Welcome to Norway! We hope you are lucky enough to see some of the amazing whales and dolphins who make their home in these waters. If you are on a cruise, or take a whale watching trip, look out for magnificent humpback, fin, minke and sperm whales and their smaller cousins: orcas, pilot whales, white-beaked dolphins, belugas and harbour porpoises.

Sadly, hundreds of minke whales are killed each summer by Norwegian whalers and their meat is widely available in supermarkets, dockside fish markets, restaurants and aboard cruise ships.

You may see whale meat on restaurant menus and in buffets or barbeques, but be alert that the meat may also appear unlabelled in dishes identified as ‘traditional’, ‘local specialities’ or as part of an ‘Arctic menu’ or ‘A Taste of Norway’. Please don’t eat whale meat, as this encourages further hunting, and avoid supporting venues which serve it.

If this is not possible, politely tell restaurants that you would prefer that they didn’t offer whale meat. Please also avoid purchasing whale products such as whale oil capsules and skin creams.

Shipments of Norwegian minke whale products to Japan have been rejected due to high levels of pesticides banned in the EU and USA. A recent study of Norwegian whale oil capsules found elevated levels of PCBs.
All large whale species are protected from being killed for commercial purposes under a global ban. However, Norway continues to hunt minke whales - including pregnant females - under an ‘objection’ to this ban.

Fewer than 5% of Norwegians regularly eat whale meat. The hunts rely on state subsidies and the Norwegian government is constantly searching for new markets to exploit, with tourists being a major target.

Norway’s hunts are wasteful. After removing the prime cuts of meat, much of the carcass is thrown overboard. This is against Norwegian law and poses a risk both to ships and human health.

Unsold whale meat is used in pet food and to feed animals on Norwegian fur farms.

YOU CAN MAKE A DIFFERENCE!
Please support Norway’s whale watch industry, and don’t eat whale meat. Politely tell restaurants that you would prefer they didn’t sell it.

Whale meat on sale in Norway © Rob Lott WDC