
sprang

Ål kulturhus

Residensnettverk Dans Sørøst-Norge



ÅL KOMMUNE

Welcome to Ål!

General Information

Ål Municipality is one of six municipalities located in Hallingdal valley in Viken County. Hallingdal is one of the larger valleys located in the eastern part of southern Norway. Ål has magnificent nature with beautiful mountains, valleys, lakes, and rivers. There are numerous possibilities for both winter and summer activities. The municipality has put great focus on culture and health care, and is the location for both the regional health center and cultural center in Hallingdal. Ål is a traditional farming community, but industry and trade is diverse with high competency and steady growth and development. The population in Ål is about 4,700. Most people live in Sundre which is the center of Ål. Rural districts in Ål are Opheim, Torpo, Leveld, Vats, and Votndalen.

Location

Ål is centrally located between Oslo and Bergen and can be reached by car, train, or bus. The Oslo - Bergen Railway stops at Ål Train Station several times a day and State Road 7 (RV 7) is the main highway and runs through Hallingdal. Many local and regional bus connections are also available. Traveling distance to Oslo is 215 km, Bergen 269 km, and Oslo Airport Gardermoen 227 km.

Welcome to Ål kulturhus!

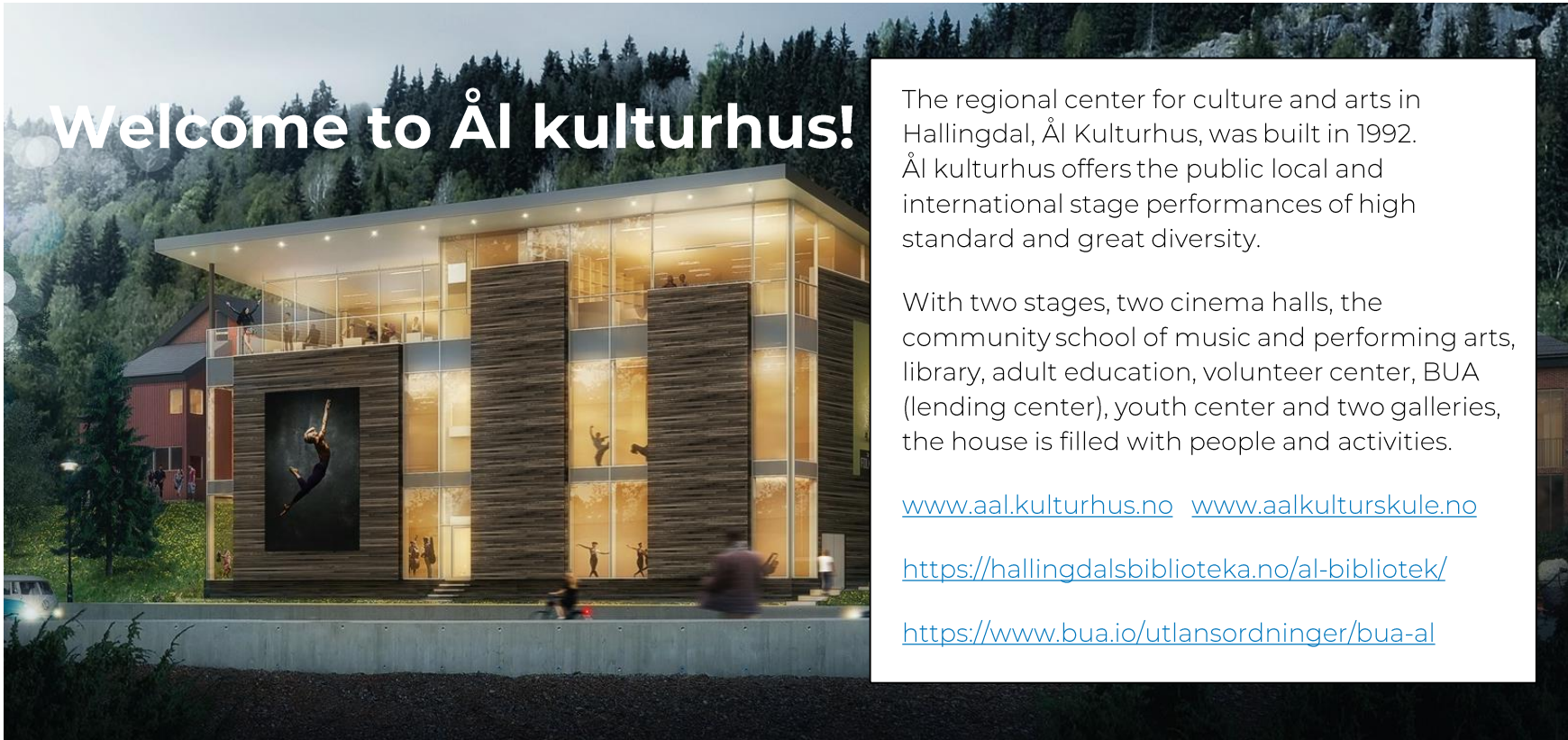
The regional center for culture and arts in Hallingdal, Ål Kulturhus, was built in 1992. Ål kulturhus offers the public local and international stage performances of high standard and great diversity.

With two stages, two cinema halls, the community school of music and performing arts, library, adult education, volunteer center, BUA (lending center), youth center and two galleries, the house is filled with people and activities.

www.aal.kulturhus.no www.aalkulturskule.no

<https://hallingdalsbiblioteka.no/al-bibliotek/>

<https://www.bua.io/utlansordninger/bua-al>





- a quick users guide

Ål Kulturhus opening hours:

Mon-Fri 08:00-21:00, Sat 12:00-21:00, Sun 16:30-21:00

Rannveig Øygardslia, the project manager of Sprang, will be available to assist you during your stay.

You can easily reach her by phone/sms +47 975 56 457 ,
or email rannveig.oygardslia@aal.kommune.no

At get-in you will receive keys and access cards to the premises, a library card to BUA, and a guided tour with a quick presentation of the house and its surroundings.

Rooms/Premises

Sprang - Stage

12x10 m /12x18,5 m. Retractable amphitheater, wooden floor with dance mats, acoustic and electrical sound system, stage lighting, projector and screen

Storefeten - Dance studio

10x12 m. Wooden floor with dance mats, mirror walls, ballet barres, sound system for both rehearsals and concerts

Artistrom - Backstage lounge

Couches, dining/meeting table and chairs, storage, makeup facilities

Kitchen

Fridge with freezer, microwave, stove, coffee maker, dishwasher, coffee and tea
(also used by the teachers of Ål kulturskule - the school of music and performing arts)

Wardrobes

Two bathrooms with toilet and shower

We can also offer access to office workspace, meeting facilities and storage rooms

Hallingdal Feriepark
Myrovegen 15
3570 Ål

post@feriepark.no

Tel: +47 3269 9200

www.topcamp.no/hallingdal

Check in after 15:00

Check out before 11:00

Accommodation

Topcamp Hallingdal Feriepark, a 5 star campsite with superb facilities, activities and adventures all seasons

During your stay you will be accommodated in modern, architect designed cottages with stunning riverside location for 4, 6 or 8 people.

These cabins include:

Great location with a riverside terrace, floor heating and a fireplace. Bright and stylish kitchen with various supplies, combined with a comfy and cozy living room. Spacious bathroom, bedrooms, wardrobe and outdoor storage room. All cabins are equipped with cable TV and wifi. Most of the cabins have private parking right outside, some with a charger for electrical cars.

Bed sheets and towels are included, and can be changed once during your stay.

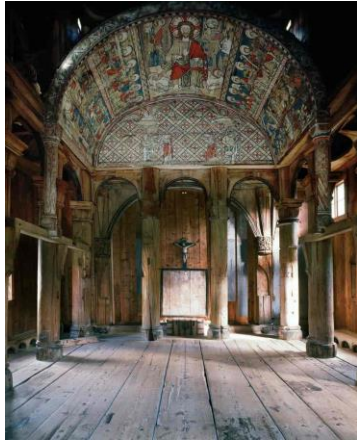
The cabins will not get cleaned during your stay.

Food and drink

You can choose between cafes and restaurants up in the mountain and in the center of Ål. You can order a simple lunch, homemade temptations and local food. Taste real Halling food, traditional food made by local commodities and after well kept recipes.

Closest to Sprang you find Tid café, Skogens Konge gastropub, Aroma café, bbq & pizza, and Bergtatt Bistro (in Hallingdal Feriepark). They all provide takeaway.

<https://www.visitaal.com/food-and-drink>



Culture and arts

Ål is a community that has managed to keep both local and Norwegian traditions alive. This is evident in the preservation of old building tradition and craftsmanship, folk music and national costume, traditional foods, and local cultural activity.

Ål has three church parishes, which is Ål, Torpo, and Leveld. Torpo Stave Church which was completed at the end of 1100 ad, is the last remaining stave church in Hallingdal and one of the most important cultural sites in the region.

Ål Kulturhus is also the host of the world's largest, permanent exhibition of works by the German-Norwegian graphic artist Rolf Nesch (1893-1975). In the gallery (opened in 1993), you can enjoy both drawings, paintings, sculptures, collages and graphics, and learn more about this fantastic artist who lived in Ål for over 20 years.

Leveld Kunstnartun is situated in Leveld, 700 meters above sea level at the foot of the mighty Skarvheimen mountains. Leveld Kunstnartun has sprung out of the village's own history. A number of artists stopped here and found inspiration for their work. They were put up in different farms and thus became part of the village's pulse. Among them were painters, authors and poets, like Gerhard Munthe Thor Bøhn, Gøsta Münsterhjelm, Karl Høgberg, Kaare Wildhagen, Fridtjof Smith-Hald d.y., Alvhild Bratt, Hetty Gleditsch, Pelle Roll Thommesen, Jørgen Aas, Jens Bjørneboe, Agnar Mykle, Gulle Brun and Signe Seim.



Outdoor activities

Ål is a unique destination with magnificent nature, beautiful mountains, valleys, lakes, and rivers. There are numerous possibilities for winter and summer activities and something for everyone including cross-country and downhill skiing, horseback riding, hiking, fishing, and bicycling. There are 400 km of prepared cross-country trails. There are also several sports arenas in Ål where soccer, track and field, handball, and other sports activities are practiced. Indoor and outdoor shooting ranges are also available. Liatoppen skisenter, is the biathlon training center for both Norwegian and other national teams and is host to many biathlon and cross-country skiing arrangements.

<https://www.visitaal.com/things-to-do>



Yearly events in Ål

Many events and celebrations are held throughout the year in Ål.

Among the larger sports events are **Bend It**, the world's largest alpine festival for children, **Liatoppsprinten**, a biathlon event for youth; and **Ål Cup**, which include a handball competition held in April/May and a soccer competition held in August.

The Norwegian Folk music Festival/Folkemusikkveka is a yearly event in May that brings artists from all over Norway performing traditional Norwegian folk music.

SundreBall is a unique indoor-outdoor music festival, arranged in the centre of Ål in January every year. The festival includes concerts with both local, national and international artists.

HuckFest has its base- and festival camp in Ål Ski Resort every summer. All attendees has got the opportunity to enjoy watching, or participating in, downhill cykling in a wide range of trails spread around the valley. The festival also includes shows, competitions, concerts and different activities.

In Bergsjø, the musician Terje Isungset makes art and instruments out of ice, and invites people from all over the world to the **Ice Music Festival** in February each year.
