

BERGEN EMBRACE EL TREN DE LAS OCHO



WELCOME TO BERGEN EMBRACE 2026, THE EIGHT EDITION!

The Bergen Embrace Team open our arms to you visiting dancers, and will do our utmost to ensure that you have a wonderful and memorable time. Here is some information about the event, the program, transport, the venues and where to get food.

We have a few guidelines of conduct: Please show respect and consideration for the other dancers. Empty the dance floor during cortinas. Sit where you like. Contribute to creating an inclusive environment where people treat each other with respect and kindness. Unfortunately, some people get unwell from substances that smell nice to others. Thank you for not using any perfumed products.

The venue is Hotel Terminus, Zander Kaaes gate 6. next to the train station. Entrance to Terminus Hall through the hotel garden. The wardrobe is downstairs (don't leave valuables there).

WARM HUGS FROM

BOGDAN, CHRISTINE, DAG AND INA GABRIELLE

PROGRAM & DJs

Thursday July 23, Hall Terminus

20.00-01.00: PREPARTY, **DJ Meeri Friman**, FIN

Friday July 24, Hall Terminus

11.00-12.30: Free Bergen Embrace walking tour

14.00-18.00: **DJ Patrycja Kaminska**, POL

21.00-02.00: **DJ Debbie Maus**, GER

Saturday July 25, Hall Terminus

12:00-13:00 Alberto Podestá lecture by Michael Lavocah (included)

13.00-14.00 Chacarera lesson by Doris Quen (included)

14.00-18.00: **DJ Gabriel Bakke** (NOR)

18.15-: Dinner (for those who registered)

21.00-02.00: **DJ Toufik Cherifi** (BEL)

Sunday July 26, Hall Terminus

12:00-13:00 Elvino Vardaro lecture by Michael Lavocah (included)

13.00-14.00 Zamba lesson by Doris Quen (included)

14.00-18.00: **DJ Ines Cecillo** (FRA/POR)

21.00-02.00: **DJ Dag Stenvoll** (NOR)

Monday July 27, "FIORDLONGA" at RAN Seilforening

12.00-13.15 Boat trip (for those who registered)

14.00-20.30 **DJ Solveig Jansen** (NOR)

20.30 Bus 1 back to Bergen (30 min)

21.30 Bus 2 back to Bergen (30 min)

GETTING FROM/TO THE AIRPORT AND GETTING AROUND IN BERGEN

Airport buses take 25 min and cost 179 NOK (15 euros, buy [online in advance](#), from an automat or from the driver, cash or card).

Taxis cost 50-70 euros depending on time & traffic.

Bergen light rail is the cheapest alternative, but a bit interrupted due to maintenance this summer. This means you have to switch to a bus at Lagunen (follow the instructions from the conductor). Get a single ticket (NOK 51) or a one-week pass (NOK 272). Pay with a card at the stations, or download the app "Skyss Billett". To plan your trip see [Skyss reiseplanlegger](#). The Bergen light rail runs until just after midnight on weekdays, later on weekends.

Most sites in the city centre are within walking distance. City bikes can be rented by the trip or for 72 hours by registering your phone. [Bergen City Bike](#) There are also electric scooters.

TERMINUS HALL, GRAND HOTEL TERMINUS, ZANDER KAAES GATE 6

Thursday through Sunday all milongas take place here. It is right next to the main bus and railway stations. Enter the milonga **through the garden to the left of the building**, or find your way from the reception through the labyrinthic corridors.

Wifi network name is "moterom", password is "1927terminus". Please use mobile phones very discreetly, preferably not at all, inside the milonga room.



FIORDLONGA ON MONDAY 27TH

Bergen Embrace 2026 El tren de las ocho offers an additional Monday boat trip from Bergen city centre, to enjoy an unforgettable milonga in the club house of one of the local sailing clubs with fabulous views onto the fjords.

There will be possibilities for swimming, so bring a swim suit if you can endure (what's usually) rather cold water... Fish and vegan soups, fruit, snacks, coffee, tea and bubbles will be served for free at the milonga. Bring whatever else you want to drink (alcoholic or non-alcoholic).

The chartered boat leaves Bergen centre ("Shetland Larsens Brygge", just by the Fishmarket and the Hanseatic Museum and in front of the restaurant Olivia) at 12:00. Don't be late!

11.30 Boarding starts at "at Shetland Larsen Brygge (Fishmarket)"

12.00-13.15 Boat trip – don't be late for departure!

14:00-20:00 Milonga, DJ Solveig Jansen

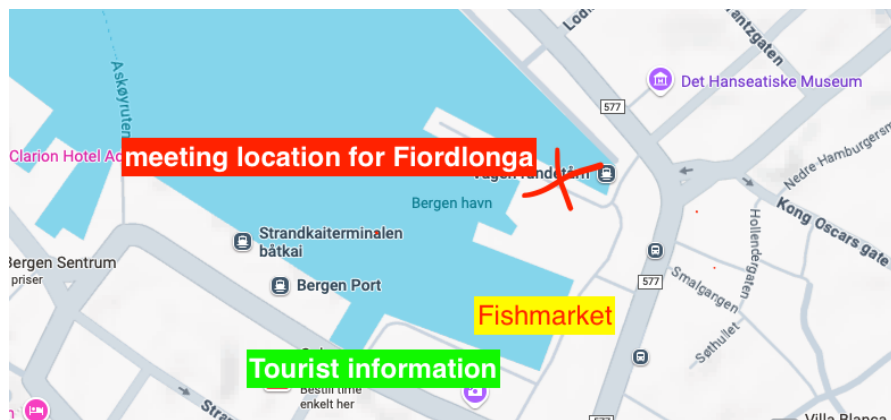
15.30 (approx.) Fish soup and a vegan alternative

20.30 Return by chartered bus 1 (takes about 30 min)

21.30 Return by chartered bus 2

Half an hour bus trip back to Bergen centre leaves after the milonga (included in ticket). If you need to return earlier, local buses (445) run once an hour (16.30; 17.30; 18.30 until 21.30). Please plan your return here [Skyss reiseplanlegger](#).

You can also organise your own transport and come straight to the milonga. In that case, send an email to bergenembrace.com.



EATING AND DRINKING

Food and drinks are not included in the registration. Water and some light snacks will be served, and during day milongas (when the bar is closed) also coffee and tea.

The Saturday night tapas dinner is served just after the afternoon milonga, at about 6.15 pm. Vegetarian options are included, but the choice is somewhat more limited. It takes place at Hotel Terminus, in the breakfast hall right next to the reception. If you forgot whether you registered and paid for the dinner, check your confirmation email, or ask at the BE registration desk.

The Terminus Hall bar will be open during evening milongas until 1 am. The hotel does not allow brought-along bottles of alcohol. Drinking bottles are allowed and encouraged, to reduce waste. To the Fiordlonga you can bring whatever drinks you want (but don't drink alcohol on the boat, where there is a kiosk). If you arrive from abroad, it may be a good idea to buy something in the tax-free shop. In Norway, alcohol is expensive.

PLACES TO EAT CLOSE TO THE VENUE

Next door to Terminus is [Zander Kaas](#), where many of you will be staying this year. The food bar is open every day 17.00 - 22.00 (bar until midnight). In addition to the restaurant menu, they serve organic wine and beer from local microbreweries.

Right across the street from Terminus, in the railway station, is [Brgn bistro](#), where in addition to coffee and light meals, you can buy the latest fashion rain gear to make sure you look good as you fight the rainstorm on the way to a Bergen milonga (Friday 10.00 - 18.00, Saturday 10.00 - 16.00).

Inside the train station, there is a decent sushi place called Sabi, where you can also get take-away. One minute further on, by [Lille Lundegårdsvann](#), [Bergen Brunch](#) is a popular hang out for brunch/lunch and bubbles. [Kaigaten Deli](#) and [Vinbaren Vin & Pintxos](#) are (pricey) options next door.

Less than 5 minutes' walk from the venue, on the other side of [Lille Lundegårdsvann](#), you will find [Zen](#), a small affordable

Vietnamese restaurant, and [Hoggorm](#), serving Italian pizza, in addition to fresh salads and various hot and cold drinks.

Next door, [Nedre Nygaard](#) is a nice place for drinks and finger food and if you continue along Nygårdsgaten you will have the option of Korean, Thai and Sushi before you get to the affordable [Kafe Spesial](#), popular with students.

A five-minute walk in the other direction through picturesque Marken will get you to the eco-friendly [Pygmalion](#), which has a good vegetarian selection. On your way, only 2 minutes from the venue, you will pass the new popular bistro [Amateur](#) (reservation needed) and the informal but excellent Ethiopian restaurant [Lucy](#). In the picturesque [Skostredet](#), there are a number of options for eating and drinking, including [Hallaisen](#), where you can get the best ice cream in town.

A bit further away, you can visit the picturesque neighbourhood of Nordnes, and stop at [Løvetann](#) – a cozy café and bistro located in the Nordnes district of Bergen that focuses on organic local produce and vegetarian/vegan food.

For traditional Norwegian food, try the unpretentious gastrobar [Pingvinen](#), or the somewhat pricier [Bien Basar](#) at the start of the famous Bryggen, where they serve a traditional dish in Bergen: 'pressed cod'.

If the weather is nice, why not head for [Cornerteateret](#) by [Småpudden](#), the pedestrian bridge crossing Puddefjorden, arguably the best burgers in town, all plant based, and charming outdoor service next to a small city beach and waterfront promenade. Count 20 min by foot from Terminus. Locals also like to picnic and light up a grill in [Nygårdsparken](#). Here it is also possible to book a [sauna](#) and have a swim in the fiord.

HEALTH AND SAFETY

Should any concerns related to the event arise, please contact the milonga responsible or hosts at the BE registration desk.

Lost and found items can be retrieved at the BE registration desk.

In case of **emergency** while in Norway you can call the following numbers:

110 - Fire department

112 - Police

113 - Ambulance

All municipalities in Norway offer an out-of-hours medical service for immediate medical assistance 24 hours a day. Call the 6-digit number 116 117 to contact your local out-of-hours medical centre. If you need a doctor for other reasons, the private clinic close to the venue [Aleris Medisinske Senter](#) | [Butikker](#) | [Bergen Storsenter](#) will usually receive you the same day.



Unfortunately some people get unwell from products
that smell nice to others

THANK YOU FOR NOT USING
PERFUME