

The Nordic Countries and the Fiords of Norway

13 Days / 12 Nights

Sweden – Norway - Denmark



Day 1: Arrival in Stockholm by plane

Departure from _____ at _____, arrival to Stockholm at _____. Transfer in Stockholm from airport to the hotel. Also referred to as “the Venice of the North”, Stockholm is situated in the middle of the archipelago that consists of 24.000 islands and it is considered one of the most beautiful capitals of the world. Free time for dinner and a walk with the guide in **Gamla Stan**, the oldest part of the city, which is still retaining the aura of The Middle Ages. Gamla Stan, with its narrow cobble streets between buildings, streets dating back to the Middle Ages, as old as from the 13th century, offers bars, restaurants, coffee shops and boutiques, just as it has been offering for the past centuries. For a unique experience, alcoholic or non-alcoholic drinks may be enjoyed at the ice bar, or one can have a dinner in the ancient **catacombs**. The guide will show you all these locations.

Accommodation in Stockholm – hotel in the city centre

Comfort Hotel Stockholm

Day 2: Stockholm – the Venice of the North

Breakfasts – open buffet. Stockholm is a cosmopolitan city often referred to as the “Venice of the North” and it has a lot to offer. We will enjoy a panoramic bus tour in Stockholm, with several breaks to visit: **Stadhuset** – the City Hall, with the **Blue Hall** and the **Gold Hall**, where the Nobel Prize ceremony is held each year, Kungliga Slottet – the **Royal Palace** (exterior), where the change of guards takes place at 12 o’clock; it is the largest royal residence in the world, the **Domkirke Cathedral**, The **Parliament**, The **University** of Stockholm, The **Dramatic Theatre**. The Cathedral of Knights and **Vasa Museum** (where there is a Viking boat) is optional. Free time for tourists. **Suggestions:** a cruise in the Stockholm archipelago, a visit to the Skansen Museum, which is a park with more than 150 Swedish houses from different time periods and the Swedish country side or explore the city centre full of shops, restaurants and bars.

Accommodation in Stockholm – hotel in the city centre

Comfort Hotel Stockholm

Day 3: Stockholm – Oslo, The Northern City of Lights

(E18) – About 522 Km with a fast, modern and comfortable train.

Breakfasts – open buffet. In the morning, after breakfast departure for Norway. The trip will pass the **Varmland** province, Karlstad city, situated near the **lake Vanern**, the largest lake in Sweden. The Nordic landscape, the lakes and the forest take you to another dimension, to an exotic land. Arrival in the evening, around 18.00 in Oslo, the capital of the Norwegian Kingdom, a city full of life, surrounded by lakes, fiords and forests. After checking in, you will have free time to enjoy Oslo. The hotel is in the centre of the town and it offers all facilities you need in order to relax, a pool, or you have the possibility to join the guide for a short walking tour of the city. **Suggestions:** walking tour in the city, with the guide. In the centre of the town on **Karl Johan street**, you can see the Domkirke Cathedral (which is opposite the hotel), the **Central Station**, the **National Theatre**, The Parliament – Stortinget, the University of Oslo and the Royal Palace - Kongelige Slottet, the statue of Karl Johan, who was king of Sweden and Norway between 1818 and 1844, as well as several beautiful buildings in local and international style. After Karl Johan, we pass the **City Hall**, where the **Nobel Peace Prize ceremony** is held each year, on our way to the harbour, **Aker Brygge**. Oslo is a harbour city at the edge of the Oslo Fjord. From Aker Brygge we can see **Akershus Fortress**, a medieval monument from the 13th century and The Nobel Institute. Aker Brygge is the modern futuristic centre of Oslo, with old restored buildings and new buildings made of glass and steel, all in perfect harmony with each other. During the past centuries the area has been an industrial one; today it is the most attractive part of the city, in front of the harbour, overlooking the Oslo Fjord. It is full of lights and life, picturesque restaurants, bars, shopping centres and luxurious locations.

The new project turns this part of the city by adding artificial canals with boats, several giant sculptures representing the Northern fauna, such as polar bears, unusual streets and other attractions. The centre of the city is very compact and most of the important touristic sightseeing can be made on foot.

Accommodation in Oslo – hotel in the city centre

**Clarion Hotel Royal Christiania or
Comfort Hotel Boersparken**

Day 4: Oslo – Lillehammer, the Olympic City

Breakfasts – open buffet. Walking **tour of Oslo** with a visit to see the Vigeland Park. We will see the **Domkirke Cathedral** (in renovation), The Parliament – **Stortinget**, the **University** (which has an aula with frescos decorated by Edward Munch), the Royal Palace – **Kongelige Slottet**, the **Opera**, the **Nobel Centre** and the **Vigeland Park**. We will stop to visit one of the most important attractions of the city, the grand Vigeland Park. There are 192 statues made in bronze, iron and granite that are exposed in the outdoor “art gallery”/ park, which is the largest park of the city. All the statues were created by the artist Gustav Vigeland and donated to the city of Oslo. **Optional: Bygdøy Island**, where there is a Viking Museum. In the museum there are 3 authentic Viking boats that the archaeologists found in the Oslo Fjord, a sledge for people transport, different tools and others artefacts from the Golden Age of Vikings. Departure for Lillehammer around 15:00 PM; arrival in the evening in the famous Olympic City that hosted the winter Olympics in 1994. Oslo – Lillehammer, about 3 hours.

Suggestion: After checking in to the hotel room, walking tour in the centre of Lillehammer. You can enjoy a special dinner or just a coffee in the centre of the city. We can recommend one of

the restaurants with its ingenious location next to a small river providing a romantic setting with the sound of the rippling water in the background. It is just opposite the hotel.

Accommodation in Lillehammer – hotel in the city centre

**Clarion Collection Hotel Hammer or
Rica Victoria Hotel Lillehammer**

Day 5: Lillehammer – Sogndals

E6 - Lillehammer – Trondheim 340 Km, about 5 hours and 15 minutes.

Breakfasts – open buffet. Today we will start the adventure of exploring **Fjordland**, the country of fiords, with one of the most beautiful landscapes in the world. Departure from Lillehammer to Sogndal, passing the wonderful **Valley of Gudbrandsdalen**, a traditional district in the Oppland Province. The Valley is orientated in the direction N-V, from Lillehammer and **Mjøsa Lake** towards Romsdal, a distance of 230 km. The river Gudbrandsdalslågen flows through the valley, starting from Lesjaskogsvatnet and ending in Mjøsa Lake. After passing through the Valley, on the way to Sogndal, starting with Rondane, we enter and pass the highest mountains of Norway (**Glittertind** 1464m and **Galdhøpiggen** 1469m.), with eternal glaciers basking in the sun, on the top of the mountains. Arrival during the evening in Sogndal. It is a small community situated in the centre of the **Sognefiord**, the biggest fiord in the world, 204km long and 1296m deep. Sogndal has about 7000 inhabitants, it is the regional centre of transportation, services and education. This is the area where “Eggja” was discovered in 1917. “Eggja” is a stone with runic inscriptions, important for the ancient Norwegian language (Runic = ancient term applied to inscriptions on boulders and bedrock). The tradition began in the 4th century, and it lasted up to the 12th century, but most of the rune stones date back to the late Viking Age. Most rune stones are located in Scandinavia. **Kaupanger Stavkyrkje** can be found at about 13km from the hotel – a medieval church made of wood that is still intact. It has been restored several times, most recently in 1960, when the exterior was restored to its original look of the 17th century. However, the first church was built in the 11th century. Several such churches may be found in this area of Norway.

Accommodation in Sogndal – Hotel in the city centre

Quality Hotel Sogndal or Hofslund Fiordhotel

Day 6: Sogndal – Sognefiord - Flåm - Myrdal - Bergen

Breakfasts – open buffet. Departure for Bergen, the old capital of Norway before Oslo. Today you will have two unforgettable experiences. A cruise in **Sognefiord**, of about 2 hours long, and a journey by the train named **Flåmsbana**, also for about 2 hours. Flåmsbana is a mountain train which crosses through a spectacular narrow pass, ascending 850m in 50minutes, from **Flåm** (a small community at the edge of **Aurlandsfjord**), to **Myrdal**, at the top of the mountains, with a landscape that surpasses any imagination. It was inaugurated in 1944, and from that time on it has become an international touristic attraction. During the journey by train you will admire one of the most dramatic contrasts between the fiords and the mountains, from the idyllic landscapes of the Aurlandsfjord, to the tops of mountains covered in snow and waterfalls. It is said about Flåmsbana that it is the most beautiful journey by train in the world. At the halfway point of the journey, the train stops for all to enjoy the landscape and to take photos of the **Kjosfossen** torrent. While listening to beautiful background music, you will get to see the seductive and fascinating **Huldra** appearing and disappearing into the waterfall, a special and unreal atmosphere and setting. Of course it is staged for tourists but it is beautiful. Free time for dinner in Flåm. Here there are

several restaurants with international and traditional food that does not include pork. The journey continues to Bergen via E16. Arrival in Bergen during the evening. In summer, Bergen is full of life, offering you the opportunity to enjoy the cheerful atmosphere and the bars and restaurants in the harbour, which has always been the centre of life in Bergen. All the historical buildings (**Hansa Buildings**) are in the harbour.

Accommodation in Bergen – Hotel in the city

Clarion Hotel Stavanger

Day 7: Bergen, the Gate through Fiords – Stavanger

Breakfasts – open buffet. The city tour starts at 09:00 in the morning. In Bergen you can see **Bryggen Harbour**, **Hanseatic Houses**, which are **UNESCO monuments**, **Bergenhus Fortress**, the **Fish Market** (which is full of local products, fresh fish and sea food; you can also taste it), the Flowers Market, the church **Sf. Maria-Mariakirken**, the local **Dom-Domkirke** and the ancient **City Gate**. During the morning and day, **Torget** (Market), located in the heart of the city, is full of life and crowded with people shopping and enjoying the stands with smoked salmon, fresh fruits and vegetables and other delicacies. Free time for shopping souvenirs or the well-known pullover made of wool, called “Dale of Norway”. **Optional:** Ride with the funicular on the Fløien hill, a point of belvedere from where you can admire the city and the Fiord.

We leave Bergen, the second largest city in Norway and the “Gate towards the Atlantic Ocean”, as it was named, and we continue our way along the coast to the third largest city in Norway, Stavanger, “The Oil and Gas Capital of Norway”. On the way, we will visit the house and the **Museum** of the composer/ musician **Edvard Grieg**, located in a truly idyllic place. On the way to Stavanger we will enjoy two ferry trips, one of 50 minutes and the other of 25 minutes; you can have lunch during the first voyage, including hot meals. Before arrival in Stavanger, we will pass by 2 tunnels under the ocean, at 223m below the water level. Arrival at hotel in Stavanger, situated in the centre of the town. Free time to explore Gamle Stavanger, the old city centre, with 300 year old white houses on narrow cobble streets and for a walk in the harbour.

Accommodation in Stavanger – City centre

Quality Hotel & Resort Strand

Day 8: Stavanger, the Capital of Oil – Vrådal

Breakfasts – open buffet. In the morning, we start with the tour of **Stavanger**. From the bus we will see the main touristic attractions and surroundings of Stavanger. You can see the ancient **harbour**, the cathedral of **Domkirke**, **Gamla Stavanger**, the old city, **the Swords** from **Harfsfiord** in **Madla**, a monument that commemorates the unification of Norway (one of the symbols of the city), the **Iron Age Farm** at **Ullandhaug** and the television tower. The Iron Age Farm is a reconstructed farmstead from the Migration Period, circa 350-550 AD, it is located at the top of Ullandhaug, 3km away from the centre of Stavanger and it offers a fantastic view of North Jæren and Hafrsfjord, where King Harald Fairhair fought the battle that united Norway into one kingdom, around 900 AD. On the way there, we will make short stops in order to take photos.

Departure around 12:00 o'clock from Stavanger to Dalen/ Vrådal. On the way, short stop for photos of **Frafjord – Gandsfjord**. Stop in **Byrkjedal** for lunch. It is a very popular place to visit for locals from Rogaland and tourists alike, where you can have lunch and enjoy the local candle “factory” shop which offers souvenirs, candles in all forms and colours. The building is

made of glass, steel and wood and incorporates a natural cliff. The way to Byrkjedal is magnificent. After lunch, the way continues over the mountains to Vrådal, about 4 hours, with a short stop at “**Gloppedalen**” – a place where you can see stones that date back to the ice age, 10.000 years ago. Arrival in Vrådal, a cute, little town located in the mountains near a lake. At the hotel you can enjoy the swimming pool and sauna or go for a walk and admire the beautiful surroundings.

Accommodation in Vrådal – On the lakeside

Quality Hotel & Resort Strand

Day 9: Vrådal – Oslo, A Royal Capital

Breakfasts – open buffet. In the morning, departure from Vrådal back to Oslo. On the way, you will enjoy a 2 hour cruise on Telemark Canal. It is an unforgettable experience to be elevated from 15m to 63m through 4 locks. When the canal was completed it was considered to be the 8th wonder of the world. Lunch in the restaurant in the harbour. The bus will pick you up at the last lock, before leaving for Oslo/ Oslo Fjord. Arrival in Oslo during the evening and check-in. Free time in Oslo for shopping, till next day at 16:00, the hour of departure for Denmark. Luxury night cruise Oslo – Copenhagen the next day.

Accommodation in Oslo – hotel in the city centre

Clarion Hotel Royal Christiania or

Comfort Hotel Boersparken

Day 10: Oslo, A Royal Capital

Breakfasts – open buffet. Free time till transfer from the hotel to DFDS for departure to Denmark with the “Pearl of Scandinavia”, for a luxurious night cruise, Oslo – Copenhagen. On the boat – restaurants open buffet, a la carte, shopping, bars, coffee, casino, places which cover all the tastes and budgets. Inside – cabins with 2 beds.

Accommodation on the boat – Pearl of Scandinavia

Day 11: Copenhagen, a city made of red brick

Breakfasts – open buffet. In the morning, arrival in the capital of Denmark, Copenhagen. Transfer from DFDS to the hotel and check-in. The day starts with a **panoramic bus tour** of the city (about 2 hours) which will include the **Hall Town**, the **Palace of Bourse**, the harbour, “**The Little Mermaid**” – symbol of the city, **Gefion Fountain**, the **Anglican Church**, the **Palace Christiansburg** (the actual residence of the **Danish Parliament**), **Rosenberg Palace** with the crown jewellery, **Amalienborg Palace** – the residence of the royal family (where at 12:00 o’clock, every day, you can witness the changing of the guards), **Palace Square**, the equestrian **statue of Frederic V**, the **Marble Dom** and the **Opera**.

After the tour you may enjoy free time or you may join the optional trip to Helsingor-Elsinore, about one hour from Copenhagen, for a visit of the medieval castle Kronberg, the place where the tragedy of Hamlet took place. On the way back, a short stop to Hillerod, for an exterior visit of the Fredericksburg Palace – 1600, which is the royal summer residence and is included in the Museum of Danish history. It is a typical Danish building made of brick, placed on an island, having a nice silhouette that reflects in the lake which surrounds it. The whole complex has an air

of legend. Return to the hotel in Copenhagen. Free time for tourists for dinner, a walk in the city or for the Tivoli amusement park.

Accommodation Copenhagen – City centre close to the port of Nyhavn

Clarion Hotel Copenhagen

Day 12: Copenhagen – Another Royal Capital

Breakfasts – open buffet. Today you will have free time. You may join the guide for a canal **cruise** starting **from Nyhavn**, or enjoy free time for yourself. The hotel is located near Nyhavn, maybe one of the most picturesque and attractive parts of the city. Bars, coffee shops and restaurants lie around the harbour of Nyhavn. After a walk with the guide on the main street “**Stroget**”, a very popular shopping street, the rest of the day is free time. Suggestions: the Botanical Garden with the tropical sera, or Tivoli, a famous amusement park.

Accommodation Copenhagen – City centre close to the port of Nyhavn

Clarion Hotel Copenhagen

Day 13: The flight home!!!

Breakfasts – open buffet. After breakfast (depending on the flight), transfer to the airport. We say Goodbye to the most “European” city of Scandinavia – Copenhagen – and to the Nordic countries. We look forward to the moment when you will join us the next time for other destinations.

We are happy when you are happy – We wish you a great journey and interesting tours!



PRICE: 1350 €

Price included:

- Transfers: airport – hotel – airport (2 transfers)
- Half board included (breakfast and dinner) – 11 Scandinavian open buffets in the restaurants, on the category suitable with the hotels classification, except dinner on the cruise (12 BB and 11 HB)
- 11 accommodations according to the program, in the chain 3-4 stars hotels – rooms with 2 beds (on request SGL or TRP rooms)
- One cruise - “**locks cruise**”, for about 2 hours in the Telemark Region. During the last century, the Telemark Canal was named the 8th wonder of the world – ticket – 300 NOK – 37 € per person
- One cruise on the **SogneFjorden** for 2 hours – ticket – 300 NOK – 37 € per person
- Journey with the ferryboat
- Transportation with 3-4 stars buses, with air conditioning, auto rout taxes, tunnels, bridges, journeys with the ferryboat, and parking places

Price not included:

- Entrance tickets for objectives (museums, cult places, churches, parks, etc.), other things which are not mentioned in the program
- Optional trips*
- Local guides – the guide will provide explanations in the bus, on the way, and at the touristic objectives
- Health insurance and others personal goods
- Tips for guides and drivers.

Note:

- A minimum of 10 persons in a group. For less than 10 people, the trip must be recalculated.
- For booking there can be made a full payment or an amount of minimum **500 €**. The trip must be paid for in €.
- Single supplement **250 €**.
- The trip must be paid for and booked 40 days before departure.
- Information concerning paper's request, visa and others must be required from the agency of the country of origin. For European citizens, visa is not necessary in Norway.
- Booking starts on _____ and ends when the last places are booked.
- **Important:** The trip can be for small groups or large families with the minibus, in excellent conditions.
- On request, we can provide trips without a driver, so you could drive yourself. We provide **GPS** with all the destinations, points of interest, assistance and a guide whom you can take with you.
- For groups of 10 people, there will be a driver/ guide who speaks English (other languages, on request).
- For special, small groups of less than 10 people, families or individuals, we do not include a driver (just on request).

**Optional*:**

Optional trips to: **Elsinore/Helsingor** for a visit to the medieval castle of Kronberg, the place where the tragedy of Hamlet, prince of Denmark, happened. Short halt at Hillerod, for an exterior visit of the Fredericksburg Castle and courtyard. Price: 60 € per person, entrance tickets included.

Optional: Flåmsbana: – ticket – 330 NOK, about 40 € per person, a journey with a special, famous train: Flåm - Myrdal – Flåm.

Optional: Bygdøy Island, you only have to pay the boat to the island and back – 15 minutes one way.

Note:

The classifications of the hotels and restaurants is official and attributed to the organs of resort from the respective country, therefore the agency sells the program with the specification “chain hotels” of 3 and 4 stars in the city centre.

We asked the principals to give the name of the hotels, so that the tourists can look for “classifications” such as Trip Advisors – other opinions from other tourists.

Mention: the hotels in Norway have no official classification based on stars, Norway is not a member of the EU, and therefore it doesn't have the same legislation as EU in the tourism field.

In Scandinavia, people are modest, kind, smiling and calm, therefore there might be cases when you will have to wait to buy something, or for other services.

In Scandinavia, especially in Norway, the food and the alcoholic drinks at restaurants are expensive. But in snack bars the prices are similar to Europe.

The breakfast and dinner are very rich – open buffet.

Most of the population speaks English and is happy to be helpful to tourists.

The agency of tourism TORCON AS, organises special tours for individual tourists and for groups of tourists who desire to enjoy a holiday full of comfort, with locations in the centre of the town.