Vrådal Panorama Ski Centre. Price: adults NOK 110 and children NOK 55. Sign up directly to Straand Horse Centre (+47 41 41 25 03) before 1 pm.

7 pm - 9 pm, Vrådal Hotel has a '**Mexican Evening**' with Mexican food. Price: adults NOK 235 and children NOK 115 incl. coffee/tea. Make your reservations at the hotel. Please be aware that the hotel may be closed in certain periods.

## Tuesday

**Guided snowshoe trip.** One hour trip in how to use snowshoes. Starting point is Vrådal Panorama Ski Centre at 2 pm. Price includes snowshoes. Adult NOK 90 and children under 12 years NOK 45. Registration can be done at the ski centre before Monday 4pm. Minimum 4 persons must be signed on.

**The Troll Club** today:

- ❖ 6 pm - 7 pm make earthenware figures at Quality Straand Hotel & Resort. Sign up at one of the hotels before 3.30 pm. Price NOK 50.

## Wednesday

**The Troll Club** today:

- ❖ Mini-disco at Quality Straand Hotel & Resort at 6 pm-7 pm. Sign up at one of the hotels before 3.30 pm. Price NOK 50.

**Sleigh rides** from the hotels, starting 4.30 pm. Sign up at one of the hotels before 2 pm. Price adults NOK 110 and children NOK 55.

7 pm - 9 pm, Vrådal Hotel has an '**Italian Evening**' with Italian food. Price: adults NOK 235 and children NOK 115 incl. coffee/tea. Make your reservations to the hotel. Please be aware that the hotel may be closed in certain periods.

## Thursday

**Day trip on snowshoes with guide.** Start at the ski centre 11 am and lasts to 4 pm. There is one hour lunch where we have a fire so we can barbeque. Participants bring their own food. Price: adults NOK 360 and children NOK 230 (snowshoes included) Registration must be done before Wednesday at 4 pm at the ski centre. Minimum 4 persons must be signed on.

**Telemark Slalom Cup - Skiing competition** at Vrådal Panorama Ski centre at 3.15 pm. Registration can be done at the ski centre before 1.15 pm. Price: NOK 30 per person, free for Color Line guests when showing the travel documents at the registration.

**The Troll Club** today:

- ❖ Paints T-shirts at Quality Straand Hotel & Resort at 6 pm-7 pm. Registration to one of the hotels before 3.30 pm. Price: NOK 50 .



## Friday

**The Troll Club** today:

A horse and sleigh ride at 10 am - 11 am from Straand Horse Centre. Sign up at one of the hotels by 9 am. Price: NOK 50 .

**Pizza buffet** at Vrådal Panorama Restaurant at the ski centre 5 pm to 8 pm. Price: NOK 98 per person.

**Mountain Log Home Bar** is open to 1 am.

**Skjusstasjonen Pub** is open 10 pm - 3 am. Cover charge when musicians are playing. Age limit 20 years.

## Saturday

**Pony riding** at Straand Horse Centre between 10 am - 11 am. Test ride NOK 40, NOK 80 for 15 minutes.

**Horseback riding in the forest** at Straand Horse Centre at 11 am - 12 noon. Price: NOK 240 per person, minimum 2 persons. Sign up at the horse centre by 10 am.

**Sleigh rides** from the hotels starting at 4.00 pm. Sign up at the hotels by 2 pm. Price: adults NOK 110 and children NOK 55.

**After-ski**

- Mountain Log Home Bar at the ski centre from 3 pm to 6 pm.
- The Piano bar at the Quality Straand Hotel from 4 pm.

**Pub**

- **Skjusstasjonen Pub** is open 10 pm - 3 am Cover charge when there is a musician playing. Age limit: 20 years.
- **Mountain Log Home Bar** is open until 1 am.

**Pizza buffet** at Vrådal Panorama Restaurant at the ski centre 5 pm to 8 pm. Price: NOK 98 per person.

## Sunday

**The Troll Club** today:

- ❖ We visit Straand Horse Centre between 10 am and 11 am. Sign up at one of the hotels by 9 am. Price: NOK 50.



## Useful information

**After-ski** in the **Piano bar** at Quality Straand Hotel & Resort from 4 pm. Some Saturdays there is live music.

**After-ski at Mountain Log Home Bar** every day from 3 pm to 6pm.

### **Pubs:**

**Mountain Log Home Bar** at the ski centre: Open until 10 pm, Friday and Saturday to 1 am.

**Skjusstasjonen Pub:** on the ground floor at Quality Straand Hotel & Resort. 20 year age limit, cover charge when there is a musician playing.

Open Friday and Saturday 10 pm - 3 am.

**Restaurants:** The restaurants in the hotels are serving evening meal/dinner between 7 pm and 9 pm. We recommend making a reservation in advance.

At Quality Straand Hotel there is also a menu in the Piano bar with dinner of the day, sandwiches and light meals, open every day from 12 noon to 6.30 pm.

The **café** at the ski centre is open from 10 am to 4 pm. The café also has a kiosk and movie rental.

**Straand Horse Centre:** is situated next to Quality Straand Hotel & Resort. Open every day between 10 am and 4 pm. The horse centre offers sleigh rides, riding in the forests, riding instructions and pony riding. Sign up for the activities at Straand Horse Centre or call +47 41 41 25 03, preferably a day in advance.

**The Troll Club:** This is an activity club for children between 4 and 12 years. Most of the activities take place at the hotels, but all guests in Vrådal are welcome. Sign up for the activities at the hotels. Prices are NOK 50 per activity per child, or NOK 150 for membership covering all activities during your stay.

**Swimming pool, sauna and sun bed:** Can be found at both hotels, open between 7 am and 7 pm. For guests who are not staying at the hotel, entrance NOK 100 for adults and NOK 50 for children. The sauna is warm between 7 am and 9 am & 4 pm and 7 pm. Sun bed: NOK 10 for 5 minutes.



**Albies Velvære** at Quality Straand Hotel & Resort offers different kind of massages; sports massage, relax massage, hot-stone massage and aroma massage. Open on request. Tel +47 948 19 988. [www.albies.no](http://www.albies.no)

**Silver Smith Workshop** is next to Quality Straand Hotel. Here you find a silversmith workshop and the Christmas shop. Opening hours, see own paragraph.

**Vrådal Panorama Ski School** is giving instructions in snowboarding, alpine-, telemark- and cross country skiing. Book lessons at the ski centre.

**Ski Rental:** All sorts of ski equipment can be rented at Vrådal Panorama Ski Centre. The opening hours are the same as the rest of Vrådal Panorama Ski Centre.

**Ski Service** at Vrådal Panorama Ski Centre has some of Norway's best equipment for preparing and repairing your skis or snowboard.

**Cross-country tracks:** maps and information about them can be found at the hotels/chalet parks and at Vrådal Panorama Ski Centre.

## Opening hours

Other opening hours during Easter. The shops and the cash dispenser are situated in the centre of the town.

- ❖ **Joker** groceries/post office:  
Monday - Thursday and Saturday 9 am - 6 pm.  
Friday 9 am - 8 pm
- ❖ **Vrådal Sport og Fritid** (clothing, sport, hardware): Monday-Friday 9 am - 5 pm,  
Saturday 9 am - 2 pm.
- ❖ **Øvrebø** (clothing, table silver, gift shop):  
Monday-Friday 9 am - 5 pm, Saturday 9 am - 3 pm.
- ❖ **Tourist Information / Straumsnes Møbelbutikk** (framing): Monday-Friday 9 am - 5 pm, Saturday 9 am - 2pm.
- ❖ **Vrådal Bilsenter** (car service centre):  
Monday - Friday 8 am - 4 pm.
- ❖ **Den Lille Salong** (hairdresser and perfumery):  
Monday-Friday 9 am - 4.30 pm, Thursday 9 am - 6 pm, Saturday 9 am - 1 pm.
- ❖ **Sølvsmedtunet** (Silver Smith work shop)  
Monday-Friday 9 am - 5 pm, Saturday 10 am - 4 pm, or by appointment



## Lift card prices & opening hours at Vrådal Panorama Ski Centre 2010



Days	Adult from 16 years	Youth 7-15 years	Children 0-6 years
1	NOK 320	NOK 250	free
2	NOK 600	NOK 450	free
3	NOK 820	NOK 630	free
4	NOK 1,020	NOK 790	free
5	NOK 1,200	NOK 910	free
6	NOK 1,360	NOK 1,030	free
7	NOK 1,500	NOK 1,125	free
Punchcard 10/20 punches*	NOK 250/450	NOK 210/350	free
Single trip chair lift	NOK 80	NOK 70	free

**NB! Because of a new lift card system do all from 6 years and have a key card. The card costs kr 75 and can be bought in the ski rental. If you return the card after use you get kr 50 in return.**

\* Chair lift 2 punches, t-bar 1 punch .

### Opening hours Vrådal Panorama Ski Centre 2010

❖ 01.01.- 12.02.2010	All days	10 am - 4 pm	off season
❖ 13.02.- 07.03.2010	All days	10 am - 4.30 pm	high season
❖ 08.03.- 26.03.2010	All days	10 am - 4 pm, weekend 4.30	off season
❖ 27.03.- 05.04.2010	All days	10 am - 4.30 pm	high season
❖ 06.04.- 11.04.2010	All days	10 am - 4 pm, weekend 4.30	off season

## Important Phone Numbers!

❖ Fire	110/ 35 05 31 00
❖ Police	112/ 35 06 80 50
❖ Ambulance/doctor	113/ 35 06 82 50/ 3505005 evenings

### Accomodations

❖ Quality Straand Hotel & Resort	35 06 90 00
❖ Vrådal Hotel og Hyttepark	35 06 93 00
❖ Vrådal Booking	35 06 93 00
❖ Vrådal Hyttegrend	35 05 61 83
❖ Fiskebekk Hytteutleige	35 05 61 11
❖ Nedre Strand Hytteutleie	35 05 61 85
❖ S. Øvrebø	35 05 61 22
❖ Ormtveit Hytteutleie	35 05 51 25
❖ Nisser Hyttesenter	35 05 61 23
❖ Løyne Camping og Hytteutleie	35 05 62 44
❖ Dale Hytteutleie	35 05 51 97

### Shops/other

❖ Straand Horse Centre	41 41 25 03
❖ Sølvsmedtunet og Nisseloftet	35 04 72 33
❖ Albies Velvære (massage)	948 19 988/ 35 05 69 00
❖ Vrådal Car repair	35 05 61 16
❖ Falck	96 20 95 95
❖ Vrådal Panorama Ski Centre	35 06 83 50
❖ Den Lille Salong, hairdresser	35 05 63 65
❖ Straumsnes Møbelforretning	35 05 62 74
❖ Vrådal Sport & Fritid	35 05 63 53
❖ Øvrebø	35 05 61 22
❖ Joker - Vrådal Handelslag (groceries)	35 05 61 12
❖ Vrådal Taxi	97 70 01 52

Visit our web sites: [www.straand.no](http://www.straand.no), [www.alpin.no](http://www.alpin.no), [www.vraadal.com](http://www.vraadal.com) , Skiing conditions: [www.skiinfo.no](http://www.skiinfo.no)

Made with reservation for minor faults.20.01.2010

