

# The Well – Half day activities

## Tour suggestion - Morning SPA at The Well

There is something magical about taking a break from everyday life. Whether you visit The Well for relaxation, romance, work or for culinary experiences, a visit will give you a fresh start with lowered shoulders and lots of new energy.

The Well is Scandinavias largest spa, offering 10,500 m2 of fantastic adult-only space – a paradise where you can enjoy unique spa and bathing experiences, both indoors and outdoors.

On this tour you will experience this yourself, be prepared for total wellness and relaxation or a tour of the Spa and hotel if that is a preference.

07:45 Meet at the meeting point

08:00 Departure from Oslo

08:30 Arrival at The Well

11:00 Departure from The Well

11:30 Arrival Oslo

Category: Wellness

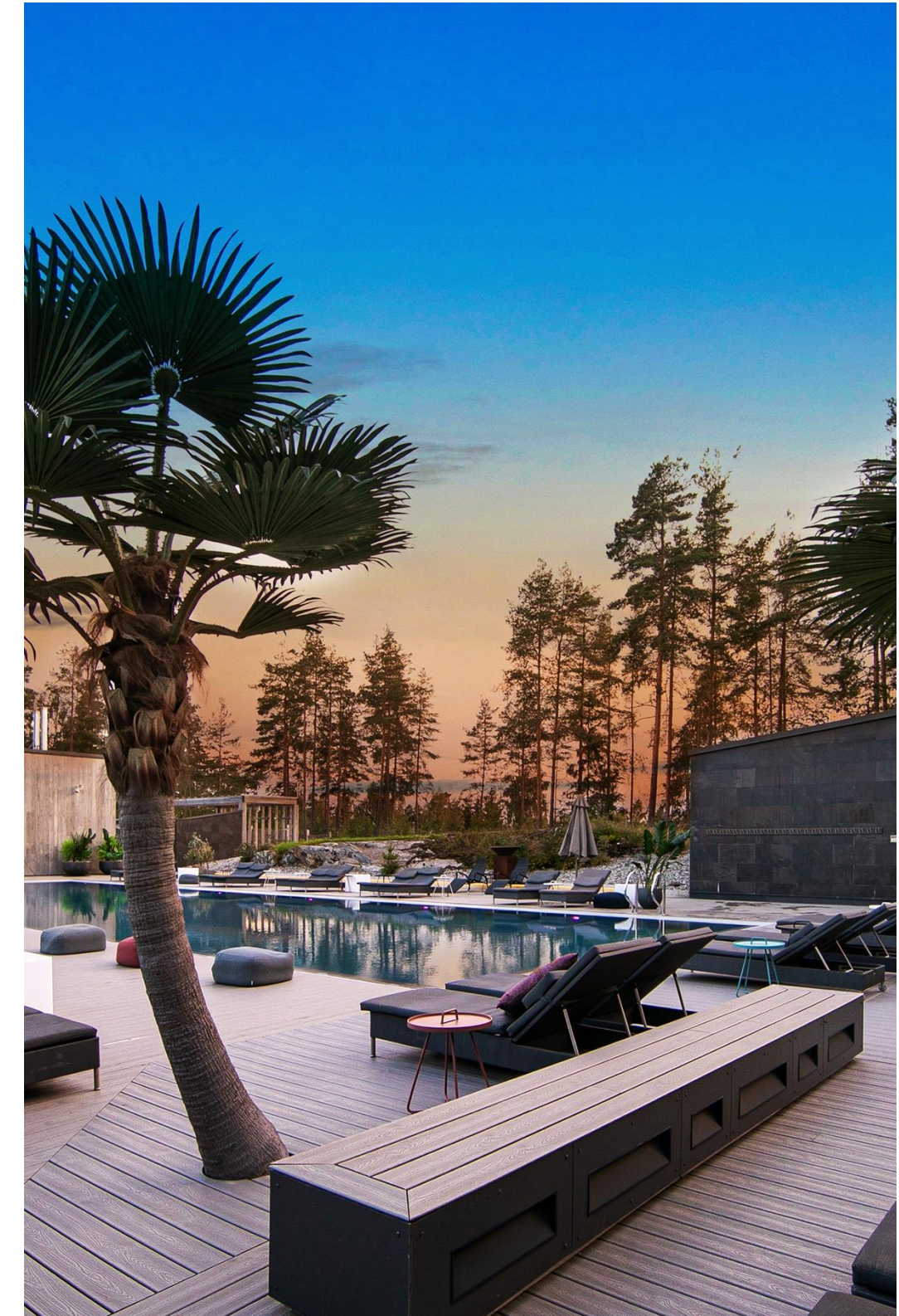
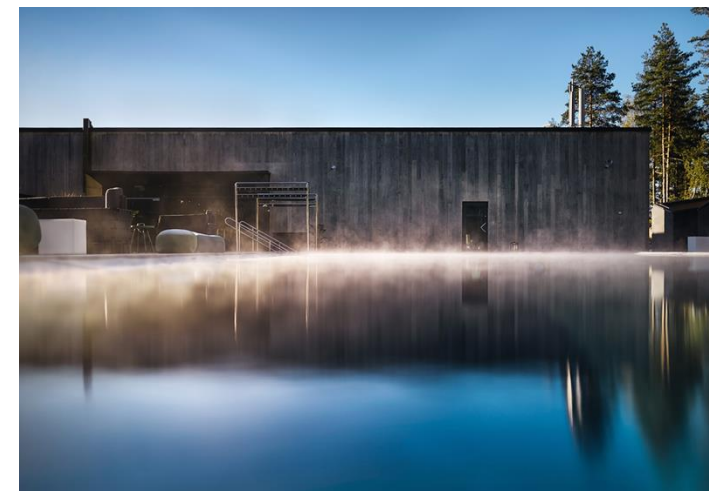
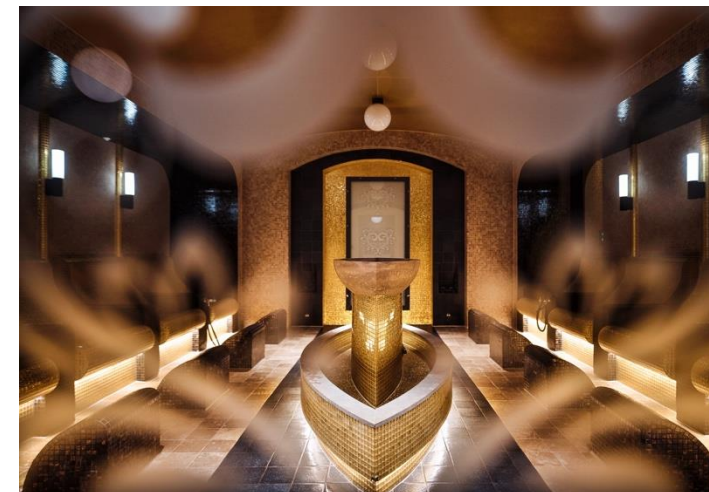
Target group: Individuals, FIT and smaller groups

Level: Easy

Dress code: Swimsuit and towel – both will be provided by The Well.

Website: [The Well](https://www.thewell.no)

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# Local taste – Half day activities

## Tour suggestion - Local tastes of the Oslo region

We invite you to an afternoon with humor and local flavors, a taste of fruit drinks, beer, local wine and delicatesses.

The Oslo-region is home to award winning producers of fruit juices, beers, vegetables, meat and sausages, cheese and bakeries, all with attention to eco-friendly production and local craftsmanship.

We have prepared a tasting menu and a visit to Wettre Handicraft Brewery in Asker, just outside of Oslo. You will be served a menu of 8 local drinks accompanied by several local dishes from different local suppliers. Our sommelier will guide us through the dishes and the history of Norwegian food and craftsmanship.

You will be introduced to local producers who open their farms for visitors and groups, hosting activities such as distillery tours, tasting events and guided visits.

We welcome you to a tasteful afternoon.

*Wettre Brewery / Eplegården / Bringebærlandet*

- 11:45 Departure from Oslo
- 12:30 Arrival at Wettre Bryggeri
- 15:30 Arrival back in Oslo

Category: Food and culture  
Target group: Small groups, groups  
Level: Easy  
Dress code: Casual  
Website: [Wettre Brewery](#) | [Eplegården](#) | [Bringebærlandet](#)





# Norwegian Aquavite – Half day activities

## Tour suggestion - Norwegian Aquavite - Distillery tour

How is the Norwegian Aquavite produced and do you know its history?

Welcome to Anora distillery. Discover the traditions of Norwegian aquavit making, learn about the different botanicals and the art of cask maturation.

During the distillery tour, you will gain in-depth knowledge on how Aquavit acquires its unique flavours. You will visit the botanical room and the warehouse with over 8000 oak casks.

Cask maturation of Aquavit is unique to Norway. Aquavit is stored from six months up to twelve years. They even mature an Aquavit in cask on deck of a ship crossing the Equator twice during a four months journey.

The tour finishes of with a tasting and a light snack.

13:00 Departure from Oslo to Anora – Destilleriveien 11

13:30 Arrival at Anora

16.00 Arrival back in Oslo

Category: Food and drink

Target group: FIT and smaller groups

Level: Easy (alcohol tasting)

Dress code: Leasure clothing

Website: [Destilleriveien 11](https://www.destilleriveien.no/)



fatlager



# Kayaking outside Oslo – Half day activities

## Tour suggestion - Kayak on the lake

Come along and join us for a tour on the water in the Norwegian wilderness surrounding Oslo.

We will bring you to lake Langen for you to experience paddling. It is a bit like paddling on a wide and sleepy river. The lake is approximately 9 kilometers long. It will feel like you are paddling in the wilderness.

Lake Langen is a perfect place to kayak (no boats, no waves, no cruise ships) and to escape the crowds, we will most likely have the lake by our own.

This is the perfect start for beginners (and everyone else) who wants to try kayaking.

No swimming skills required.

You will be surprised how 'Alaska' the area looks like, so close to the city center.

Other things to note:

- 25 min bus from the heart of Oslo

- Stable kayaks.

- No experience needed

- Wild Oslo provide instructions and guide us all the way.

10.00 Departure from Oslo

10.30 Time for kayaking

12.30 Departure to Oslo

13:00 Arrival in Oslo

Category: Nature, activity on water

Target group: Sporty

Level: Easy

Dress code: Sporty Casual

Website: [Wild Oslo](#)

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