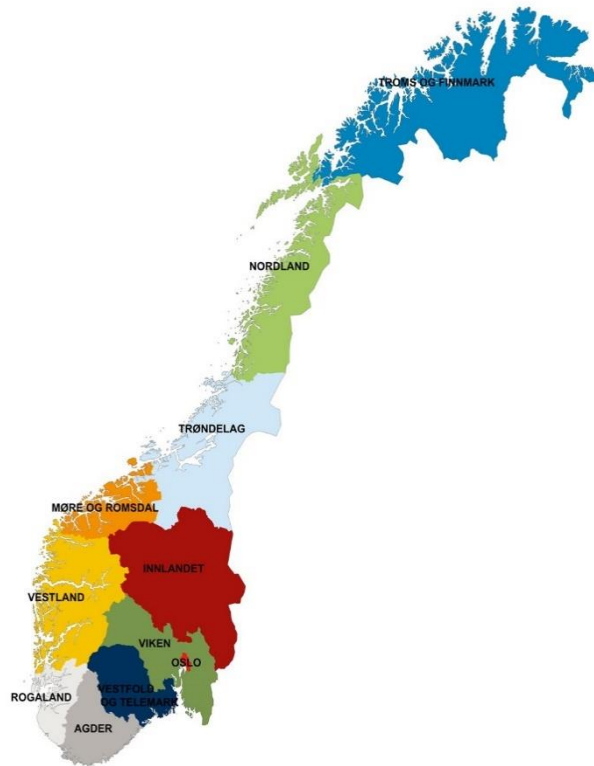


REGIONS AND COUNTIES IN NORWAY



Norway is divided into five regions.

Northern Norway is located in the north of the country. Trøndelag is located in the middle of the country. Western Norway is in the west, and Eastern Norway is in the east. The region located in the south is called Southern Norway.

Every part of the country is divided into counties. There are 11 counties in Norway.

Northern Norway

Northern Norway is located in the north and is also the most eastern region.

This region comprises the two counties Troms og Finnmark and Nordland.

If you visit Northern Norway in December or January, you can experience the polar night. The polar night is when the sun is under the horizon the whole day. In Northern Norway, you can see the northern lights in winter.



Northern lights. Photo: Pxhere.com

During summer, you can see the midnight sun in Northern Norway. The midnight sun is when the sun does not set, and a part of the sun is visible above the horizon all night.

Troms and Finnmark

Troms og Finnmark is located furthest north and east and borders Russia, Finland

Regions and counties in Norway

and Sweden. Tromsø is the largest city in Troms og Finnmark. Norway's northernmost point, Knivskjellodden, is located in Troms og Finnmark. The North Cape (Nordkapp) is better known and is located almost as far north as Knivskjellodden. The North Cape is a famous tourist destination in Norway.



The North Cape Photo: Andrey Armyagov, Adobestock

Hammerfest, which is the world's northernmost city, is located in Troms og Finnmark.

Nordland

Nordland is a long and narrow county that borders Sweden. Bodø is the largest city in Nordland.



Skrei cod hanging to dry on a rack. Source: Ministry of Trade, Industry and Fisheries

Lofoten is located in Nordland and is made up of many islands. The cod fishing season is from January to April. Large amounts of *skrei* cod are caught during the season. *Skrei* cod live far north in the Barents Sea. From January to April, the cod swim to Lofoten to spawn. Much of the cod is dried. Fish that has been dried is called stockfish. Most of the stockfish is exported to other countries, for instance Italy or Nigeria.

The Arctic Circle passes through Nordland. There are polar nights and midnight sun north of the Arctic Circle. The further north you get, the more days of midnight sun and polar nights. At the North Cape, there are polar nights from 20 November to 22 January, and midnight sun from 14 May to 29 July.

Trøndelag

Trøndelag is located in the middle of the country and is both a region and a county.

Regions and counties in Norway

The area is also known as Central Norway. Trøndelag has both long fjords and high mountains. The longest fjord is the Trondheimsfjord. Trollhetta is the highest mountain. Trøndelag borders Sweden.

The biggest city in Trøndelag is Trondheim. Trondheim is the third biggest city in Norway. Nidaros Cathedral is the main church in Trøndelag. It was built on the site of the grave of Saint Olav. Saint Olav was a Viking king. He lived in around year 1000. He visited other countries in Europe and learned about Christianity. He decided that Christendom should be the only religion permitted in Norway. Nidaros Cathedral is located in Trondheim.



Nidaros Cathedral Source: Pixabay.com

Røros is a town that is located in Trøndelag. Røros is located high up in the Røros mountains. The town was founded there because copper was discovered in the mountains in 1644. Copper mines were founded. People moved to Røros to work in the mines. This is how Røros grew.



Røros Photo: Lars Geithe, Flickr

Eastern Norway

Eastern Norway is the region with the most counties. The counties in Eastern Norway are Oslo, Vestfold og Telemark, Viken and Innlandet. Eastern Norway is the most populated part of Norway with over 2.5 million people. This means that almost half of the Norwegian population live in Eastern Norway.

Glomma is Norway's longest river.

Glomma is 619 kilometres long and flows from Trøndelag in the north to Fredrikstad in the south of Eastern Norway.



The mouth of Glomma is in Fredrikstad. Source: Wikipedia

Regions and counties in Norway

The highest mountains in Norway are located in Eastern Norway. Galdhøpiggen is the highest mountain in Norway. It is 2,469 metres. This means that the top of Galdhøpiggen is 2,469 metres above sea level.



Galdhøpiggen. Source: Wikimedia Commons



1Mjøsa. Source: Wikipedia

Oslo

Oslo is the capital of Norway and the biggest city in Norway. Oslo is a separate county and is located innermost in the Oslofjord. The Royal Palace, the Storting and the government are in Oslo.



Stortinget Photo: Sergii Figurmyi, Adobestock

Vestfold og Telemark

Vestfold og Telemark county extends from the coast and up into the mountains.

The highest mountain in Vestfold og Telemark is Gaustadtoppen.

Gaustadtoppen is located in Rjukan and is 1,883 metres above sea level.



Gaustadtoppen. The town of Rjukan can be seen down in the valley. Photo: Eystein M. Andersen, the Directorate for Cultural Heritage, Flickr

Farrisvannet lake is located in Vestfold og Telemark county. This lake has given its name to the mineral water brand Farris. But Farris does not come from the Farrisvannet lake, it is drawn from sources under the adjacent Bøkeskogen forest floor.



Bøkeskogen in Larvik Photo: Jostein, Adobestock

Regions and counties in Norway

Tønsberg is located in Vestfold og Telemark, and it is the oldest city in Norway. It was founded in approx. 870. Slottsfjellet is located in Tønsberg and is the biggest ruined town in Northern Europe.



Slottsfjellet in Tønsberg Photo: Celine, Adobestock

Viken

Viken county is the most populous county in Norway. The county borders Sweden. Viken extends from the Oslofjord up into the mountains, from the border to Sweden and into the middle of Southern Norway.

The biggest cities are Drammen, Lillestrøm and Fredrikstad.

Innlandet

Innlandet is the only county that does not have a coastline. The county borders Sweden. The biggest lake in Norway is Mjøsa. Mjøsa is located in Innlandet. Mjøsa is known for Skibladner, which is the oldest ship still in use in Norway. Skibladner sails between Eidsvoll, Hamar, Lillehammer and Gjøvik.



Skibladner is a steam ship. Photo: Mahlum, the Directorate for Cultural Heritage

Southern Norway

There is only one county in Southern Norway, namely Agder. Southern Norway has a fantastic archipelago with islands, inlets and many bathing spots.



Archipelago Source: Flickr.com

The biggest city in Southern Norway is Kristiansand. The biggest zoo in Norway is located in Kristiansand, it is called Kristiansand Zoo and Amusement Park, but people often just call it the zoo ('dyreparken').



Lemurs at Kristiansand Zoo. Photo: The Ministry of Local Government and Modernisation

Western Norway

The counties in Western Norway are called Møre og Romsdal, Vestland and Rogaland. Western Norway is world famous for its long fjords and high mountains. The longest fjord in Norway is the Sognefjord, which is located in Western Norway. It is 204 kilometres long.



Balestrand is located on the Sognefjord. Photo: mariusltu, Adobestock

Almost all the cities in Western Norway are located along the coast. The biggest cities are Bergen, Stavanger, Ålesund and Haugesund.

Rogaland

The biggest city in Rogaland is Stavanger. Oil was discovered in the North Sea at the end of the 1960s. It was decided that the headquarters of the oil industry should be based in Stavanger. There were four members of staff in the beginning. One of them, Farouk Al-Kasim, was from Iraq.



Oil platform Photo: Wikipedia

Vestland

The biggest city in Western Norway is Bergen. Bergen is the second biggest city in Norway, and it is often called the capital of Western Norway. Bryggen is a well-known attraction in Bergen.



Bryggen in Bergen Photo: Michelle Maria, Pixabay

There are many glaciers in Norway. A glacier is a large area of ice. Some places are so cold that the snow does not even

Regions and counties in Norway

melt in summer. This means that there is more and more snow every year. After a while, the snow turns into ice. When the area covered by ice becomes so big and heavy that it starts sliding down the mountainside, it becomes a glacier.

The Jostedalsbreen glacier is the biggest glacier in Norway. Jostedalsbreen glacier is located in Vestland county.



Jostedalsbreen glacier Photo: Tania Zbrodtko, Adobestock



A mountain plateau is a relatively flat area situated in a mountainous area. No trees grow on the plateau, only bushes.

The Hardangervidda mountain plateau is the biggest plateau in Norway. It extends across Vestland, Viken and Vestfold og Telemark.



Hardangervidda mountain plateau Photo: By-studio, Adobestock

Møre og Romsdal

The biggest cities in Møre og Romsdal are Ålesund, Molde and Kristiansund.

The highest waterfall in Norway is in Møre og Romsdal, and it is called Vinnufossen.

The most famous waterfall is

Vøringsfossen, which is located in Vestland county. There is not a lot of water in the highest waterfalls in Norway.

Regions and counties in Norway

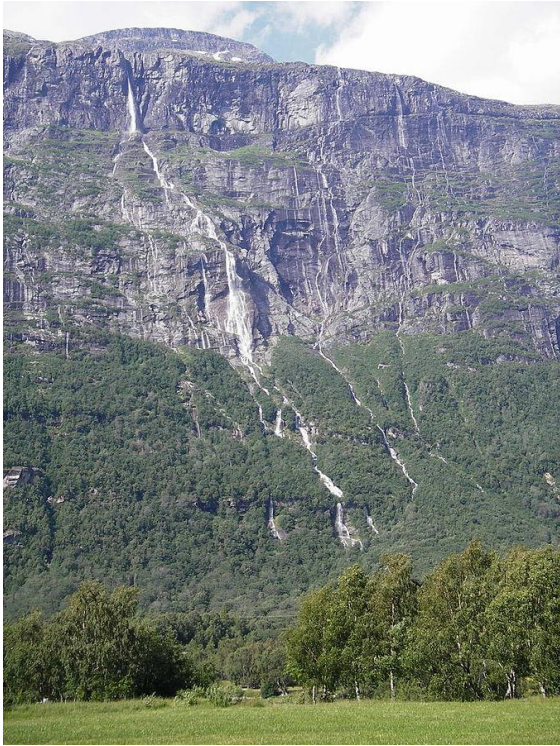


Figure 2 Vinnufossen. Photo: Carl S Bj, Wikipedia

Midsundtrappen comprises 22,000 rock steps. It was built by sherpas from Nepal.



Rock steps Photo: Arild, Adobestock

