

Overseas Adventure Travel[®]

THE LEADER IN PERSONALIZED SMALL GROUP ADVENTURES SINCE 1978

Your O.A.T. Adventure Travel Planning Guide[®]



Fjord Cruise & Lapland

2025

Overseas Adventure Travel®

347 Congress Street, Boston, MA 02210

Dear Traveler,

I am thrilled that you are considering exploring the world with O.A.T. There are so many wonderful destinations to discover, and the itinerary described inside is a perfect way to fulfill a travel dream.

When you join us, you will enjoy the thrill of off-the-beaten-path discovery coupled with the convenience of unpacking just once. Aboard our privately owned small ship, you will visit lesser-known ports that larger vessels cannot access—and enjoy intimate interactions with local people in your small group of no more than 25 travelers. You will get to know community leaders and try your hand at local trades during your *A Day in the Life* experience, share traditional fare and lively conversation during a Home-Hosted Visit, discuss the Controversial Topics impacting everyday life, and visit sites supported by Grand Circle Foundation.

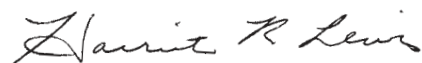
But your personal connections are not limited to your time on land—while onboard, you will enjoy the warm hospitality provided by our friendly, English-speaking crew, as well as the camaraderie of your fellow American travelers. Whether you travel with a partner, sister, friend, or independently, you will feel welcomed and included throughout your journey. And if you do choose to travel solo, you will enjoy an unmatched value, with our FREE or low-cost Single Supplements—just one of the reasons we continue to be the leader in solo travel.

To ensure you experience the true culture and feel supported every step of the way, we provide the services of a local Trip Experience Leader from the beginning of your adventure to the end. Along with introducing you to the history and culture of their homeland, these friendly experts will gladly help you out with any special requests to make your trip even more special. You can also rely on the seasoned team at our regional office, who are ready to help 24/7 in case any unexpected circumstances arise.

Plus, you can put your own personal stamp on your trip, like the, like the **87% of our travelers who personalize their experience**. Perhaps you will choose to see more of your destination by adding an optional trip extension to your itinerary. You can also arrive a few days early to explore independently and get acclimated, customize your air itinerary, and more.

I hope you find this Travel Planning Guide helpful. If you have any further questions, do not hesitate to contact one of our Travel Counselors at **1-800-955-1925**.

Warm regards,



Harriet R. Lewis

Chair

Overseas Adventure Travel

CONTENTS

FJORD CRUISE & LAPLAND: NORWAY, FINLAND & THE ARCTIC CIRCLE

Your Adventure at a Glance:

Where You're Going, What it Costs,
and What's Included **4**

Your Detailed Day-To-Day Itinerary **6**

Pre-Trip Extension **20**

Post-Trip Extension **23**

Deck Plans **26**

ESSENTIAL TRAVEL INFORMATION

Travel Documents & Entry Requirements... **28**

Rigors, Vaccines & General Health **30**

Money Matters: Local Currency & Tipping
Guidelines **33**

Air, Optional Tours & Staying in Touch **37**

Packing: What to Bring & Luggage Limits... **41**

Climate & Average Temperatures **47**

Aboard Your Ship: Cabin Features, Dining &
Services on Board **51**

ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

The Culture of Scandinavia **54**

Shopping: What to Buy, Customs,
Shipping & More **65**

DEMOGRAPHICS & HISTORY

Norway..... **67**

Finland **69**

Denmark **70**

Sweden..... **73**

RESOURCES

Suggested Reading **75**

Suggested Films & Videos **77**

Useful Websites **80**

Useful Apps **81**



Bergen, Norway

Fjord Cruise & Lapland: Norway, Finland & the Arctic Circle

Small Group Adventure

Norway: Oslo, Flam, Bergen, Alesund, Trondheim, Arctic Circle crossing, Bodo, Tromso, Kirkenes | **Finland:** Ivalo, Helsinki

Small groups of no more than 25 travelers, guaranteed

19 days starting from \$7,895

including international airfare

Single Supplement: **FREE**

For departure dates & prices, visit www.oattravel.com/scn2025pricing

Cruise along Norway's coast near the top of the world for 6 nights aboard a shared chartered **400- to 1,000-passenger Havila or Hurtigruten Norwegian Coastal Voyage ship**, crossing the Arctic Circle. Sail through majestic fjords and step ashore to discover picturesque fishing villages. Then disembark to visit Lapland—a subarctic realm of astonishing beauty—where you'll hike the North Cape and encounter the enduring culture of the indigenous Sami people.

IT'S INCLUDED

- 17 nights accommodation, including 6 nights aboard a 400- 1000-passenger Havila or Hurtigruten Norwegian Coastal Voyage ship
- International airfare, airport transfers, government taxes, fees, and airline fuel surcharges, unless you choose to make your own air arrangements
- Internal flight and all land transfers
- 42 meals: 17 breakfasts, 13 lunches, and 12 dinners—including 1 Home-Hosted Dinner
- 18 guided tours (with personal headsets) and cultural experiences
- Gratuities for local guides and motorcoach drivers
- All port charges
- Baggage handling for 1 piece of luggage per person, including tips
- 5% Frequent Traveler Credit toward your next trip

Prices are accurate as of the date of this publishing and are subject to change.

Fjord Cruise & Lapland: Norway, Finland & the Arctic Circle



ITINERARY SUMMARY

DAYS	DESTINATION
1	Depart U.S.
2-4	Oslo, Norway
5-6	Flam
7-8	Bergen
9	Bergen • Embark ship
10	Coastal cruising
11	Trondheim
12	Bodo • Solvaer
13	Tromso
14	The North Cape
15-16	Kirkenes • Disembark ship • Ivalo, Finland
17-18	Helsinki
19	Return to U.S.

WHAT TO EXPECT

① ② ③ ④ ⑤ Moderately Easy

Pacing: 18 days, with 11 hotel stays, 6 nights aboard a Norwegian coastal voyage ship, and 1 internal flight of 2.5 hours

Physical Requirements: Walk 2-3 miles unassisted and participate in 2 hours of physical activities daily

Flight time: Travel time will be 9-20 hours and will most likely have one connection

View all physical requirements at www.oattravel.com/scn

SCANDINAVIA: THE O.A.T. DIFFERENCE

Unbeatable Value: Travel at the lowest price and per diems in the industry.

People-to-People Experiences: Get a taste of life above the Arctic Circle when you share a **Home-Hosted Dinner** with a Finnish family in Ivalo or Inari. Plus, meet the indigenous Sami people of Finland's Lapland and learn about struggles faced by their community—including struggles over land rights, discrimination, and the importance of reindeer to their enduring culture. You'll also gain a true sense of small-town life in Flam during **A Day in the Life** of a rural farming village.

O.A.T. Exclusives: Discover the hidden corners of Scandinavia as our ship takes you to off-the-beaten-path destinations like Finland, a country often left unexplored by other travel companies. You'll also learn about the impact of fishing in Norway from a local member of the Green Warriors during a **Controversial Topic** conversation.

PERSONALIZE YOUR ADVENTURE

OPTIONAL EXTENSIONS

Copenhagen, Denmark & Overnight Ferry to Oslo
PRE-TRIP: 4 nights from **\$1,995**

Stockholm, Sweden
POST-TRIP: 3 nights from **\$1,795**

ARRIVE EARLY

We recommend that you relax after a long flight or explore more in depth before your trip. Prices shown include accommodations and private airport transfer.

- Arrive early in **Copenhagen** before your Copenhagen pre-trip extension from **\$350** per room, per night
- Arrive early in **Oslo** before your main adventure from **\$250** per room, per night

Fjord Cruise & Lapland: Norway, Finland & the Arctic Circle

YOUR DETAILED ITINERARY

BEGIN YOUR ADVENTURE WITH AN OPTIONAL PRE-TRIP EXTENSION

4 nights in *Copenhagen, Denmark & Overnight Ferry to Oslo*

Day 1 Depart U.S.

Day 2 Arrive Copenhagen, Denmark

Day 3 Explore Copenhagen

Day 4 Explore Copenhagen

Day 5 Copenhagen • Embark overnight ferry

Day 6 Disembark ferry • Oslo, Norway

Day 1 Depart U.S.

Evening: Depart the U.S. today for your overnight flight to Oslo, Norway.

Day 2 Arrive Oslo, Norway

- Destination: Oslo
- Accommodations: Thon Hotel Europa or similar

Morning: Arrive in Oslo today and transfer to your hotel. If you are arriving early from our *Copenhagen, Denmark & Overnight Ferry to Oslo* pre-trip extension or arrived early in Oslo before the main adventure, you'll enjoy a brief walk of the surrounding area with your Trip Experience Leader, including some suggestions for free time and restaurant recommendations. Otherwise, you'll take some time to rest at the hotel after your flight.

Lunch: Seek out your own options for lunch today. You may choose to dine in the hotel restaurant, or venture to one of the many

nearby restaurants. Perhaps you'll choose one of the recommendations your Trip Experience Leader provided during the orientation walk.

Afternoon: Join your Trip Experience Leader for another optional orientation walk, including a walk past the Parliament building and the bustling Karl Johan Street. Afterwards, you're free to explore on your own. You may opt to head to the Akker Brygge neighborhood to stroll along the boardwalk surrounded by local families, or stop into a bar for a Norwegian pint.

Dinner: On your own.

Evening: Continue making independent discoveries this evening. You might take this time to either discover Oslo's quirky nightlife, or retire early after the long flight to prepare for tomorrow's discoveries.

Day 3 Explore Oslo • Vigeland Park

- Destination: Oslo
- Included Meals: Breakfast, Dinner
- Accommodations: Thon Hotel Europa or similar

Breakfast: At the hotel.

Morning: This morning, we'll meet a local guide for a panoramic bus tour of the city. The first highlight of our tour will be a stop outside the opulent Oslo Opera House, known for its unique architecture and the Carrara marble used in its construction. We'll stop here as the local guide explains how lavish architecture is viewed in Scandinavia. Specifically, architects in this region tend to focus on buildings that don't draw attention or stand out in the crowd, built for practicality only—in other words, emphasizing simple silhouettes and basic colors with a focus on function. With its towering alabaster marble roof and curved shape, the Opera House certainly does stand out, and has sparked controversy since it was first opened in 2008.

Next, we'll arrive at the world's largest sculpture park devoted to just one artist—Gustav Vigeland—and embark on a walking tour with a local guide. Known as Vigeland Park, this unique open-air museum was Vigeland's life-work, filled with over 200 sculptures in bronze, granite, and wrought iron. Vigeland's striking depictions of humanity are sprinkled throughout the green, open space, creating a calm atmosphere that effortlessly fuses the beauty of nature with man-made art.

After our guided tour, we'll drive to Bygdoy Peninsula, the largest complex of museums in Norway. At the conclusion of our tour, you may choose to return to the hotel immediately, or linger in the Bygdoy Peninsula area on your own.

Lunch: On your own. Your Trip Experience Leader will be happy to recommend a local spot for lunch. Perhaps you'll opt to try some traditional Norwegian fare like open-faced shrimp sandwiches.

Afternoon: At leisure. This is a great opportunity to delve into the Bygdoy Peninsula. The upscale, forested peninsula is home to many of Oslo's most popular historical museums. For look a first-hand look at local life, consider the open-air Folk Museum, where you'll witness 170 buildings from all over Norway. To see how Norway has made its mark globally, perhaps you'll visit the Kon-Tiki Museum, commemorating Thor Heyerdahl's 1947 raft journey from the Pacific Ocean to the Polynesian islands, and the Fram, chronicling the history of Norwegian polar expeditions.

Before dinner, we'll have our welcome briefing led by your Trip Experience Leader.

Dinner: Enjoy a Welcome Dinner at a local restaurant.

Evening: You're free to do as you please for the remainder of the evening.

Day 4 Explore Oslo • Learn about the importance of July 22 for Norwegians

- Destination: Oslo
- Included Meals: Breakfast
- Accommodations: Thon Hotel Europa or similar

Breakfast: At the hotel.

Morning: Gain a new perspective on Oslo with an urban hike this morning. First, we'll meet our hiking guide. This local expert will lead us on a walk through undiscovered Oslo. Then we'll head to upper Oslo and continue our hike as we follow the path of the Akerselva River as it weaves through the city, an area often overlooked by travelers. As we make our way

along the river, take in the scenes of daily life, as well as the harmony of picturesque houses and natural waterfalls. Surrounded by vibrant green trees, the river is full of salmon and trout, and you may just spot a few swimming in the crisp water under the bridges. A walk along the Akerselva is a peaceful reprieve for many Oslo residents from the bustle of city life.

Our hike may end at a local market in Mathallen—a bustling hub of Norwegian and international culinary delights, where you can take the opportunity to engage with friendly locals and sample regional fare. Mathallen Oslo is a treasure trove for gastronomy enthusiasts—around every corner one can find fresh, colorful produce as well as unique vendors offering dishes hailing from Eastern Europe to Japan and beyond.

Next, we'll continue to the July 22nd Memorial area. This poignant memorial commemorates the July 22, 2011 terrorist attacks in Oslo in which 77 people—including 55 teenagers—were murdered by right-wing extremist Anders Behring Breivik. The attack remains the deadliest mass shooting in Norwegian history. Travelers interested in learning more about this tragic event may want to visit the 22 July Centre during their free time.

Lunch: On your own. Your Trip Experience Leader will be happy to recommend a local spot for lunch. One option you may want to try is local favorite Kaffistova Café, which has been serving traditional Norwegian food for more than a century—the first café in Oslo opened in 1901. Specialties such as meatballs and Norwegian open-faced sandwiches are hearty, popular, and affordable.

Afternoon: The rest of the afternoon is yours to do as you please in Oslo. Now would be a good time to visit the Munch Museum, the Resistance Museum, or perhaps take the island ferry to

explore the Oslo Fjord. Feel free to use your complimentary 48-hour Oslo transportation pass to discover more of the city.

Dinner: On your own. Your Trip Experience Leader will be happy to offer recommendations.

Evening: Continue making independent discoveries this evening. Ask your Trip Experience Leader for the best place for a cup of coffee and traditional *krumkake*, a flaky pastry filled with decadent cream.

Day 5 Oslo • Borgund • The region of Flam

- Destination: Flam region
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Fretheim Hotel or similar

Activity Note: Today's motorcoach drive to the Flam region will be approximately seven hours, with numerous stops along the way.

Breakfast: At the hotel.

Morning: Set off for the charming villages of the region of Flam. Our drive will be several hours, with a number of stops in between. Along the way, feel free to discuss life in Norway with your Trip Experience Leader.

Lunch: We'll break up the drive to enjoy lunch at a local café in Hemsedal, one of Norway's renowned ski resorts.

Afternoon: After lunch, we'll continue on our drive, next stopping in the village of Borgund, a quaint snapshot of Norway's history. There we will visit the famous Stave Church. Constructed around 1180 in honor of Saint Andrew the apostle, the Stave Church is one of Norway's best-preserved wooden churches from that period. Its multi-tiered, sloping rooftops are crowned with dragons' heads—a distinctive Viking style—and the structure is adorned with intricate carvings inside and out.

Once our tour wraps up, you'll have a bit of time to peruse the gift shop at the church before boarding the bus for the last stretch of our drive. We'll arrive in the Flam region later this afternoon and check in to our hotel. After some time to get settled, we'll regroup in the lobby and set off for an orientation walk with your Trip Experience Leader.

Dinner: At the hotel or a local restaurant.

Evening: On your own.

Day 6 *A Day in the Life* of the rural Flam region • Optional fjord cruise

- Destination: Flam
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Fretheim Hotel or similar

Breakfast: At the hotel.

Morning: Today, we'll gain a true sense of small-town life during our *A Day in the Life* of rural Flam experience. This remote region, dating back to 1340 and situated at the bottom of a fjord, is one of many off-the-beaten-path towns you will visit on this adventure. In contrast to the bustle of major cities like Oslo, you'll see that the quiet, quaint region of Flam operates as a small community. The small region is home to approximately 350 people who live and work together.

We'll drive to visit a local farm where we'll be greeted by the farm owners. We'll get to know them as they show us around their farm. Then, we'll sit down with our hosts who will engage us in an issue that affects every member of this small community—over-tourism. Nestled amidst the dramatic fjords southwestern Norway is famous for, Flam appears to be the epitome of a picturesque tourist attraction. In fact, travelers have flocked here since the late 19th century. Today, Flam receives nearly 450,000 visitors each year—five times the amount of people since 2005. Similar to

day-trippers in Venice, Italy, more than half of these visitors arrive on large cruise ships, disembarking at the dock in the town center to explore for just a few hours before moving on to their next destination. And unfortunately, the effect these visitors have on Flam's people and its environment is reminiscent of the over-tourism problems seen in Venice.

While Norway's main cruising season is March through October, in recent years it has become a year-round cruise destination. Flam's harbor receives around 160 cruise ship calls per year. Since 2018, the port of Flam limits cruise passengers' capacity to a maximum of 5,000 visitors in port at once—a stark contrast to Flam's population of a mere 350. The locals feel overrun, protesting that the influx of visitors interfere with day-to-day life and infringe on their privacy. Meanwhile, the giant cruise ships these tourists arrive on pollute the air and release sewage directly into the fjords, which both negatively impact Flam's environment.

We'll wrap up our conversation, and our hosts will show us their usual activities depending on the time of year. You might also have an opportunity to feed or interact with the animals depending on the time of your visit. Then we'll all return to the home to reward our morning's work with a home-made snack.

Lunch: Enjoy a simple, wholesome meal made from locally sourced produce and meat.

Afternoon: We'll thank our hosts and drive back to our hotel. The remainder of the afternoon is on your own.

Or, you may choose to join us aboard an optional fjord cruise and through some of Norway's most idyllic landscapes.

Dinner: At the hotel or a local restaurant, depending on the season.

Evening: You have the freedom to spend the rest of your evening as you wish.

Day 7 Norway in a Nutshell tour • Bergen

- Destination: Bergen
- Included Meals: Breakfast, Lunch
- Accommodations: Thon Hotel Rosenkrantz or similar

Breakfast: At the hotel.

Morning: After breakfast, we'll check out of our hotel and head to the train station where we'll embark on an included *Norway in a Nutshell* tour. As we hop aboard the vintage Flam Railway for a spectacular ride across the steep and narrow Flam Valley, we'll admire waterfalls and glacier-carved ravines on what is considered by many to be the most scenic train ride in the world. A video will also provide commentary throughout the ride on the history of the railway and its importance to the region of Flam.

We'll next stop briefly at the train station in Myrdal to stretch our legs before continuing our journey by train to Voss.

Lunch: At a local restaurant in Voss.

Afternoon: After lunch, we'll drive to our hotel in Bergen. After getting settled in, you have free time to explore this colorful city on your own. This would be an opportune time to head to a local fish market, for example.

Late this afternoon, our Trip Experience Leader will guide us on a short orientation walk of the surrounding neighborhood.

Dinner: On your own. Bergen has a slew of options for local fare, from mussel soup to oven-baked cod—your Trip Experience Leader would be happy to provide suggestions.

Evening: On your own. You can retire for the night, or visit one of Bergen's many unique bars serving a plethora of meticulously crafted cocktails and often featuring live music.

Day 8 Bergen • Oleana factory visit • Controversial Topic: Salmon farming in Norway

- Destination: Bergen
- Included Meals: Breakfast, Lunch
- Accommodations: Thon Hotel Rosenkrantz

Activity Note: The funicular ride to Mount Floyen this afternoon is subject to availability and weather conditions.

Breakfast: At the hotel.

Morning: We'll set off by coach to visit the Oleana factory. Oleana is a family-owned textile company that was founded in 1992, a time when much of this work was sent overseas to take advantage of cheap labor. But Oleana wanted to show that it can be profitable to make quality products with a Norwegian workforce in a factory in Norway. After watching a short video about the company's history, we'll walk into the factory to learn about the production process from yarn to finished product and learn why the company wanted to preserve Norway's rich history of textile production. We can also engage with some of the workers and ask them about the working conditions or the benefits they receive by working here.

Lunch: Included at Oleana's cafeteria. While we enjoy a typical Norwegian lunch, we may wish to chat with some factory workers, who also come here for lunch and to socialize with their co-workers.

Afternoon: Next, we'll ride by private motorcoach to the offices of the Green Warriors of Norway, an environmental activist organization where we'll meet a member of the team to discuss the **Controversial Topic** of

the explosive growth of fish farming in Norway, and its harmful impact on the local environment.

As we've seen throughout our adventure, fishing is a major part of life in Norway. Next to oil and gas, fish is Norway's second-largest export, constituting more than \$7.5 billion USD of the country's annual GDP. To maximize the fishing industry's economic growth, Norway has become increasingly reliant on fish farms, where Atlantic Salmon are bred in captivity and genetically engineered to maximize their growth. Some claim, however, that the fishing industry's pursuit of maximum profit is causing irreparable harm to the environment and must be reined in before it is too late.

We'll delve into this issue during our conversation with the Green Warriors, who will share their passion and depth of their expertise on the issue. The Green Warriors were founded in 1993 with a mission to advocate for local environmental causes through political advocacy, public education, and, when necessary, direct action. During our conversation, we'll become intimately familiar with how fish farming became such a major industry in Norway, and about the affects it has on the environment today.

After departing Green Warriors, we'll walk through the grounds of Bergenhus Fortress to the historic Bryggen waterfront, a UNESCO World Heritage Site. We'll stroll this picturesque neighborhood by the water, famous for its brightly-colored wooden houses—many dating back to the 18th century. After exploring what has long been considered the heart of the city, we'll take the short walk back to our hotel. You can then relax for a few hours or enjoy one of recommended free time activities. Later on, we'll regroup and embark on a journey in search of a bird's-eye view of Bergen as we ride the scenic Floibanen funicular to the top of

Mount Floyen. Once we reach the top, we will be greeted by views of colorful homes stretching out in orderly rows, with fjords towering in the distance. Take some time to stroll the mountaintop park, reveling in the picturesque stillness and the views of Bergen and beyond from high above.

Dinner: On your own in Bergen.

Evening: Continue making independent discoveries this evening.

Day 9 Bergen • Fish farm • Embark ship

- Destination: Norwegian fjords
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Hurtigruten Norwegian Coastal Voyage Ship or Havila Norwegian Coastal Voyage Ship

Activity Note: Our ship is a working vessel that also delivers cargo on a strict schedule, and some port calls may not allow us any time on shore.

Breakfast: At the hotel.

Morning: Our **Controversial Topic** discussion on salmon farming continues with a drive to Oygarden salmon farm and museum, where you'll learn firsthand about Bergen's agricultural staple. Norwegian fishing traditions date back centuries, and fish farming has become one of the largest industries in the country. We'll take part in a conversation with a local farmer in which you'll get the chance to ask questions about the intricacies of this occupation, and how it has changed over the years.

Around 70% of Norway's fish exports are farmed as opposed to wild-caught, and many health enthusiasts in Norway and beyond have questioned whether farmed salmon holds the same nutritional value as wild-caught salmon, as farming often includes administering

medications to fish to avoid bacterial infections. You might discuss with these local farmers how they combat stereotypes surrounding the “safety” of farmed fish, and how they are trying to change the world’s outlook on the practice.

Next, we’ll take a boat ride with the fisherman and chat about his work and daily life. Along the way, see if you can spot fish dancing in the water.

Lunch: Enjoy a freshly prepared lunch at the salmon farm museum.

Afternoon: After returning to Bergen, we’ll drive to our ship’s embarkation site and board a Norwegian coastal voyage vessel. As an active part of Norway’s maritime heritage, these ships can carry 400–1000 Norwegian and foreign travelers, and their classically-styled Nautical-class ship can carry around 550 travelers. As we cruise, you might even catch a glimpse at the natural spectacle that is the northern lights, which are only visible later in the year. Be on the lookout for them during September–October departures.

Shortly after we embark, our ship will set sail north and begin one of the world’s most scenic coastal cruises—with the islands and mountains of Norway as your constant companions. Being locally owned and used for transportation of goods throughout the region, a coastal voyage ship is perhaps the best way to discover remote Scandinavian communities. The ship calls at many ports, and at some of them we’ll have time to go ashore.

Dinner: Onboard in the ship’s dining room. As with all the dinners during your cruise, the dress code is relaxed and smart casual, and you are free to sit at whichever table you please.

Evening: You have the freedom to spend the rest of your evening as you wish, exploring the ship’s common areas at leisure. Perhaps you’ll enjoy a nightcap at the bar or relax in the lounge. We sail out of Bergen later tonight.

Day 10 Coastal cruising

- Destination: Alesund or Norwegian fjords
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Hurtigruten Norwegian Coastal Voyage Ship or Havila Norwegian Coastal Voyage Ship

Breakfast: Onboard in the ship’s dining room.

Morning: You’re free to relax onboard and take in the passing scenery as we approach our first port of call. Your Trip Experience Leader may also lead a discussion on the history of Nordic countries, or the issues they’re currently facing.

Due to weather and ice conditions, different courses must be charted for coastal cruising—which is precisely what makes this trip such a unique experience.

If your adventure departs between April

1st–June 1st: Enjoy a leisurely morning onboard as we cruise to Alesund. Then, join your Trip Experience Leader for a discovery walk of Alesund. As you stroll through the city, take note of the unique Art Nouveau architecture in the impressive surrounding buildings.

If your adventure departs between June

2nd–September 1st: In the afternoon, sail toward the jewel of Norway’s fjords—the *Geirangerfjorden*. A UNESCO World Heritage site, the *Geirangerfjorden* is a beautiful work of nature, carved by glaciers throughout the Ice Age and known as the world’s most picturesque fjord, complete with thundering waterfalls and dancing rainbows.

If your adventure departs between September 2nd–October 31st: In the morning, we'll set sail through the *Hjorundfjord*, one of the longest fjords in Norway. Slicing through the Sunnmøre Alps, the *Hjorundfjord* is something of a secret, very rarely visited by tourists. We'll get spectacular views of its sheer rock walls, lush meadows, and far-flung mountain farms that are well off the beaten path.

Lunch: Onboard in the ship's dining room.

Afternoon: Depending on the time of your coastal cruise, enjoy free time onboard.

Dinner: Onboard in the ship's dining room.

Evening: You have the freedom to spend the rest of your evening as you wish. Perhaps you'll enjoy a nightcap at the bar or relax in the lounge.

Day 11 Explore Trondheim

- Destination: Norwegian fjords
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Hurtigruten Norwegian Coastal Voyage Ship or Havila Norwegian Coastal Voyage Ship

Activity Note: If your visit to Nidaros Cathedral falls on a Sunday, we will not be able to enter the church but will visit the church's museum instead.

Breakfast: Onboard in the ship's dining room.

Morning: After breakfast, you may wish to relax in the lounge or to head to your cabin and prepare for our half-day tour of Trondheim, where we will take a panoramic bus tour.

Founded in AD 997, Trondheim was once the capital of Norway, as well as an important pilgrimage site for followers of St. Olav, a Norwegian king and Catholic martyr. Take in the city's unique scenery, including its old *veitenes* (narrow alleys) that wind among its

markets, Archbishop's Palace, Old Town Bridge, and historic 17th-century warehouses. We'll also visit historic Nidaros Cathedral. During our explorations, notice how Trondheim differs from other cities in the region, and how modern life contrasts to the medieval landmarks that make up the city.

Lunch: Onboard in the ship's dining room.

Afternoon: As we sail, feel free to take advantage of the ship's amenities, or join the ship's Expedition Team for a discussion about the Nordic region. You may also decide to relax in the lounge or in your cabin for the afternoon instead.

Dinner: Onboard in the ship's dining room.

Evening: At leisure. Perhaps you'll grab a drink with your fellow travelers and discuss all you've seen thus far.

Day 12 Coastal cruising • Bodo • Svolvær

- Destination: Tromsø
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Hurtigruten Norwegian Coastal Voyage Ship or Havila Norwegian Coastal Voyage Ship

Breakfast: Onboard in the ship's dining room.

Morning: Enjoy time at leisure this morning as our ship sails even further north to cross the Arctic Circle. You might relax in your cabin or converse with your fellow travelers in the lounge about all you have experienced so far.

Lunch: Onboard in the ship's dining room.

Afternoon: We'll dock after lunchtime and take a walk in Bodo, the capital of Nordland County situated just north of the Arctic Circle. Known as the gateway to Norway's true north, the city of Bodo was named a European Capital of Culture in 2024, the first city within the Arctic Circle to receive this prestigious title.

Bodo is also home to awe-inspiring natural phenomena, such as maelstrom Saltstraumen, the world's strongest whirlpool.

Enjoy some free time before heading back to the ship. You are free to spend your time as you wish until dinner.

Dinner: Onboard in the ship's dining room.

Evening: As we begin to sail, we'll listen to a Port Talk on our next destination—Svolvær, the capital of Lofoten. Framed by towering mountains, this colorful port town supports a thriving cod fishing industry; its shores are dotted with traditional fish-drying racks. Please note that the port stop of Svolvær is weather and schedule dependent.

Day 13 Coastal cruising • Explore Tromsø

- Destination: Norwegian fjords
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Hurtigruten Norwegian Coastal Voyage Ship or Havila Norwegian Coastal Voyage Ship

Breakfast: Onboard in the ship's dining room.

Morning: You'll have some time at leisure as we continue our northern voyage.

Lunch: Onboard in the ship's dining room.

Afternoon: Following some time to relax after lunch, the ship calls at Tromsø.

A city of more than 50,000 inhabitants, Tromsø sprawls across three fjord-indented islands. This is the largest city in northern Norway, and it has been the starting point for expeditions by famous Arctic explorers, including Norway's own Roald Amundsen, who in the 1900s became the first person to reach both the North and South poles. Tromsø is also home to the northernmost university in Europe: The Arctic University of Norway. The city comes

alive during the long hours of summer daylight as the locals (including 13,000 university students) enjoy the Arctic's brightest season.

Upon getting to shore, we'll embark on a tour of Tromsø with our Trip Experience Leader. Because of its size, Tromsø is unofficially divided into smaller subdivisions of the city. Some Tromsø residents would like to promote a larger sense of togetherness throughout the city, whereas others prefer to coexist separately. As we walk, our Trip Experience Leader will tell us about daily life in Tromsø, and how the areas that make up the city differ from one another.

Afterwards, you can take some time to explore Tromsø at your own pace, or join your Trip Experience Leader for a local activity.

Dinner: Onboard in the ship's dining room.

Evening: You have the freedom to spend the rest of your evening as you wish. Perhaps you'll enjoy a nightcap at the bar or relax in the lounge.

Day 14 The North Cape

- Destination: North Cape
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Hurtigruten Norwegian Coastal Voyage Ship, Havila Norwegian Coastal Voyage Ship or similar

Breakfast: Onboard in the ship's dining room.

Morning: This morning, we'll take some time at leisure as our ship pursues not just the northernmost point of Norway, but of all Europe: The North Cape. Far above the Arctic Circle, where the freezing waters of the Atlantic and Arctic oceans meet, the Cape rises a sheer 1,000 feet above sea level. Between May and July the sun never sets here, making it a popular place to view the "midnight sun."

Brunch: Later this morning, brunch will be served onboard in the ship's dining room.

Morning/Afternoon: We'll disembark our ship and board a private motorcoach to explore the North Cape. Gaze out over the surrounding landscape as we make our ascent to witness sapphire lakes and valleys dotted with tiny settlements. Our Trip Experience Leader will shed light on what life is like for the people who call this region home.

We'll take in the majesty of this far-flung destination, from jagged cliffs to nature-made stone arches overlooking the sunlit sea. Stand at the "northern edge" of Europe and perhaps get a glimpse of the array of seabirds flying over snow-capped mountains. The North Cape is rich with monumental ocean views at every turn, making for a truly immersive experience of nature at the top of the world.

The Cape itself is located in the Finnmark region, home to various indigenous peoples including the Sami, who we will meet later in this trip. Sporadic small villages throughout the Cape operate as intertwined communities for a very intimate, homey feel.

We'll then drive back to the ship for a couple of hours at leisure before dinner. Your Trip Experience Leader will conduct a disembarkation briefing to prepare you for leaving the ship tomorrow morning.

Dinner: Onboard in the ship's dining room.

Evening: You have the freedom to spend the rest of your evening as you wish. Perhaps you'll relax in the lounge or begin packing up your suitcase.

Day 15 Disembark ship • Kirkenes • World War II cave shelter visit • Inari/Ivalo, Finland

- Destination: Inari
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Aurora Village or similar

Activity Note: As we move from Kirkenes to Inari across the Finnish borders, note the time zone change (1 hour forward).

Breakfast: Onboard in the ship's dining room.

Morning: After breakfast, we bid our coastal vessel farewell as we disembark in the Norwegian port town of Kirkenes. Then, we'll take a quick drive to the center of town.

Strategically significant for its iron ore resources, Kirkenes was occupied by 100,000 Nazi troops during World War II. During the occupation, the Germans created shelters from old iron caves to protect its troops from attacks and raids by the Soviet Union—and these shelters ultimately helped thousands of civilians during wartime.

We'll then drive to the World War II bunkers, including a visit to the cave shelter. Here, we'll meet a local who will provide an insider's perspective on what it was like to live in Norway during the tumult of World War II.

Afterwards, we will begin driving toward Finnish Lapland.

Lunch: We'll stop for a traditional meal at a family-owned Finnish camping site en route to Finnish Lapland. As you dine, you might be able to chat with the family about the history of their camping site, and about their day-to-day life owning a small hut in the forest.

Afternoon: After lunch, we'll continue our journey to Finnish Lapland. We'll arrive late this afternoon, at which point we'll check into our hotel. Take some time to rest after the long drive.

Dinner: At the hotel's restaurant.

Evening: You have the freedom to spend the rest of your evening as you wish. You might stroll the picturesque surrounding area in the vibrant shades of nighttime glow.

Day 16 Explore Inari • Sami family visit • Home-Hosted Dinner

- Destination: Inari
- Included Meals: Breakfast, Lunch
- Accommodations: Aurora Village or similar

Activity Note: April and October departures may visit a husky farm instead, as the reindeer will be in the forest during those months.

Breakfast: At the hotel.

Morning: Set off after breakfast for our first full day's visit to tiny Inari—the gateway to Lapland and home of the Sami, the indigenous people who have lived in northern Scandinavia since prehistoric times. Lapland, also called Samiland, spans northern parts of Finland, Norway, and Sweden. Although the Sami are a minority of today's population in northern Finland, their cultural traditions endure.

We'll begin our discoveries of Sami and northern Lapland culture at the Siida Museum. A local guide will take us through the museum, which houses artifacts that preserve the unique history and culture of the Sami people, from wooden tools to clothing items. Your guide will also provide an enlightening view on the oppression of the Sami people over the centuries. In the 1800s, many of the Sami people were forced to relocate as their lands were taken over by the government and affluent

landowners, and they were often treated as half citizens due to their time-honored customs being considered primitive by modern Finns. Today, many Sami are still fighting for their land as woodworking companies threaten to take it over, and their rights as citizens of Finland who are striving to keep their traditions alive.

Lunch: At the museum restaurant.

Afternoon: We'll drive to a reindeer farm, which is owned by members of a local Sami community. Upon arrival, we'll enjoy coffee and tea with the family in their home and learn about the importance of reindeer and their role in the Sami peoples' daily lives. They'll share with us how they herd and care for their reindeer and how their farm functions day to day. If weather permits, we'll take a walk through the surrounding forests for an immersive experience of daily life for Lapland communities.

Then, we'll join them in their farm's *kota*—a traditional Sami tent similar to a Native American teepee, usually constructed of timber, peat moss, and either reindeer hide or fabric. Our hosts will discuss the Sami people's unique way of life, as well as their ongoing struggle with the Finnish government to gain rights to the land, water, and other natural resources in the regions where they live—and thus retain their traditions and culture. We'll gain an intimate perspective of this issue as we hear how their community has changed over time, faced hardships of disease and displacement, and fought adversity—keeping their traditions intact.

Dinner: Drive to Ivalo to share a **Home-Hosted Dinner** with a local family—an activity that many travelers say is a highlight of their time in the Nordic region.

You'll enjoy a taste of Finnish culture and engage in lively conversation over a dinner of freshly-prepared, home-cooked dishes.

This experience offers us a rare opportunity to connect with local culture on a more intimate level: In our hosts' homes, we'll see the family go about their evening routine and witness how Europeans live above the Arctic Circle. As you get to know your hosts over dinner, consider how their home and lifestyle differ from those of the Sami people you met early today, and how they may be similar. Many people in Ivalo also make their living from the land—the main livelihoods here are reindeer herding, fishing, and forestry.

Evening: We'll depart the local homes after dinner and return to the hotel. The remainder of the evening is at leisure.

Day 17 Lapland • Fly to Helsinki

- Destination: Helsinki
- Included Meals: Breakfast, Lunch
- Accommodations: Hobo Helsinki or similar

Activity Note: Depending on the day, we may have an early afternoon or a early evening flight to Helsinki. The day's activities will depend on your flight's departure time.

Breakfast: At the hotel.

Morning: Our Trip Experience Leader will provide activities that accommodate each flight schedule. Transfer to the airport for your flight.

Lunch: Depending on your flight time, you will either have a light lunch at Santa Village or a boxed lunch will be provided.

Afternoon: Upon arriving in Helsinki, we'll transfer to the hotel. Take some time to relax after your flight.

Dinner: On your own. Ask your Trip Experience Leader where you might find traditional Finnish meat pies or *grillimakkara* (sausages) for a taste of some local staples.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Trip Experience Leader for recommendations. You might enjoy a nightcap in the hotel bar or take an evening stroll along Helsinki's lively streets.

Day 18 Explore Helsinki

- Destination: Helsinki
- Included Meals: Breakfast, Dinner
- Accommodations: Hobo Helsinki or similar

Breakfast: At the hotel.

Morning: We'll set off by private motorcoach for an included Helsinki tour. As we wind our way through the city, we'll notice how the sea is an integral part of Helsinki—the city spreads out onto islands, peninsulas, and along coves among which boats of all types navigate.

First, we'll drive to the new Oodi public library, known as the "living room of the city." Upon arrival, we'll explore this uniquely designed building. Oodi not only serves as a library, but as a meeting place for Helsinki residents. Take time to observe local life happening around you as you make your way through the building.

Then, we'll walk to Senate Square. Here, we'll discover many ornate Empire Neo-classical buildings, including the 19th-century Lutheran Cathedral, whose central tower dominates the city. Like Times Square in New York City, this is the place where residents gather to celebrate special occasions, such as New Year's Eve and Independence Day (December 6th).

We'll wrap up our tour in Helsinki's Market Square in the city center, a lively area full of boutique and souvenir shops, vendors selling fresh produce and traditional Finnish fare, and colorful stands displaying artisan crafts.

Lunch: On your own after our walk—you might enjoy lunch at the market, or ask your Trip Experience Leader for recommendations for local fare.

Afternoon: At leisure. There is so much of Helsinki to explore—ask your Trip Experience Leader where you might like to go next based on your interests. This would be a great time to head to the Seurassari open-air museum, the Finnish National Gallery, or Suomenlinna.

Dinner: Gather at the hotel restaurant for a Farewell Dinner, as we reminisce about our Scandinavian discoveries.

Evening: You have the freedom to spend the rest of your evening as you wish, exploring Helsinki's nightlife or enjoying a drink at the hotel.

Day 19 Helsinki • Return to U.S.

• Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the Helsinki airport for your flight home. Or, board a flight to Sweden to begin your post-trip extension in *Stockholm, Sweden*.

END YOUR ADVENTURE WITH AN OPTIONAL POST-TRIP EXTENSION

3 nights in *Stockholm, Sweden*

Day 1 Fly to Stockholm, Sweden • Explore Stockholm

Day 2 Stockholm • Optional Drottningholm Palace tour

Day 3 Stockholm • Vasa Museum tour

Day 4 Stockholm • Return to U.S.

OPTIONAL TOURS

During your trip you will be able to book optional tours directly with your Trip Experience Leader. He or she will ask you to confirm the payment for these tours by filling out a payment form. Optional tours can only be purchased with a credit or debit card. We accept Visa, MasterCard, and Discover credit cards. We also accept Visa and MasterCard debit cards, but it must be a debit card that allows you to sign for purchases.

In order to correctly process these charges, there can be a delay of 2–3 months from the date of your return for the charges to be posted to your account. Therefore we ask that you use a card that will not expire in the 2–3 months following your return.

Please note: *Optional tour prices are listed in U.S. dollar estimates determined at the time of publication and are subject to change. Optional tours may vary.*

Optional Fjord Cruise

(Day 6 \$105 per person)

Cruise past some of Norway's most idyllic landscapes aboard this optional fjord cruise, sailing through the narrow Nærøyfjord—a branch of the larger Sognefjord. Along the way, marvel at the fjord's steep mountainsides, crashing waterfalls, and quaint towns tucked into the shore.

Please note: *This optional tour may be reserved during your adventure, but space is limited. To ensure availability, we recommend you reserve in advance through the Boston office before your trip departs.*

PRE-TRIP

Copenhagen, Denmark & Overnight Ferry to Oslo

INCLUDED IN YOUR PRICE

- » 4 nights accommodations, including 1 night aboard a ferry
- » 7 meals: 4 breakfasts, 1 lunch, and 2 dinners
- » Guided tour: Copenhagen
- » 72-hour Copenhagen Card: Free entrance to more than 60 attractions and free public transportation within the city
- » Services of our local Trip Experience Leader
- » Gratuities for local guides and motorcoach drivers
- » All transfers

PRE-TRIP EXTENSION ITINERARY

Copenhagen's native son Hans Christian Andersen rendered Danish life as a fairy tale, but you'll see plenty of evidence that the real thing is just as memorable. Revel in a four-night stay that allows you to explore the city at your own pace, then take an overnight ferry to Oslo, Norway to begin your Small Ship Adventure.

Day 1 Depart U.S.

Depart the U.S. today on your flight to Copenhagen, Denmark.

Day 2 Arrive Copenhagen, Denmark

- Destination: Copenhagen
- Accommodations: Copenhagen Admiral Hotel or similar

Activity Note: You will need a smartphone to use your Copenhagen Card. Your Trip Experience Leader will inform you of the app you will need to download prior to your arrival in Copenhagen and assist you in activating your card. Once the card is downloaded and activated, you will not need access to Wi-Fi to use it on public transport, museums, etc.

Afternoon: Arrive in Copenhagen where you'll be met by a driver at the airport and transferred to your hotel.

After you check in, you'll be joined by travelers who arrived early in Copenhagen before their pre-trip extension and enjoy a walk around the vicinity of your hotel with your Trip Experience Leader to introduce you to the area in which you'll be staying. The world's oldest capital city is also among the most welcoming in Scandinavia. The Danes are known for being more extroverted than their neighbors, as you'll experience during your stay here.

You'll also receive a complimentary 72-hour Copenhagen Card which, once downloaded to your smartphone, will allow you entry to more than 60 of the city's attractions as well as free transport on the bus, metro, and train lines. This card will be your passport to exploring the city at your leisure over the next few days, allowing you to follow your interests to the activities and destinations that most appeal to you.

The rest of the afternoon is yours to do as your please.

Dinner: You're free to explore Copenhagen's local restaurants tonight. For a quick bite, you can stop by one of the many sausage stands for a traditional *rod polse* (red sausage). *Frikadeller* is another popular Danish dish consisting of meatballs fried in butter, and are often served with boiled potatoes.

Evening: You are free to return to your room to rest after your overseas flight, or you may venture out to experience Copenhagen's lively clubs and cafés—ask your Trip Experience Leader for recommendations.

Day 3 Explore Copenhagen

- Destination: Copenhagen
- Included Meals: Breakfast, Lunch
- Accommodations: Copenhagen Admiral Hotel or similar

Breakfast: At the hotel.

Morning: After breakfast, depart the hotel for a discovery walk with your Trip Experience Leader. Explore Nyhavn (New Harbor), the 17th-century waterfront and canal area that is now the heart of entertainment in the city. Bars, cafés, and restaurants outline the waterway, and dozens of vividly painted 300-year-old houses add to the lively feel of this district. You'll also find a more solemn note in the main square of Nyhavn, which features an oversize anchor to honor the Danish sailors who lost their lives in World War II.

Lunch: At a local restaurant featuring traditional Danish fare.

Afternoon: Free for your own discoveries after lunch. You might use your Copenhagen Card to get around the city and see some of its iconic sites, including the Round Tower which offers panoramic views of the city, the

botanical gardens, and more. You might take this free time to discover the locations you visited on your discovery walk in more depth, perhaps stopping in one of the many local shops on Stroget or spending more time at the 19th-century Marble Palace. Ask your Trip Experience Leader for suggestions depending on your interests. **Please note:** *You will need a smartphone to download the Copenhagen Card app.*

Dinner: On your own. Your Trip Experience Leader will be happy to recommend a spot to enjoy local fare or a taste of home, depending on your preferences.

Evening: At leisure—you may retire to your room to rest before tomorrow's explorations. Or, you may choose to venture out to discover Copenhagen's nightlife. Your Trip Experience Leader can provide recommendations of the best spots for a local beer or a bold cup of coffee.

Day 4 Explore Copenhagen

- Destination: Copenhagen
- Included Meals: Breakfast, Dinner
- Accommodations: Copenhagen Admiral Hotel or similar

Breakfast: At the hotel.

Morning: This morning, set off on a day of discoveries with your Trip Experience Leader. Along the way, you may get a glimpse of the city's colorful houses, canals, charming pedestrian squares, and innovative modern architectural designs. You may also see the majestic Rosenborg Castle and around Tivoli Gardens, the second-oldest amusement park complex in the world. Perhaps you'll stop to take photos from across the canal—revel in views of the Royal Palace.

Other sites you may see are Christiansborg Palace, the current seat of the Danish Parliament, and the Royal Library and tour

the picturesque gardens. Nestled between the Palace and the Royal Library itself, the Library Garden is considered one of the most peaceful places in Copenhagen, a reprieve from the fast pace of city life.

Lunch: On your own. Whether you want rustic traditional seafood or high-end “New Nordic” cuisine (in which Danish staples like elderberry, herring, and salmon are infused with modern techniques and ingredients from around the world), your Trip Experience Leader will have plenty of suggestions—Copenhagen boasts more than 2,000 restaurants and cafés.

Afternoon: At leisure. You might make your way to the city’s National History Museum, explore nearby Christianborg, or sample the local flavors of Danish street food, such as *smørrebrød*—a famous, meticulously layered open-face sandwich.

Dinner: Gather with your fellow travelers and Trip Experience Leader at a local restaurant for a Welcome Dinner.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Trip Experience Leader for recommendations.

Day 5 Copenhagen • Embark overnight ferry

- Destination: Oslo
- Included Meals: Breakfast, Dinner
- Accommodations: DFDS Seaways Overnight Ferry

Breakfast: At the hotel.

Morning: Enjoy a leisurely morning in Copenhagen today. Or, perhaps you’d like to join your Trip Experience Leader on an included tour outside the city to see another side of Denmark, and learn how the locals of a small town live and work daily.

Lunch: On your own during your free time for both the travelers who choose to remain in Copenhagen and those who venture outside the city on our included tour. Perhaps stop at a local bakery for a taste of warm traditional Danish rolls, or consult with your Trip Experience Leader for dining suggestions.

Afternoon: Travelers who joined our Trip Experience Leader on the out-of-town excursion will return to Copenhagen.

Then, we’ll take a leisurely overnight cruise to Oslo, Norway. This 1,700 to 1,900-passenger DFDS Seaways Ferry features private cabins and a variety of onboard amenities, including restaurants, bars, shops, and jacuzzis.

Dinner: Onboard the ferry.

Evening: You have the freedom to spend the rest of your evening as you wish. Perhaps you’ll unwind in the Jacuzzis or savor a nightcap at one of the bars.

Day 6 Disembark ferry • Oslo, Norway

- Included Meals: Breakfast

Breakfast: Onboard in the ferry’s dining room.

Morning: We’ll disembark the ferry in Oslo, Norway, and begin our *Fjord Cruise & Lapland: Norway, Finland & the Arctic Circle* Small Ship Adventure.

POST-TRIP

Stockholm, Sweden

INCLUDED IN YOUR PRICE

- » 3 nights accommodations
- » 5 meals: 3 breakfasts, 1 lunch, and 1 dinner
- » 3 guided tours: Vasa Museum, city tour, City Hall visit
- » Services of our local Trip Experience Leader
- » Gratuities for local guides and motorcoach drivers
- » All transfers

POST-TRIP EXTENSION ITINERARY

Old World beauty, cutting-edge design, and an island-hopping layout—Stockholm is one of the world’s most singular cities. Discover the regal palaces, modern art, and verdant parks of Sweden’s capital and experience the vibrant cosmopolitan culture thriving in a landscape once home to the Vikings.

Day 1 Fly to Stockholm, Sweden • Explore Stockholm

- Destination: Stockholm
- Included Meals: Lunch
- Accommodations: Hilton Stockholm Slussen Hotel or similar

Morning: Depart your Helsinki hotel for your mid-morning flight to Stockholm, Sweden, an archipelago within an archipelago: The city occupies a cluster of 14 islands floating among 24,000 that make up a 60-mile chain.

Lunch: At a local restaurant.

Afternoon: Enjoy an included tour to uncover the charms that lure one in five Swedes to live in Stockholm on an included sightseeing tour of the capital city, including the picturesque *Gamla Stan* (Old Town). While the mighty Royal Palace dominates much of the *Gamla Stan* (Stockholm’s Old Town, a small island nestled at the heart of this great city), there’s still so much more to do and see.

The picturesque isle is a labyrinth of narrow alleyways and staircases, home to antique shops, museums, statues, and churches.

The *Stortorget* (the “Big Square”), is the city’s oldest square and site of the infamous Stockholm Bloodbath. Denmark—under the rule of King Christian II—invaded Sweden in 1520 and took the country for its own. Shortly thereafter, Christian rounded up all those who had challenged his rule and on November 8 and 9, he executed more than 80 Swedish nobles in the Big Square. According to legend, rivers of blood rushed through the streets. Today, the *Stortorget* is a brightly-colored square, home to a handful of cafés, the Stock Exchange, and an annual Christmas market.

Next, you’ll head to *Stadhuset*, the romantic City Hall famous for hosting the annual Nobel Prize banquet. After our city tour, we’ll check into our hotel.

Dinner: On your own. Ask your Trip Experience Leader for the best spot to try Swedish meatballs or dill cured salmon, a couple of the country's signature dishes.

Evening: You are free to make independent discoveries. You might explore Stockholm's unique, trendy nightlife—in contrast to most clubs and bars in America, many places remain open until the early morning hours, some until 5am. Perhaps you'll venture to a local cafe or bar and try Sweden's traditional *brannvine* (burn-wine).

Day 2 Stockholm • Optional Drottningholm Palace tour

- Destination: Stockholm
- Included Meals: Breakfast
- Accommodations: Hilton Stockholm Slussen Hotel or similar

Activity Note: Today's optional tour may be cancelled or changed due to private royal events. Depending on the season, the palace will be open at different times.

Breakfast: At the hotel.

Morning: Free for your own discoveries. Perhaps delve into Sweden's roots at the National Historical Museum, which features artifacts from the Viking era, centuries-old textiles, and a "Gold Room" housing 114 pounds of objects (not to mention almost 450 pounds of silver work).

Or join us on an optional tour of Drottningholm Palace. To get there, we'll take a boat across the glittering Lake Malaren by boat to the UNESCO World Heritage Site and enjoy an included tour. The stately palace was built in the 17th century by the architect Nicodemus Tessin the Elder for Hedvig Eleonora and features elegant salons from the 17th, 18th and 19th centuries; a palace

theater; and a Chinese Pavilion. Then, we'll have free time to stroll the palace's Baroque garden with our Trip Experience Leader.

Lunch: If you chose to make independent discoveries today, you're free to seek out a spot for Swedish fare on your own. If you opted to join the optional tour, you'll enjoy lunch on the boat on the way back to Stockholm.

Afternoon: Free for your own discoveries. If you're partial to art, head over to the Modern Art Museum which houses works of local artists as well as familiar names like Dali and Picasso.

Dinner: On your own. Ask your Trip Experience Leader for the best place to find traditional Swedish pancakes or pickled herring.

Evening: Continue making independent discoveries this evening. Perhaps you'll revisit *Gamla Stan* in the evening light, or maybe catch a performance at the Stockholm Comedy Club featuring shows in both English and Swedish led by local comedians on the rise.

Day 3 Stockholm • Vasa Museum tour

- Destination: Stockholm
- Included Meals: Breakfast, Dinner
- Accommodations: Hilton Stockholm Slussen Hotel or similar

Breakfast: At the hotel.

Morning: You'll get the chance to experience everyday life in Stockholm when you use a 1-day transportation card for your public transport to the Vasa Museum, situated on the island of Djurgarden. In 1628, the *Vasa*, a fearsome warship with 64 guns and 300 soldiers, set off on a maiden voyage two years in the making—and then sank in the harbor. Like the later *Titanic*, the *Vasa* was an epic ship that became a symbol of tragedy and Sweden never forgot her. Hundreds of years later, in 1961, the *Vasa* was raised from the seabed

and returned to land. Today, restored and preserved, and still outfitted with its original masts, deadeyes, and blocks, the *Vasa* is one of Stockholm's best-loved icons. Our guided tour of the museum is approximately 1.5 hours.

Lunch: On your own. Ask your Trip Experience Leader for local restaurant recommendations.

Afternoon: Yours to do as you please. You might discover the rest of Djurgarden, including its plethora of colorful public parks, cafés, museums, and galleries. Djurgarden is one of the most popular places for Swedes to get away, so you'll get the chance to interact with many locals here.

Or, perhaps indulge in *fika*—a social institution in Sweden. *Fika* is a morning or afternoon coffee break enjoyed among friends, family, or colleagues. In fact, more coffee is consumed in Sweden than anywhere else in the world. After your morning explorations, relax at a *konditori* (bakery) while savoring a hot cup of coffee and a *kanelbulle* (cinnamon bun). If

you're feeling extra adventurous, try Sweden's "egg coffee," where a raw egg is mixed into the coffee grounds before it's steeped in boiling water.

Dinner: Enjoy a Farewell Dinner at the hotel with your fellow travelers and Trip Experience Leader.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Trip Experience Leader for recommendations. You might discover the Södermalm district, often referred to as "the Brooklyn of Stockholm." Here you'll find cozy cafés and bars with live music for a true taste of local life in the city.

Day 4 Stockholm • Return to U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your flight home.

OPTIONAL TOUR

Drottningholm Palace

(Day 2 \$205 per person)

Join us on an optional tour of Drottningholm Palace. Cross Lake Malaren by boat to the UNESCO World Heritage Site and enjoy an included tour. The stately palace built in the 17th century by the architect Nicodemus Tessin the Elder for Hedvig Eleonora and features elegant salons from the 17th, 18th and 19th centuries; a palace theater; and a Chinese Pavilion. We'll also have free time to stroll the palace's Baroque garden with our Trip Experience Leader. Lunch will be served on the boat as you sail back to Stockholm later that afternoon.

HAVILA SHIPS

Explore Norway aboard a 691-passenger Havila ship

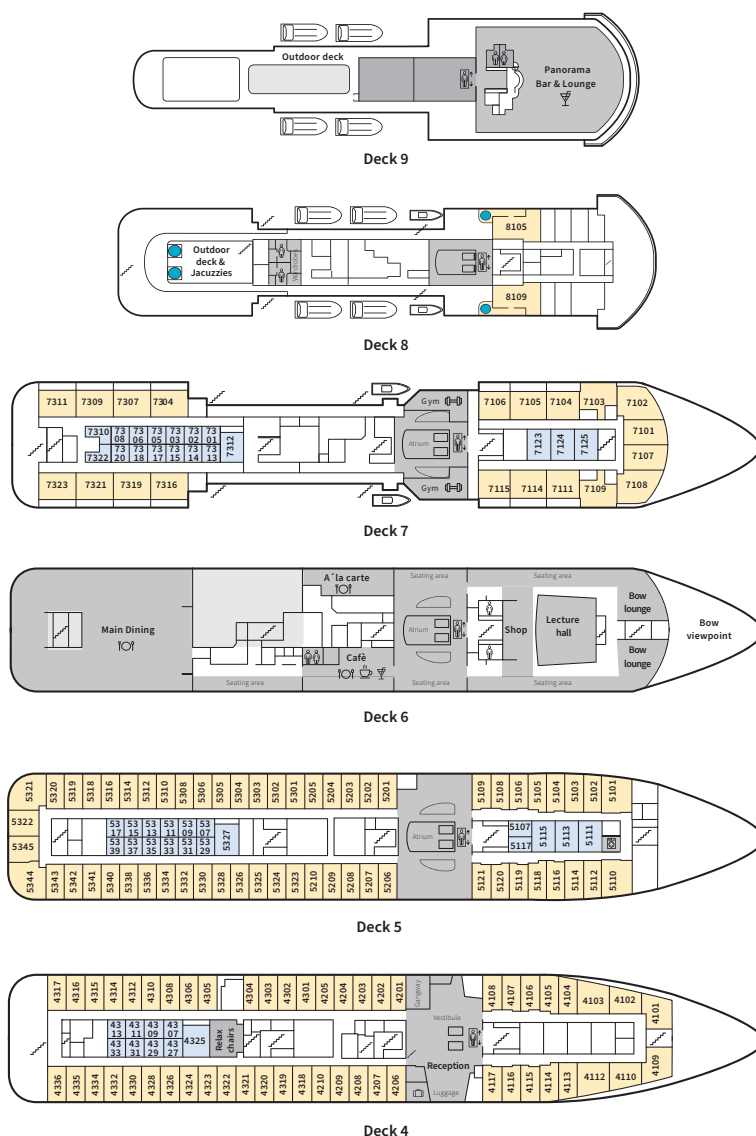
The brand-new Havila ships are shared charters aboard which our small group of 20-25 (average of 22) will be accompanied by a local Trip Experience Leader and join other non-O.A.T. travelers, with dining space and cabins allotted to us. While onboard, you'll enjoy insightful discussions, traditional cuisine, and personal service. This ship is quiet, comfortable, eco-friendly, and purpose-built to traverse the Norwegian fjords.



SHIPBOARD FEATURES

- **Restaurant and dining room with open-seating at tables reserved for our travelers:** Savor hearty, home-style, Norwegian-inspired dishes during lunch and dinners.
- **Panoramic lounge:** Marvel at the passing scenery in the large, glass-enclosed lounge.
- **Cafeteria and bar:** For purchasing snacks, as well as beer, wine, and spirits. An ice machine is also available in the cafeteria.
- **Elevator service:** An elevator serves all passenger decks.

HAVILA NORWEGIAN COASTAL VOYAGE SHIP



CABIN CATEGORIES

- B/D Outside Cabin with window
- I Inside Cabin

Width: 63 feet

Length: 400 feet

Passenger capacity: 691

Decks: 7 (4 with passenger cabins)

Group Size: 25 travelers, maximum, with 1 Trip Experience Leader

Number of cabins: 468

Elevator: Yes

Other Features: 1 restaurant, 1 cafeteria, 2 observation lounges, 1 bar, a fitness room, and an observation deck

CABIN FEATURES

- Cabins are each roughly 107 sq. ft.
- Half of the outside cabins feature one double bed; others have two twin beds
- All inside cabins feature two twin beds
- All cabins have private bath



TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

Your Passport

- Must be in good condition
- Must be valid for at least 6 months after your scheduled return to the U.S.
- Must have the required number of blank pages (details below)
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable

Need to Renew Your Passport?

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit their website at **www.travel.state.gov** for information on obtaining a new passport or renewing your existing passport. You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport

Recommended Blank Pages

Please confirm that your passport has enough blank pages for this adventure.

- **Main trip only:** You will need 3 blank passport pages.
- **Pre-trip extension to Denmark:** No additional passport pages needed.
- **Post-trip extension to Sweden:** No additional passport pages needed.
- **Both the pre-trip and the post-trip extension:** No additional passport pages needed.
- **Stopover in Barcelona, Copenhagen, Amsterdam, Helsinki, Munich, Madrid, Paris, or Rome:** No additional passport pages needed.
- **Stopover in Istanbul or London:** You will need to add an additional page to the applicable total listed above.

No Visas Required

Travelers with a U.S. passport do not need any visas for this adventure, including the optional trip extensions.

Traveling Without a U.S. Passport?

If you are not a U.S. citizen, or if your passport is from any country other than the U.S., it is your responsibility to check with your local consulate, embassy, or a visa services company about visa requirements. We recommend the services of PVS International, a national visa service located in Washington D.C.; they can be reached at **1-800-556-9990** or **www.pvsinternational.org**.

Traveling With a Minor?

Some governments may require certain documentation for minors to enter and depart the country or to obtain a visa (if applicable). For further detail on the required documentation, please contact your local embassy or consulate.

Emergency Photocopies of Key Documents

We recommend you carry color photocopies of key documents including the photo page of your passport plus any applicable visas, air itinerary, credit cards (front and back), and an alternative form of ID. Add emergency phone numbers like your credit card company and the number for your travel protection plan. Store copies separate from the originals.

If you plan to email this information to yourself, please keep in mind that email is not always secure; consider using password protection or encryption. Also email is not always available worldwide. As an alternative, you could load these documents onto a flash drive instead, which can do double-duty as a place to backup photos during your trip.

Overseas Taxes & Fees

This tour may have taxes and fees that cannot be included in your airline ticket price because you are required to pay them in person onsite. All taxes are subject to change without notice and can be paid in cash (either U.S. or local currency). If applicable, you will receive a list of these fees with your Final Documents.

RIGORS, VACCINES & GENERAL HEALTH

Is This Adventure Right for You?

Please review the information below prior to departing on this adventure. We reserve the right for our Trip Experience Leaders to modify participation, or in some circumstances send travelers home, if their condition would adversely affect the health, safety, or enjoyment of themselves or of other travelers.

GROUP SIZE

- This adventure has a maximum group size of 25 travelers with a local Trip Experience Leader exclusive to O.A.T.

PACING

- 18 days, with 11 hotel stays and 6 nights aboard a Norwegian coastal voyage ship
- 1 internal flight of 2.5 hours

PHYSICAL REQUIREMENTS

- Walk 2–3 miles unassisted and participate in 2 continuous hours of physical activities daily
- Not accessible for travelers using wheelchairs, scooters, walkers, crutches, or other mobility aids
- We reserve the right for Trip Experience Leaders to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience
- You may encounter animals on this trip. We make every effort to keep these encounters safe, however animals may behave unpredictably or dangerously at times. Please use caution when interacting with animals on this trip: Keep a safe distance, stay alert, and respect the animals

TERRAIN & TRANSPORTATION

- Uneven walking surfaces, including unpaved paths, hills, stairs, and cobblestones
- Travel by private coach and train
- Travel by small boat or Zodiac craft for a total of 30 minutes

CLIMATE

- Daytime temperatures range from 35–80°F during cruising season
- June–August are the warmest months
- May and September weather can be unpredictable and change quickly

TRIP EXTENSIONS

- Travelers taking the pre- or post-trip extensions should be able to walk 3-4 miles unassisted.

Steps to Take Before Your Trip

Before you leave on this adventure, we recommend the following:

- Check with the CDC for their recommendations for the countries you'll be visiting. You can contact them online at **www.cdc.gov/travel** or by phone at **1-800-232-4636**.
- Have a medical checkup with your doctor at least 6 weeks before your trip.
- Pick up any necessary medications, both prescription and over-the-counter.
- Have a dental and/or eye checkup. (Recommended, but less urgent)

No Vaccines Required

Recommended Vaccines

At the time of writing there were no required vaccines for this trip. The CDC recommends that all travelers be up to date on their routine vaccinations and on basic travel vaccines like Hepatitis A and Typhoid, but these are suggestions only. However, this could change in future so we encourage you to check with the CDC yourself before meeting with your doctor.

Traveling with Medications

- **Pack medications in your carry-on bag** to avoid loss and to have them handy.
- **Keep medicines in their original, labeled containers** for a quicker security screen at the airport and a better experience if you get stopped by customs while overseas.
- **Bring copies of your prescriptions**, written using the generic drug name rather than a brand name to be prepared for any unforeseen loss of your medications.

We recommend checking with the State Department for medication restrictions by country: **travel.state.gov** (Go to "Find International Travel Information", select "Country Information", then enter the country into the search bar; if you don't see any medications specifically mentioned under the "Health" section, then you can presume major U.S. brands should be OK).

Staying Healthy on Your Trip

Jet Lag Tips

- Start your trip well-rested.
- Begin a gradual transition to your new time zone before you leave or switch to your destination time zone when you get on the plane.
- Attempt to sleep and eat according to the new schedule.

- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying
- Stretch your legs, neck, and back periodically while seated on the plane.
- After arrival, avoid the temptation to nap.
- Don't push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

Allergies

If you have any serious allergies or dietary restrictions, we advise you to notify us at least 30 days prior to your departure. Please call our Travel Counselors at **1-800-221-0814**, and we will communicate them to our regional office. Every effort will be made to accommodate you.

Water

- Water in Scandinavia is considered safe, but as an added safety precaution against possible stomach upsets, we recommend you drink bottled water as much as possible.
- Never drink from a mountain stream, fjord, or river, regardless of how clean it might appear.
- Bottled water is usually for sale in hotels, food shops, and restaurants.

MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

Top Three Guidelines

- **Carry a mix of different types of payments**, such as local currency, an ATM card, and a credit card.
- **Traveler's checks are not accepted in Scandinavia.**
- **You will not be able to pay with U.S. dollars on this trip;** you will need local currency instead.

Local Currency

For current exchange rates, please refer to an online converter tool like www.xe.com/currencyconverter, your bank, or the financial section of your newspaper.

Euro Countries: European Euro (€)

Norway: Norwegian Krone (kr)

Denmark: Danish *krone* (Kr., DKK)

Sweden: Swedish Krona (kr., SEK)

How to Exchange Money

If you want to exchange money before your trip, you can usually do so through your bank or at an exchange office. Your departure airport in the U.S., a travel agent, or an AAA office are also possible outlets. Or you can wait and change money on the trip instead—but it might be helpful to arrive with some local currency in case you run into a bank holiday or an “out of order” ATM.

On your trip, the easiest way is to withdraw funds from a local ATM. The ATM will give you local money and your bank at home will convert that into U.S. dollars.

You can also exchange cash at some hotels, large post offices, and money exchange offices. To exchange cash, you'll usually need your passport and bills in good condition (not worn, torn, or dirty). New bills (post 2004) are best.

Please note that many banks in Europe will only exchange money for their own customers. Never exchange money on the street. All exchange methods involve fees, which may be built into the conversion rate; ask beforehand.

ATMs

When using the ATM, keep in mind that it may only accept cards from local banks, and may not allow cash advances on credit cards; you might need to try more than one ATM or more than one card.

Many banks charge a fee of \$1–\$10 each time you use a foreign ATM. Others may charge you a percentage of the amount you withdraw. We recommend that you check with your bank before you depart.

Lastly, don't forget to memorize the actual digits of your card's PIN number (many keypads at foreign ATMs do not include letters on their keys—they only display numbers.)

In most countries, ATMs are widely available in major cities. If you are in a rural location, it will likely be harder to find an ATM.

Scandinavia: ATMs are widely available throughout Scandinavia and should not be hard to find, especially in larger cities.

Credit & Debit Cards

While traveling, most countries and major cities will accept credit cards. Even if you don't plan on using a credit card during your trip, we still suggest that you bring one or two as a backup, especially if you are planning a large purchase (artwork, jewelry). We also suggest that you bring more than one brand of card (i.e. Visa, MasterCard, American Express) if possible, because not every shop will take every card. For example, although Discover and American Express cards are accepted in some countries outside the U.S., they are not widely adopted, so other brands will work at a much larger range of stores, restaurants, etc.

If you are visiting a country that does not commonly accept credit cards, they will be listed below.

Scandinavia: Credit and debit cards are readily accepted in Scandinavia. Some cafes, restaurants, and attractions will only accept credit cards. Visa is the most widely accepted credit card in Scandinavia, followed by MasterCard and then American Express.

Chip Cards

Many countries have adopted credit cards that have an embedded computer chip. These cards are inserted into the reader instead of swiped. The card owner then authorizes the purchase using a PIN instead of signing.

Though this technology is common in the U.S., occasionally there are machines in other countries that can't read U.S. cards or the machine can read the card, but asks for a PIN. This doesn't happen often, and is nothing to worry about. You can usually resolve the situation by asking the cashier to let you sign. (If you don't speak the language, just mime signing on your hand.) If you are not able to sign for a purchase, such as at an automated ticket booth, you can use another form of payment, such as a debit card that has a PIN.

Notify Card Providers of Upcoming Travel

Many credit card companies and banks have fraud alert departments that will freeze your card if they see suspicious charges—such as charges or withdrawals from another country. To avoid an accidental security block, it is a good idea to notify your credit card company and/or bank you will be using your cards abroad. You can do this by calling their customer service number a week or two before your departure. Some banks or credit card companies will also let you do this online.

You should also double-check what phone number you could call if you have a problem with a card while you are abroad. Don't assume you can use the 1-800 number printed on the back of your card—most 1 800 numbers don't work outside of the U.S.!

On Board Ship: Two Separate Bills Will be Issued

- **Cruise Card:** Upon embarkation, you will receive a Cruise Card with which to purchase food, drink, and land excursions (offered directly by the Hurtigruten ship) not included in your tour. Upon receipt of the Cruise Card, you will swipe your credit card so that your purchases can be charged to it. The Cruise Card can then be used for payments against your room. The day before disembarkation in Kirkenes, you will receive a bill for your purchases, which will be charged to your credit card directly by the Hurtigruten ship.
- **Optional tour account:** This bill is for any optional tours taken during the cruise and is calculated in U.S. dollars. The bill is paid with your ship guide (they will have you fill out a form) by credit/debit card only; other forms of payments such as cash and checks are not accepted. For more information on optional tours—including which cards we accept for payment—see the “Preparing for Your Trip” chapter.

Tipping Guidelines

Of course, whether you tip, and how much, is always at your own discretion. But for those of you who have asked for tipping suggestions, we offer these guidelines:

- **O.A.T. Trip Experience Leader:** It is customary to express a personal “thank you” to your Trip Experience Leader at the end of your trip. As a guideline, many travelers give \$10–\$14 USD (or equivalent in local currency) per person for each day their Trip Experience Leader is with them. *Please note that these tips can only be in cash. If you are taking any of the optional extensions, your Trip Experience Leader during the extension(s) may not be the same as the one on your main trip.*
- **Shipboard:** Gratuities to the shipboard personnel are not included in the cost of your voyage. If you wish to acknowledge those who have worked to make your time on board enjoyable, a gratuity of \$3–\$4 per person, per night, is customary. On some steamers, tips to dining and cabin staff are pooled. In this case, you can pay one gratuity (based on the above rate) in kroner, which you'll leave in an envelope with a staff member before disembarking. Shipboard tips cannot be paid by credit card.
- **Hotel Housekeeping:** Many travelers will leave the equivalent of \$1–\$2 per day, per room for the hotel housekeeping staff.

- **Included in Your Trip Price:** Gratuities are included for local guides and motorcoach drivers on your main trip, extensions, and optional tours operated by O.A.T.

Time at Leisure

When you are exploring on your own, it's useful to know when to tip and how much, because local customs often differ from the U.S. Here are a few helpful guidelines for the most common services a traveler might use:

- **Taxis:** In many cities the tip is included in the fare, and will be announced on a sign inside the cab; otherwise a 10% tip is appropriate.
- **Restaurants, cafes, and bars:** A service charge is usually included in restaurant and bar bills, but it is customary to leave an additional tip of around 10% of the bill for your waiter or bartender.
- **Public Restrooms:** Most public restrooms in Scandinavia are pay-toilets; you pay the staff at the entrance to the restroom or drop the appropriate coin into the slot on the stall door. Many restaurants, cafes, and shops offer only pay-toilets or reserve their restrooms for patrons only. Costs vary from the equivalent of 0.5 euros to 1 euro, so be sure that you have coins (in the local currency) available.

AIR, OPTIONAL TOURS & STAYING IN TOUCH

Land Only Travelers & Personalized Air

Quick Definitions

- **Land Only:** You will be booking your own international flights. Airport transfers are not included.
- **Air-Inclusive:** You booked international air with us. Airport transfers are included as long as you didn't customize your trip's dates (see next bullet).
- **Arrive Early or Stopover (select adventures only):** If you chose one of these Personalization options and purchased air through O.A.T, accommodations and airport transfers are included. However, if you chose one of our Personalization options, but did not purchase air through O.A.T., accommodations are included, but airport transfers are not. If you chose one of our Personalization options, and purchase air through O.A.T. but not the accommodations, the airport transfers are not included. We have included transfer options below.
- **Personalization on Your Own:** If you have not purchased air through O.A.T. and decided to arrive early, stay longer, or stop in a connecting city on your own, you are responsible for airport transfers and accommodations. For your convenience, a preliminary list of your included hotels is available on your My Planner at www.oattravel.com/myplanner under "My Reservations" to help you with selecting a hotel for your additional time.

Airport Transfers Can Be Purchased

For eligible flights, airport transfers may be purchased separately as an optional add-on, subject to availability. To be eligible, your flight(s) must meet the following requirements:

- You must fly into or fly home from the same airport as O.A.T. travelers who purchased included airfare.
- Your flight(s) must arrive/depart on the same day that the group arrives or departs.
- If you are arriving early, you must have arranged the hotels through our Arrive Early personalization option

Airport transfers can be purchased up to 45 days prior to your departure; they are not available for purchase onsite. To learn more, or purchase airport transfers, please call our Travel Counselors at **1-800-221-0814**.

If you don't meet the requirements above, you'll need to make your own transfer arrangements. We suggest the Rome to Rio website as a handy resource: www.rome2rio.com

Air Inclusive Travelers

If you have purchased international air with us, there are some points that may be helpful for you to know.

- **U.S. Departure:** If you are among a group of ten or more travelers who depart the U.S. from your international gateway city, it is our goal to have an O.A.T. representative assist you at the U.S. airport with the check-in of your flight. Unless there are extenuating circumstances beyond our control, the representative will be at the check-in counter three hours before your departure time. If you are flying domestically before your international flight, the representative will be stationed at the check-in counter for your departing international flight, not at the domestic arrival gate.
- **Overseas Arrival:** When you arrive in Oslo (on the main trip) or Copenhagen (on the Denmark pre-trip extension), you'll need to collect your luggage and clear customs. An O.A.T. representative will meet you outside of customs and assist you with your transfer to the hotel or ship. **Important note on porters:** *Airport porters are NOT allowed in the baggage claim area. On arrival, you must take your luggage off the baggage carousel and load it onto a cart, which you will then move through customs. When you exit customs, you'll handle your cart until reaching your transfer vehicle. Your driver will load your luggage into the transfer vehicle.*
- **U.S. Return:** If you are among a group of ten or more travelers who return to the same U.S. gateway city, an O.A.T. representative will meet you as you exit Customs and help you find taxis, buses, hotel accommodations, or connecting flights. Again, it is our goal to have our representative waiting to assist your group. In rare instances, unforeseen circumstances may prevent this service.
- **Flying with a Travel Companion:** If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.

Optional Tours

Optional tours are additional add-on tours that allow you to personalize your adventure by tailoring it to your tastes and needs. And if you decide not to join an optional tour? Then you'll have free time to relax or explore on your own—it's about options, not obligations.

What You Need to Know

- All optional tours are subject to change and availability.
- Optional tours that are reserved with your Trip Experience Leader can be paid for using credit/debit cards only. We accept MasterCard, Visa, and Discover credit cards; we can also take MasterCard or Visa debit cards as long as the card allows you to sign for purchases. (You won't be able to enter a PIN.)

- To ensure that you are charged in U.S. dollars, your payment will be processed by our U.S. headquarters in Boston. This process can take up to three months, so we ask that you only use a card that will still be valid three months after your trip is over. The charge may appear on your credit card statement as being from Boston, MA or may be labeled as “OPT Boston”.
- Your Trip Experience Leader will give you details on the optional tours while you’re on the trip. But if you’d like to look over descriptions of them earlier, you can do so at any time by referring to your Day-to-Day Itinerary (available online by signing into My Planner at www.oattravel.com/myplanner).

Optional Tours: Reserve Before You Go

We strongly recommend that you reserve the following optional tours in advance. Unless otherwise noted, the deadline to do so is 45 days prior to your departure. Occasionally, space will be available for booking onsite, but this not guaranteed. Optional tours with O.A.T. can only be purchased with a credit card (Visa or MasterCard) or a debit card with credit card functionality. Because our headquarters are in Boston, charges may appear to be from Boston or might be labeled as “OPT Boston” (depending on your credit card company).

Optional Fjord Cruise

Cruise past some of Norway’s most idyllic landscapes aboard this optional fjord cruise, sailing through the narrow Nærøfjord—a branch of the larger Sognefjord. Along the way, marvel at the fjord’s steep mountainsides, crashing waterfalls, and quaint towns tucked into the shore.

Please note: *This optional tour may be reserved during your adventure, but space is limited. To ensure availability, we recommend you reserve in advance through the Boston office before your trip departs.*

This optional tour is offered during the main trip. The cost is \$105 per person.

Communicating with Home from Abroad

Cell Phones

If you want to use your cell phone on the trip, check with your phone provider to see if your phone and service will work outside of the U.S. It may turn out to be cheaper to rent an international phone or buy a SIM card onsite. If you want to use a local SIM, just make certain your phone is “unlocked”, meaning it can accept a local SIM card. If your cell is “unlocked” then you will be able to purchase a local SIM for it and then buy minutes with “Pay as You Go” cards, so that you have a local contact number for your friends and family.

Calling Apps

Another option is to use a smartphone app like Skype, WhatsApp, and FaceTime. These services are usually less expensive than making a traditional call, but you'll need a Wi-Fi connection and the calls may count towards your phone plan's data allowance. Many smartphones—and some tablets or laptops—come with one of these apps pre-installed or you can download them for free from the appropriate apps store.

Calling Cards & 1-800 Numbers

When calling the U.S. from a foreign country, a prepaid calling card can be useful because it circumvents unexpected charges from the hotel. Calling cards purchased locally are typically the best (less expensive, more likely to work with the local phones, etc.). One reminder: Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the country.

Receiving Calls from Home

To ensure you are available during your trip to friends and relatives at home, you will receive two copies of your hotel list, including phone numbers, with your Final Documents. One copy is for you to bring, and one is to leave behind with friends or relatives in case they need to contact you during the trip.

How to Call Overseas

When calling overseas from the U.S., dial 011 for international exchange, then the country code (indicated by a plus sign: +), and then the number. Note that foreign phone numbers may not have the same number of digits as U.S. numbers; even within a country the number of digits can vary depending on the city and if the phone is a land line or cell phone.

Norway: +47

Denmark: +45

Finland: +358

Sweden: +46

PACKING: WHAT TO BRING & LUGGAGE LIMITS

Luggage Limits

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on bag per person.
Weight restrictions	Due to the domestic flight within Finland, the current standard for this trip is 44 lbs for checked bags and 15 lbs for carry-on bags .
Size Restrictions	Varies by airline. Measured in linear inches (length+width+depth). Generally, 62 linear inches is the checked bag limit; carry-on limit is 45 linear inches.
Luggage Type	A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended.
TRIP EXTENSION(S) LIMITS	
Same as the main trip.	
REMARKS/SUGGESTIONS	
<p>One suitcase and one carry-on bag per person: Due to the space limitations on bus transfers, you'll be restricted to one suitcase and one carry-on bag per person. This is to ensure that we have room for everyone's luggage. We ask that you abide by this limit to avoid inconveniencing your fellow travelers and prevent additional airlines luggage fees (which are your responsibility). Most airlines now charge to check more than one suitcase per person for flights to Europe and other international flights.</p> <p>Luggage rules: Luggage rules and limits are set by governmental and airline policy. Enforcement of the rules may include spot checks or may be inconsistent. However one thing is the same across the board: If you are found to have oversized or overweight luggage, you will be subject to additional fees, to be assessed by—and paid to—the airline in question.</p>	

Don't Forget:

- **These luggage limits may change.** If the airline(s) notify us of any changes, we will include an update in your Final Documents booklet.

- It's a good idea to reconfirm baggage restrictions and fees directly with the airline a week or so prior to departure. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our website in the FAQ section.
- **Baggage fees are not included in your trip price;** they are payable directly to the airlines.
- The luggage limits above are based on your regional flights, which may be less than your international flights. Even if your international airline offers a larger weight limit, you will need to pack according to the lower restrictions.

Your Luggage

- **Checked Luggage:** Consider a duffel bag or soft-sided suitcase. Look for one with heavy nylon fabric, wrap-around handles, built-in wheels, and a heavy duty lockable zipper. Due to space limitations on our motorcoaches, you are allowed one piece of checked luggage per person. Porterage at airports and hotels is provided for **one** bag per person. All bags should have luggage tags.
- **Carry-on Bag:** You are allowed one carry-on bag per person. We suggest a tote or small backpack that can be used as both a carry-on bag for your flight and to carry your daily necessities—water bottle, camera, etc—during your daily activities.
- **Locks:** For flights that originate in the U.S., you can either use a TSA-approved lock or leave your luggage unlocked. Outside of the U.S. we strongly recommend locking your luggage as a theft-prevention measure.

Clothing Suggestions: Functional Tips

- **Travel light:** A good rule of thumb is to gather together everything you want to bring; then take half of that. To have a varied travel wardrobe, yet keep your luggage light, we recommend you select a color scheme and pack color-coordinated clothing items that can be mixed to create different outfits. For more packing and luggage tips, you might want to visit www.travelite.org.
- **Consider clothing designed for travel, sports, or camping:** With modern fabrics, lightweight packing for comfort and protection through a wide range of weather is easy.
- **Warm clothes & rain gear—needed year-round:** Night temperatures are cool on the water all year, and the daytime weather can be fickle. Regardless of your travel season, bring long sleeves, warm socks and pants, and items to layer up with—a heavy sweatshirt, fleece top or wool sweater, waterproof jacket with a hood, hat, and gloves. Snow boots and a heavy-duty parka are also recommended—except in peak summer, when instead a pair of walking shorts and one or two short-sleeve tops may come in handy. Dress in layers, so you can easily adjust to sudden weather shifts. For possible showers, take a folding travel umbrella and/or rain hat.

- **Good walking shoes are critical.** This program features many included tours that follow steep, unpaved or cobbled routes; and even an average day of light sightseeing or shopping can put great demands on your feet. If you prefer more ankle support, take light hiking boots. In case you get caught in the rain, we suggest you bring an extra pair of walking shoes, and rain boots or galoshes. Aboard ship, you'll want non-slip shoes with rubber soles.
- **Laundry on board:** Your ship has self-service laundry facilities available 24-hours a day. The machines take tokens, which you can purchase at the Information Desk. At time of writing, it cost roughly \$6 to wash and dry one load, which is less expensive than having your laundry done at a hotel. Using this facility is not only handy, it can also reduce the amount of clothes you need to bring.

Style Hints

- **Pack casual clothes:** Comfortable, informal apparel is acceptable at each of your destinations. At dinner, you will not need to wear “dressy” clothing; men do not need jackets or ties and women do not need fancy dresses. You may want one or two “smart casual” outfits for the Welcome Reception or Farewell Dinner, but it's completely up to you. On board the ship, casual dress is acceptable at all times. While travelers vary in their dress style, they generally do not change into a new outfit for dinner.

Suggested Packing Lists

We have included suggestions from Trip Experience Leaders and former travelers to help you pack. These lists are only jumping-off points—they offer recommendations based on experience, but not requirements. You may also want to consult the “Climate” chapter of this handbook.

And don't forget a reusable water bottle—you'll need it to take advantage of any refills we offer as we are working to eliminate single-use plastic bottles on all of our trips.

Please note: Some Havila ships may not include body lotion and shower caps in your cabin. If these items are essential, we suggest that you bring your own.

Recommended Clothing

- ☐ Shirts: A mixture of short and long-sleeved shirts to layer
- ☐ Trousers, jeans, or skirts
- ☐ Comfortable walking shoes and/or water resistant shoes
- ☐ Light rain jacket/windbreaker with hood
- ☐ Sleepwear
- ☐ Socks and undergarments
- ☐ A jacket or sweater, depending on the time of year

Essential Items

- ☐ Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, shampoo/conditioner, shower cap, body soap, etc.
- ☐ Spare eyeglasses/contact lenses and your prescription
- ☐ Sunglasses with a neck strap
- ☐ Compact umbrella
- ☐ Insect repellent (there are mosquitoes in the north)
- ☐ Wide-brim sun hat or visor
- ☐ Pocket-size tissues
- ☐ Photocopies of passport, air ticket, credit cards
- ☐ Rubber or waterproof shoes
- ☐ Optional: Travel-size hair dryer: Many hotels will provide hair dryers, but not all. If a hair dryer is essential to you consider a travel-size version.
- ☐ Optional: Wash cloths

Medicines

- ☐ Your own prescription medicines
- ☐ Vitamins
- ☐ Cold remedies: Sudafed/Dristan
- ☐ Pain relievers: Ibuprofen/naproxen/aspirin
- ☐ Laxatives: Senokot/Ex-Lax
- ☐ Stomach upset: Pepto-Bismol/Mylanta
- ☐ Anti-diarrheal: Imodium
- ☐ Band-Aids, Moleskin foot pads
- ☐ Antibiotics: Neosporin/Bacitracin
- ☐ Motion sickness medication

Home-Hosted Visits

It is customary, though not necessary, to return your hosts' generosity with a small gift. If you do bring a gift, we recommend that you bring something the whole family can enjoy, or something that represents your region, state, or hometown. Get creative and keep it small—peach jelly from Georgia, maple sugar candy from New England, orange blossom soap from California; something that can be used or used up is best. When choosing a gift, be certain to consider the local culture as well. For example, we do not recommend alcohol in Muslim countries because it is forbidden in Islam, and your hosts may be religious. Not all of our adventures include a home-hosted visit; please check your final itinerary before you depart.

Electricity Abroad

When traveling overseas, the voltage is usually different and the plugs might not be the same shape.

Voltage

Electricity in Scandinavia is 220–240 volts. In the U.S. it is 110 volts. Most of the things a traveler will want to plug in—battery chargers, smartphones, tablets or computers—can run off both 110 and 220–240. But you should check the item or the owner's guide first to confirm this before you plug it in. If you have something that needs 110 volts—like a shaver or a hairdryer—you can bring a transformer to change the current. (But transformers tend to burn out, so it might be better to leave whatever it is at home.)

Plugs

The shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built. To plug something from the U.S. into a local socket you'll need an adapter that fits between the plug and the socket. Although you'll only need one adapter on this trip (Type C plugs work in Type F receptacles), it may be easier to purchase an all-in-one, universal adapter/converter combo. Versatile and lightweight, these can usually be found at your local electronics goods or hardware stores. Sometimes you can buy them at large retailers too, like Target or Walmart. If you forget to bring an adapter, you might also find them for sale at the airport when you arrive at your destination.

Different plug shapes are named by letters of the alphabet. Standard U.S. plugs are Type A and Type B. Here is the list of plugs for the countries on this trip:

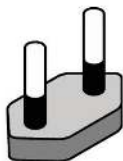
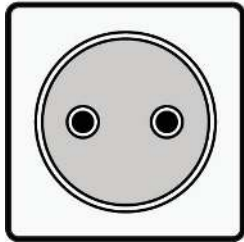
Norway: C and F

Finland: C and F

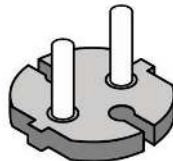
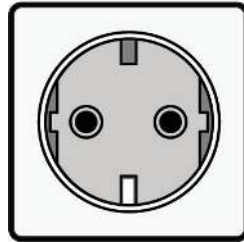
Denmark: C and F

Sweden: C and F

Type C



Type F



CLIMATE & AVERAGE TEMPERATURES

Oslo, Norway: Although well into the northern latitudes, Oslo's climate is fairly temperate thanks to warm air being wafted across the Atlantic from the Gulf Stream. Summer weather in Oslo is mild and pleasant, with frequent hot spells, and plenty of long sunny days. In winter temperatures hover just above or below freezing. Snow is plentiful in winter, and rainfall is spread across the year, the rainiest month being August.

Bergen, Norway: Bergen enjoys an oceanic climate, with mild winters, cool summers, and plenty of rainfall all year round. It rains so often in Bergen, it is considered the rainiest city in Europe! While there is also snow in the winter, it is usually intermittent and quick to melt.

Helsinki, Finland: Helsinki boasts a humid continental climate, due in part to the Baltic Sea and the North Atlantic Current, allowing for an average winter temperature around the mid-20s. As Helsinki is situated at the southern tip of Finland, it's weather is significantly warmer than the northern end of the country, with a shorter snow season. In the summer, the temperature does not reach higher than the low 70s and the city experiences frequent thunderstorms.

Copenhagen, Denmark: The weather in Copenhagen is mild through all the four seasons—with highs usually in the 60s and lows usually in the 50s—although temperatures in winter can drop down into the 30s and 40s. On the other end of the scale, summertime highs rarely go above 80 °F despite the occasional heat wave. Rainfall is moderate too, but spread throughout the year, so showers are possible in any season. Grey skies are the norm rather than the exception in Copenhagen.

Stockholm, Sweden: Despite its northern location, Stockholm has relatively mild weather compared to other locations at similar latitude. Summers have average daytime highs of 68–72 °F and lows of around 55 °F, but temperatures can reach the mid-eighties. Winters are sometimes snowy with average temperatures ranging from 23 to 34 °F, and sometimes drop below 5 °F. Spring and autumn are generally cool to mild. Yearly precipitation averages 21.2 inches with around 170 wet days and light to moderate rainfall throughout the year. Snowfall occurs mainly from December through March with some snow-rich winters, while others are milder with more rain than snow.

Scandinavia

Mid May to August: During late spring and summer, temperatures can be surprisingly high, comparable to Maine or Vermont; and the sea is generally much warmer than you might expect, largely as a result of the Gulf Stream and the shallowness of the Baltic. The low humidity, too, makes it feel warmer than temperatures may indicate. If you are traveling at this time of year, you're likely to encounter comfortably warm days and enjoy gloriously long hours of sun during your travels. The Midnight Sun will be shining over the northern parts (above the Arctic Circle) of Finland, Norway, and Sweden from mid May to the end of July. However, you should also be prepared for variable weather and temperature drops. The climate and weather along coastlines,

in particular, is very much influenced by fluctuations in the sea's condition and is changeable throughout the year. Winds, rain, and clouds are common occurrences, though extended spells of fine settled weather are also likely.

April to mid May/September to October: During early spring and autumn, the weather can turn from warm, sunny, and mild to rainy, misty, and miserable within an hour or so. Be prepared for intermittent spells of wet, cloudy weather. Autumn comes early in this region of the world; summer typically ends at the close of August, and peak fall foliage is in September. If you travel on the shoulder season, come prepared for snow and very cold weather.

NOTE: If you are taking one of our optional stopovers before or after your OAT adventure, please be aware the climate and temperatures might be different from what you experienced during your tour. To prepare for weather differences and pack appropriate clothing, we recommend the following world weather sites:

- www.intellicast.com
- www.weather.com
- www.wunderground.com

Climate Averages & Online Forecast

The following charts reflect the average climate as opposed to exact weather conditions. This means they serve only as general indicators of what can reasonably be expected. An extreme heat wave or cold snap could fall outside these ranges. As your departure approaches, we encourage you to go online to **www.oattravel.com/myplanner** for your 10-day forecast. If you want to check the forecast for alternate locations not listed, we recommend using **www.weather.com**, a world weather website

Average Daily High/Low Temperatures (°F), Humidity & Monthly Rainfall

MONTH	OSLO, NORWAY			BERGEN, NORWAY		
	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall
JAN	31 to 20	86 to 80	10	39 to 31	82 to 79	21
FEB	32 to 19	88 to 74	9	39 to 31	82 to 72	16
MAR	39 to 27	86 to 65	13	43 to 34	82 to 68	20
APR	49 to 34	70 to 52	15	48 to 37	82 to 62	19
MAY	62 to 45	71 to 48	18	57 to 45	80 to 60	20
JUN	68 to 52	71 to 50	19	62 to 50	82 to 63	19
JUL	71 to 55	73 to 52	20	64 to 53	85 to 66	21
AUG	69 to 53	80 to 54	20	64 to 53	87 to 69	22
SEP	60 to 45	83 to 58	20	58 to 48	85 to 70	24
OCT	49 to 38	86 to 69	19	52 to 44	82 to 72	25
NOV	39 to 29	86 to 78	15	44 to 37	82 to 78	23
DEC	32 to 22	86 to 82	10	41 to 33	83 to 81	22

MONTH	IVALO, FINLAND			HELSINKI, FINLAND		
	Temp. High-Low	% Relative Humidity (avg)	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall
JAN	32 to 2	85	4	26 to 16	88 to 87	16
FEB	15 to 1	83	3	27 to 15	89 to 82	11
MAR	25 to 7	77	2	34 to 23	89 to 74	12
APR	36 to 17	71	3	45 to 31	87 to 59	13
MAY	48 to 33	68	5	59 to 41	84 to 51	14
JUN	59 to 43	66	7	66 to 49	85 to 55	17
JUL	65 to 48	68	6	70 to 53	90 to 59	15
AUG	59 to 44	80	8	66 to 51	93 to 66	17
SEP	49 to 37	82	5	56 to 43	93 to 72	15
OCT	36 to 27	87	5	46 to 36	91 to 80	20
NOV	24 to 16	89	4	36 to 28	90 to 88	17
DEC	15 to 5	86	3	30 to 20	89 to 88	16

MONTH	COPENHAGEN, DENMARK			STOCKHOLM, SWEDEN		
	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall
JAN	37 to 30	89 to 85	18	31 to 22	89 to 87	13
FEB	36 to 28	89 to 80	15	31 to 20	91 to 80	10
MAR	41 to 32	89 to 74	15	37 to 26	91 to 69	13
APR	49 to 36	84 to 63	15	47 to 31	86 to 57	15
MAY	60 to 45	76 to 57	14	60 to 41	75 to 49	17
JUN	66 to 52	76 to 59	16	67 to 49	74 to 52	18
JUL	69 to 55	78 to 60	15	70 to 54	79 to 56	20
AUG	69 to 54	82 to 60	16	68 to 53	87 to 58	19
SEP	61 to 50	86 to 67	15	58 to 45	91 to 64	20
OCT	53 to 44	87 to 76	19	58 to 45	91 to 64	19
NOV	44 to 37	87 to 82	19	39 to 31	91 to 87	18
DEC	39 to 32	88 to 85	18	32 to 23	91 to 89	15

ABOARD YOUR SHIP: CABIN FEATURES, DINING & SERVICES ON BOARD

Hurtigruten Discovery-class or Nautical-class Ship

You'll travel the Norwegian coast aboard one of these vessels, each of which accommodates an average of about 600 passengers, keeping them small enough to sail into the most narrow of fjords. These are true working ships, an essential part of the daily life of the coast. In addition to people, these ships carry packages, supplies, and mail to some of the most isolated, and delightful, villages along the Norwegian coast. But there's no need for concern—you will find every amenity you need for a comfortable journey on board. Do be aware, however, that these are mail boats (in existence for more than 100 years) whose main purpose is to deliver goods between ports. Some port calls are very brief and may not allow time to spend ashore.

You will NOT find any of the standard luxury cruise activities or amenities—casinos, shuffleboard, pool, entertainment program, and the like—but you will enjoy basic comforts, fine service, wholesome cuisine, and a congenial atmosphere.

Each ship features well-appointed cabins with lower berths, a private bath, and a hair dryer for your convenience. The ships have built-in panoramic viewing areas with lounges. And they have ample open deck space—perfect viewing spots from which to watch your ship pull into a picturesque fishing village, sail through a crystal blue fjord, or float past a mountain.

Cabin Assignments

Cabin assignments are not given out in advance. You will be given this information when you board your ship in Norway. All cabins have two lower beds. The lower beds cannot be made into a double bed.

Dining

Three meals a day aboard ship: Aboard ship, you'll dine on three meals a day—breakfast and lunch buffets, and a hearty, set-menu dinner served in the dining room. Your meals will include fresh local produce, fish, and Norwegian specialties.

Some evenings, the set menu for dinner may feature a rather exotic entree or side dish that you prefer to eat around. For such times, and also for your own dietary enjoyment, we suggest you bring a modest supply of your favorite non-perishable snacks: granola bars, dried fruit, nuts, candy bars, etc. You can also purchase a snack in the cafeteria most any time day or night, but prices are high. If you prefer a different dinner choice, inform the dining room staff at lunchtime.

A selection of wine, beer, and other beverages will be available for purchase onboard your Hurtigruten ship. Wine prices will start at approximately \$12–15 per glass, but could vary according to vintage. No outside alcohol is allowed to be consumed onboard the Hurtigruten ships.

Electricity On Board Ship

Aboard ship, the cabins are equipped with European-style Europlug (Type C) outlets. Note however that all sockets in Scandinavia (both on board ship and in your hotels) are round and recessed into the wall. You'll need adapters to accommodate this feature.

Embarkation

Please note that due to customs and safety regulations you will be required to handle your own luggage from the bus to the ship's gangway (approximately 400 feet) during embarkation in Norway. The ship's crew will then take the luggage from the gangway to your cabin. There is no portage service available at the pier, and the bus is not allowed to drive up to the gangway.

Headsets

Please note that headsets are provided for tours operated by us, but are not available for any shore excursions purchased through Hurtigruten.

Laundry Service

Your ship has self-service laundry facilities available 24-hours a day. The machines take tokens, which you can purchase at the Information Desk. At time of writing, it cost roughly \$6 to wash and dry one load, which is less expensive than having your laundry done at a hotel. Using this facility is not only handy, it can also reduce the amount of clothes you need to bring.

Educational Activities

You'll enjoy your ports even more once you know more about them! The shipboard courier will share information about the unique qualities of the villages you'll visit, facts of cultural interest, and enough history to make each port truly come alive.

Optional shore programs provide you with special opportunities to head inland and see more of Norway. **Please note** that these optional tours are operated directly by the ship and are not controlled/associated with us. Therefore they have to be paid directly on board the ship and cannot be charged to our Optional Tour forms. For more information, visit <http://www.hurtigruten.us/norway/excursions/Southbound-excursions1>

Another option is to ask your Program Director (sometimes referred to as a Trip Experience Leader) and the ships' Tour Leader for suggestions once you are in port. Or you can stroll through your ports of call on foot, stopping by tiny cafés or window shopping down cobblestone streets. You just choose the option that suits you best.

Please note: The ships featured on this tour are working vessels and therefore adhere to strict sailing schedules. Because of this, not every stop will allow enough time for you to disembark.

Gift Shop

The ship has a small gift shop that sells sweatshirts, tee-shirts, postcards, and videos. DVDs purchased abroad may not work in U.S. DVD players; look for a label stating “region one” or an American flag marking.

Phone Service

You can make phone calls to any destination from the ship’s pay phone, which takes local currency coins. There are also pay phones near the piers of almost all ports.

Smoking/Non-Smoking Policy

All cabins are non-smoking. The only area of the ship where smoking is permitted is a designated section of the outside deck.

Travel on a Working Ship

Coastal freighter, tramp steamer, packet boat – your ship shares the history and romance of these working vessels. Your voyage stops at numerous ports where there may—or may not—be time for a stroll ashore, some shopping, or sightseeing on optional shore excursions. Disembarkation isn’t possible at every port due to the working nature of your vessel, whose main purpose in many of these ports is to efficiently and punctually offload the goods the local community relies on and move local goods to further ports.

At some ports, for example, your vessel may only pause momentarily alongside the dock, quickly exchange cargoes, and then immediately resume sailing in order to stay on schedule. Port calls may occur late at night or in the wee hours of the morning.

Accommodations on board are small but adequate for your journey. As a working vessel, you won’t find “cruise” entertainments, though your Program Director/Trip Experience Leader will organize lectures and films as time allows. Your Program Director/Trip Experience Leader will also organize brief discovery strolls at ports where the time and the tides agree. The ship itself offers a wide range of optional excursions ashore that you may book on board.

The variations in the time spent at your ports of call, as well as the sometimes-unusual arrival and departure times, are typical of life aboard a real working vessel. We ask you to understand that this type of sailing schedule is simply part of the authentic coastal experience, hearkening back to an earlier, simpler style of travel. Relax and enjoy the rhythms of the sea and the distinctive charms of daily life on the edge of the ocean. You’ll take in the sights and sounds of a region and culture long dependent on the ocean for both food and transport, and you’ll become part of that tradition as your ship plies its route.

ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

O.A.T. Trip Experience Leaders: A World of Difference

During your adventure, you'll be accompanied by one of our local, Trip Experience Leaders. All are fluent in English and possess the skills, certification, and experience necessary to ensure an enriching adventure. As locals of the regions you'll explore with them, our Trip Experience Leaders provide the kind of firsthand knowledge and insight that make local history, culture, and wildlife come alive. Coupled with their unbridled enthusiasm, caring personalities, and ability to bring diverse groups of travelers together, our Trip Experience Leaders ensure that your experience with O.A.T. is one you'll remember for a lifetime.

The Culture of Scandinavia

Does Scandinavia even have a common culture? And how does it differ from Nordic culture? First off, Scandinavia refers to the lands originally occupied by the Vikings—which would be Norway, Sweden and Denmark. When referring to Nordic countries, it would be Norway, Sweden and Denmark, with Finland and Iceland added to the mix. While these northern lands differ in language and geography, their shared history and religion have given rise to several cultural similarities.

A belief that Scandinavians are sullen or aloof, however, is one of the most common cultural misunderstandings. If you are unable to engage in a conversation with a local, you might interpret it as someone being standoffish or even rude. But a Scandinavian would perceive it as being polite by not bothering a stranger with small talk. Broadly speaking, Scandinavians place a high value on being polite and do not wish to speak to anyone unnecessarily or even ask for help unless it's absolutely necessary.

A common thread woven throughout Scandinavian culture may be its focus on the wellbeing of the group rather than of the individual. While Americans admire even the most extreme efforts of individuals to achieve success, Scandinavians strive for moderation—in themselves, the community, and the workplace—to achieve a sense of balance. There are reasons why they always make the lists of the “happiest people on earth”. Scandinavians attribute it to their focus on life/work balance—while they do pay high taxes, the generous social programs they get in return take all the fear out of losing their livelihood or growing broke. This allows them to focus on enjoying life. Scandinavia's concern for group wellbeing expresses itself in a variety of ways. The Danes have the centuries-old concept of “hygge,” which is a general state of mind that embraces life. The Finns have their saunas, whose bonding rituals are intertwined in national culture. And the Swedes consider “fika,” a type of mandatory coffee hour, to be an essential part of each day in order to bond with friends and colleagues.

Workplace culture is far less stressful in Scandinavian countries, too. Everyone expects everyone else to perform to the same standard. Since it's a common practice among Scandinavians to say what they mean, no one has to search for hidden meanings. And dealing with fewer office politics makes for a far more relaxed and comfortable workplace environment. Scandinavian culture discourages those seen as aiming too high or being too ambitious. In an attempt to make society

as homogenous as possible, measures like private schools using the same curriculum as public schools are put in place to ensure equal opportunities for all. And Scandinavians believe that wealth should have no bearing on how you are treated.

Scandinavians love the outdoors and take full advantage of the breathtaking beauty of their landscapes by escaping into nature and enjoying the solitude at every opportunity. Come to think of it, no wonder they're so happy.

Laundry Service

Laundry service is available through your hotels, although it is expensive. Your Trip Experience Leader will help you make arrangements for these services if you need them.

Smoking/Non-Smoking Policy

In both Norway and Finland smoking is prohibited in public areas and restaurants.

Hotels

With an emphasis on minimalism and functional design, you'll discover that hotel rooms in this region are traditionally much smaller than in the United States, and tend to feature a sleek, modern look. Rooms are comfortable, clean, and well-equipped, but you should expect to experience how locals make use of limited space, which may mean that the bathrooms are smaller, or the beds are closer together, than you'd find at home.

Taking Photographs

The etiquette of photographing people in most countries is about the same as it would be on the streets of your hometown. You need permission to take a close-up, but not for a crowd scene. Be especially polite if you want to photograph children or older women. If you want to shoot a great portrait, show interest in your subject and try to have a bit of social interaction first. Then use sign language to inquire if a picture is OK.

Please do not take photographs of military personnel, military compounds, or other official institutions/personnel (such as police). This may result in the confiscation of your camera.

In museums or at archaeological sites, there may be restrictions on using your flash. Please obey any signs or directions by staff; the no-flash rule protects the fragile artifacts and artwork from damage by repeated exposure to light. Occasionally, there may also be a small fee levied by the museum or site for the privilege of taking photos.

Safety & Security

As you travel, exercise the same caution and awareness that you would in a large American city. Don't be overly nervous or suspicious, but keep your eyes open. If you are venturing out after dark, go with one or two other people.

Carry a one-day supply of cash, and your passport, in a travel pouch. Don't leave valuables unattended in your hotel room. Most hotels will offer use of a hotel safe at the front desk or an electronic in-room safe (for which you can set your own personal number). Please utilize this.

Pickpockets may create a sudden distraction. In any sort of puzzling street situation, try to keep one hand on your wallet or money belt. If an encounter with a local turns out to be long and complicated and involves money or your valuables, be very careful.

Norwegian Cuisine

Most modern Norwegian households eat much as we do in the States, enjoying simple but easy to prepare traditional favorites; the occasional ethnic treat like tacos or Asian stir-fry; or even a fast-food meal like the phenomenally popular *Grandiosa*, Norway's best-selling frozen pizza.

And in case you haven't heard, since the early 2000s, the Scandinavian (and worldwide) restaurant scene has been utterly transformed by the rise of **New Nordic cuisine**, a cooking style that stresses sustainability, freshness, and extremely local and seasonal ingredients. In practice, that means celebrating unique flavors that might previously have been overlooked. So yes, you might find carefully composed plates of grilled duck hearts on a bed of moss, but you'll also find creative reinterpretations of traditional Nordic classics, like these:

- **Røkelaks:** Norwegian smoked salmon served with a dollop of creamy dill sauce.
- **Sursild:** Herring that has been pickled, just one of the many methods used to preserve fish.
- **Rakfisk:** A trout that is covered with spruce branches and fermented in barrels. The smell is pungent, but the taste is not.
- **Lutefisk:** Dried cod that's preserved in lye, and then triple washed and steamed (all of the caustic lye is gone by the time you're served it). If you're from Minnesota or Wisconsin, you may have seen this at your state fair or in restaurants, so you already know it's better with butter or sauce. In Norway, it is often paired with bacon, mashed peas, boiled potatoes, and golden syrup.
- **Finnbiff:** Sautéed reindeer stew.
- **Fårikål:** Boiled dinner of mutton or lamb, whole black pepper, cabbage, and potatoes. This is the national dish of Norway.
- **Pinnekjøtt:** A Christmas Eve classic, a hearty meal of salted, air-dried sheep ribs. They are rehydrated by steaming them over birch sticks, and eaten with sweet mashed rutabaga.
- **Kjøttkake (or kjøttballer):** A classic Norwegian comfort food. They are balls of minced beef seasoned with onions, nutmeg and ginger, then pan fried and simmered in gravy. (Yes, they are virtually the same as Swedish meatballs, but you won't make Norwegian friends if you call them that.)
- **Lefse:** Crepe-like flatbreads that are slathered with butter, and sugar, then rolled up or folded for eating on the go.

- **Krumkake:** A delicate, waffle-like cookie, shaped like an ice cream cone and filled with cream or fruit.
- **Lingonberry:** A ubiquitous fruit that tastes similar to cranberries and is used in compotes, juices, and preserves. As a jam, it's a great accompaniment to **brunost**, a family of brown goat's milk cheeses (like **gjetost**) that have the consistency (and a little of the sweetness) of fudge. Or just go straight to dessert heaven and order some fluffy **trollkrem**—a meringue of lingonberries whipped with sugar, vanilla, and egg whites.

Finnish Cuisine

Finnish cuisine forgoes the fancy for simple, hearty, and comforting. The emphasis is on natural ingredients and fresh local produce, with fish and meat also playing a prominent role in traditional Finnish dishes—including pork, beef, elk and reindeer. The country is also known for its fresh-picked mushrooms and berries, such as bilberries and lingonberries, used in cooking and baking. Here are some dishes to try:

- **Ruisleipä:** Part of the Finnish diet for thousands of years, *ruisleipä* is a dense and dark rye bread using sourdough and Finnish yeast that can be enjoyed at any time of day. Varieties of this healthy and hearty staple include *reikäleipa*, meaning “bread with a hole,” *jälkiuunileipä*, a harder bread baked at a low temperature, and several dry and flat versions (like the popular Finn Crisps).
- **Karjalanpiirakka:** Originally from the Karelia region of eastern Finland, this tasty pastry with a rye crust is traditionally filled with rice porridge and topped with egg butter. *Karjalanpiirakka* are favorites for breakfast or anytime as a snack.
- **Kalakukko:** This fish pie from the Finnish region of Savonia is traditionally prepared using rye flour and filled with a small herring-like fish combined with a little pork and bacon.
- **Graavilohi:** A true Finn favorite, *graavilohi* is a Nordic specialty made from raw salmon cured in salt, sugar, and dill. Thinly sliced, it's often served as an appetizer with a dill sauce on bread or with boiled potatoes.
- **Mustikkapiirakka:** When you're looking for something sweet and delicious in the summer months, go for the “blueberry pie”—although it's actually made bilberries, the healthier Nordic cousin of blueberries.
- **Salmiakki:** You could also soothe your sweet tooth with some *salmiakki*, or salty licorice. This Finland favorite of black licorice with ammonium chloride added to give it a salty sourness, might be an acquired taste for some.

Danish Cuisine

Twenty years ago one might've described Danish food as peasant cooking—hearty, stick-to-your-ribs Viking fare that would get you through a long day of farming, fishing, or raiding. Today, Denmark is the epicenter of the New Nordic cuisine, a movement begun by Danish chefs René Redzepi and Claus Meyer, who helmed Copenhagen's Noma restaurant (considered the

world's best) and influenced chefs everywhere with their philosophy that celebrates sustainable, locavore, and seasonal ingredients—many of which are foraged and were previously forgotten. It has inspired many cooks to revisit and refine some of the classics of Danish cuisine, like these:

- **Smørrebrød:** These best-known Danish delights are open-faced sandwiches built on a base of buttered *rugbrød*, a dense, dark rye bread. These are not random sandwiches, they are artfully composed, so the dish is colorful and the garnishes are complementary. Toppings might include *syltede sild* (pickled herring) with micro greens; shrimp and egg with dill; or roast beef with pickles, onions, and horseradish. A favorite is *dyrlægens natmad*, which translates as “veterinarian’s midnight snack” and includes corned beef, sky (Danish meat aspic), and *leverpostej* (liver pâté) topped with slivered red onions, sprouts, and parsley or dill.
- **Stegt flæsk:** The national dish of Denmark. Crispy pork belly chunks served with boiled potatoes and parsley sauce.
- **Brændendekærlighed:** So many Danes have a “burning love” for bacon, they named this dish after this affliction. This dish is mashed potatoes topped with oven-roasted cubes of bacon, caramelized onions, and butter.
- **Forloren hare:** A Danish meatloaf made with ground pork, leeks, and egg. Bacon strips are woven around the loaf, which is then baked till it looks like an elegant brown basket.
- **Rødspættefilet:** A filet of plaice (a mild white fish) that is breaded and fried. It can be eaten as an entrée, or as the *stjernesked* (“shooting star”) of a *smørrebrød* topped with shrimp, lettuce and caviar from the Limfjord.
- **Tarteletter:** These are flaky pastry tartlets filled with chicken and asparagus in a creamy béchamel sauce.
- **Andesteg:** This dish is a holiday favorite. A roast duck stuffed with apples and prunes, then roasted until golden-brown and served with a sauce made with reserved duck fat, whiskey, and wine.
- **Wienerbrød:** For something sweet to go with your coffee (*bica*), order a Danish but call it by its proper name, *wienerbrød*, which means “Vienna bread” and is a more accurate reflection of its provenance. Even though Danes did not invent them, they love these flaky, croissant-like glazed pastries filled with cream or fruit.
- **Kransekake:** The cake that literally towers above them all. It’s a cone of concentric almond cake rings bound together with a white icing glaze, and sometimes decorated with berries or nuts. They are served at festive occasions (especially New Year’s), and the center of the tower might hold candies, chocolates, and even champagne or wine bottles.

Swedish Cuisine

Like other Scandinavian countries, cuisine in Sweden focuses on fresh ingredients and simple preparations—food without fuss. But that doesn't mean it lacks personality as the spare approach lets the local fish and produce (like lingonberries) shine through. Some dishes to try are:

- **Kanelbullar:** Cinnamon buns with a sticky glaze. During holidays like Christmas, you may also see *saffransbullar* (saffron buns).
- **Toast skagen:** Shrimp, whitefish roe, Dijon mustard, mayo, and fresh dill on toasted bread served as an elegant appetizer or snack. Also popular as starter/snack is *gubbroa*, an open-faced egg salad sandwich with anchovies.
- **Smorgasbord:** Swedish buffet of meatballs, mini-sausages, salmon, pickled herring, and sides like *knackebrod* (crisp bread)
- **Gul artsoppa:** Yellow pea soup, a variant on split-pea soup
- **Kottbullar:** Swedish meatballs, cooked in a cream-based gravy
- **Princess cake:** If you watch *Great British Bakeoff*, you may remember the *prinsesstarta* challenge, where contestants had to bake this elaborate layer cake topped with a dome of whipped cream and a layer of green marzipan.

Oslo in Brief

City Layout and Details

Oslo occupies a magnificent site, surrounded by hills on three sides and a fabulous fjord on the fourth. In general, the city's compact and straightforward design makes getting around on foot easy. The Aker River divides the city into east and west.

Karl Johans Gate is Oslo's main street, running the length of the city's downtown, from Central Station to the Royal Palace. Much of it is a car-free pedestrian thoroughfare, and many of the city's most important buildings, stores, and hotels make Karl Johans Gate their address. A pedestrian park is located between Karl Johans Gate and Stortingsgate, an important parallel street running from Parliament to the Royal Palace.

A couple of blocks south, City Hall fronts Oslo's active port, creating a triangle with Central Station and the Royal Palace. City Hall is across the street from the main Norway Information Center. Across the park from City Hall, ferries make regular runs to the Bygdøy Peninsula, site of several top museums. Frogner Park, with its famous Vigeland Sculpture Garden, lies about a mile northwest of the Royal Palace. The park and the palace sandwich an exclusive neighborhood of tree-lined streets and turn-of-the-century homes.

Local Transportation

Public Transit: The Oslo public transit system is comprised of buses, trams, ferries, local and inter-city trains and an extensive metro system called the “T-bane”. A single ticket allows the transit user to make use of the full transit system within Oslo for a period of one hour. You can purchase a one-day or two-day “Oslo Pass,” providing free travel on the city’s buses, trams, and subway.

IMPORTANT NOTE: You may not be asked to show your ticket on public transit. As a result, some travelers have been tempted to not buy a ticket at all. However, we strongly recommend that you purchase tickets, despite the fact you may not be asked to show them. Evading fares is illegal in Norway, and can result in an on-the-spot fine of up to €1000. If you are unable to pay the on-the-spot fine, you may be escorted to a police station until payment is received.

Bus and tram: Jernbanetorget is Oslo’s major bus and tram terminal stop. Most buses and trams passing through the heart of town stop at Wessels Plass, next to the Parliament, or at Stortorvet, the main marketplace. Many also stop at the National Theater or University Square on Karl Johans Gate, as well as stopping through Oslo’s suburbs.

The subway: The T-banen has four branch lines to the east. The Western Suburban route (including Holmenkollen) has four lines to the residential sections and recreation grounds west and north of the city. Subways and trains leave from near the National Theater on Karl Johans Gate.

Taxis: Hiring a taxi is very expensive in Oslo—we recommend taking public transportation instead. In addition to regular fares, there are lethal surcharges between 5pm and 4am.

All taxis have meters, and Norwegian cab drivers are generally honest. When a cab is available, its roof light goes on. Taxis can be hailed on the street, provided they’re more than 298 ft. from a taxi stand. The most difficult time to hail a taxi is Monday to Friday from 8:30 to 10am and 3 to 5pm, and Saturday from 8:30 to 10am.

Helsinki in Brief

City Layout and Details

Established 450 years ago on the order of the Swedish King Vasa, Helsinki is a youngster of a city by European standards, and it’s still the smallest in the world to host the Olympic Games. But its ideal location on lovely peninsulas that jut into the Baltic Sea, its compact size and efficient design, and its stunning architectural variety combine to make a city that is easy to explore on leisurely walks and that holds wonders around every corner.

The bustling Market Square, located on South Harbor, is the charming site of wooden stands and colorful awnings that springs to life every morning. Only a few blocks away is the Helsinki Cathedral, a distinctive landmark with its tall, green dome surrounded by four smaller domes, done in the neoclassical style. It was designed by Carl Ludvig Engel as the climax of his Senate Square layout, and is surrounded by other buildings designed by him.

Another reason for Helsinki's distinctive small-town ambience is the absence of high-rise buildings. No structure here stands more than 12 stories. Nestled near the harbor is the Esplanade, a broad expanse of trees and gardens in the middle of a boulevard that runs from Market Square west to the Swedish Theater. This is the beginning of Mannerheimintie, the city's main thoroughfare. With small shops, large department stores, churches, and outdoor cafes, Mannerheimintie is a visitor's delight. Alive with motion and color from the start of day, Helsinki is no less invigorating at night. The Esplanade was the 1999 winner of the Edison Award for excellence in lighting design, offering a stunning combination of architecture and illumination.

Equally vivid is the work of the internationally honored Finnish architect Alvar Aalto, whose genius sprouts in structures all over Helsinki, from the winged, white marble facade of Finlandia Hall to the cooper-clad curtains of the Academic Bookshop.

Local Transportation

You can purchase a one-day "Transportation Card," providing free travel on the city's buses, trams, metro, and local trains. You will receive further information on specific routes and times of operation during your trip. You may want to take a ride on the tram, which passes some of the principal sights of the city. If you want to hire a taxi, you can signal one from the street. Taxis have an illuminated yellow sign taksi/taxi. When the sign is lit, the taxi is vacant.

Stockholm in Brief

City Layout and Details

Stockholm is built on 14 islands in Lake Malaren, which marks the beginning of an archipelago of 24,000 islands, skerries, and islets stretching all the way to the Baltic Sea. Stockholm's major streets—Kungsgatan (the main shopping street), Birger Jarlsgatan, and Strandvagen (which leads to Djurgarden)—are on Norrmalm (north of the Old Town). Stureplan, which lies at the junction of the major avenues Kungsgatan and Birger Jarlsgatan, is the commercial hub of the city.

East of Stureplan rises Hötorgstorget City, a landmark of modern urban planning, which includes five 18-story skyscrapers. Its main, traffic-free artery is Drottninggatan, a three-block shopper's promenade that eventually leads to Sergels Torg, with a modern sculpture in its center.

South of Sergels Torg, at Gustav Adolfs Torg, sits the Royal Opera House. A block east of the flaming torches of the opera house is the verdant north-to-south stretch of Kungsträdgården—part avenue, part public park—which serves as a popular gathering place for students and a resting stop for shoppers. From here it is a short walk to the Royal Dramatic Theater and the Royal Opera House, as well as two other city landmarks: the Grand Hotel and the National Museum.

Kungsholmen (King's Island) lies across a narrow canal from the rest of the city, and is the site of the elegant Stadshuset (City Hall). South of Gamla Stan (Old Town), and separated from it by a narrow but much-navigated stretch of water, is Södermalm, the southern district of Stockholm. Quieter than its northern counterpart, it's an important residential area with a distinctive flavor of its own. To the east of Gamla Stan, on a large and forested island completely surrounded by

the complicated waterways of Stockholm, is Djurgården, part of Sweden's first city national park. This summer pleasure ground of Stockholm is also the site of many of its most popular attractions, including the Vasa Ship museum.

Dining, Evening Entertainment

The city's favorite spot for both indoor and outdoor evening events is Djurgården. Don't miss the nightclubs and jazz venues, some of which stay open until 3 or 4 in the morning, and which keep the city hopping.

All the major opera, theater, and concert seasons begin in the fall, except for special summer festival performances. Most of the major opera and theatrical performances are funded by the state, so ticket prices are reasonable.

Stockholm's restaurant scene began revitalizing some 15 years ago and continues to innovate. What was once a dour landscape of overpriced, uninspiring eateries is now a hotbed of culinary creativity: Stockholm's best chefs have stayed way ahead of the game. Increasingly, their talents are rubbing off on mid-price restaurants – and many of those mid-range restaurants now represent the best dining value in town. Recent trends have seen some of the city's better restaurants pick up on this and offer more set-priced tasting menus and increasing numbers of wine by the glass—making otherwise expensive restaurants relatively affordable. In terms of food, New Swedish is still tops, and chefs look to fine, seasonal, traditional ingredients, prepared with a modern twist. Many less-expensive restaurants offer traditional Swedish cooking. Among Swedish dishes, the best bets are wild game and fish, particularly salmon, and the smorgasbord buffet, which usually offers a good variety at a decent price. Reservations are generally necessary.

Local Transportation

All tunnelbana (T or T-bana), metro, and local trains, and buses in the city are run by Storstockholms Lokaltrafik (SL; www.sl.se). A Stockholm Card (available for varied time periods) covers travel on all SL trains and buses. SL Tourist Cards are primarily for transport, but also give free entry to some attractions. Or, purchase individual coupons: the minimum fare is two coupons, and each additional zone costs another coupon (up to five coupons for four or five zones).

Tunnelbana (T-Bana) Metro: The tunnelbana is the most efficient way around Stockholm. Lines converge on T-Centralen, and are connected by an underground walkway to Centralstationen. There are three main lines, numerous branches and more than 100 stations, making the major sites easy to get to. The blue line features a collection of modern art decorating the underground stations. Stations at other lines are also decorated.

Bus: The bus system contains a number of lines that make stops throughout the city, often servicing areas like the Djurgården neighborhood, which is out of the T-bana's reach. Some night buses run from 1 a.m. to 5 a.m. and are a good alternative to taxis. Bus timetables and route maps are complicated but the system offers useful connections to suburban attractions.

Taxi: Readily available, but very expensive (rides from the airport usually start at around \$45; in town a 15–20 minute ride will be about \$25–\$30). Drivers are required to publish prices, and prices are not regulated. Make sure you know the fare before you get into the taxi.

Bicycle: In good weather cycling around the city is a great option. Getting through central Stockholm can take around 30 minutes on a bike—and may be faster than the metro. Cycle paths are plentiful and quite safe.

Copenhagen in Brief

City Layout and Details

Old Copenhagen is defined as a rough square by Nørreport Station to the north, Rådhuspladsen (Town Hall Square) to the west, and Kongens Nytorv to the east.

Strøget is Europe's longest continuous pedestrians-only route. It runs east from Town Hall Square to Kongens Nytorv, and is composed of five interconnected streets: Frederiksberggade, Nygade, Vimmelskaftet, Amagertorv, and Østergade and roughly bisects Old Copenhagen. Strøget is a stroller's and shopper's heaven: lined with shops, bars, restaurants, and, in season, with sidewalk cafes it is a favorite of visitors and locals alike. On the Eastern end, Pistolstræde is a maze of galleries, restaurants, and boutiques, housed in restored 18th-century buildings.

Fiolstræde (Violet St.), closer to the western end of Strøget, offers antiques shops and bookshops and cuts through the university (Latin Quarter). At the end of Fiolstræde you can turn onto Rosengården where you'll find Kultorvet (Coal Square). Here you'll find join the third main pedestrian street, Købmagergade (Butcher St.) which runs gently south until it meets up with Strøget at the Amagertorv section.

At the eastern end of Strøget you approach Kongens Nytorv (King's Square), where you'll find the Royal Theater and Magasin, the largest department store in Copenhagen. Across the square you come to the beginning of Nyhavn, the former seamen's quarter that now features upscale restaurants, apartments, cafes, and boutiques.

Denmark's government is centered on the small island of Slotsholmen, which is connected to the center by eight different bridges. The island also features several museums, most notably Christiansborg Castle.

Entertainment

Free time? Try strolling the Strøget, a three quarter mile stretch of shops between Rådhuspladsen and Kongens Nytorv. If you get peckish or thirsty midway, you can hop over a street to the Vestergade, lined with historic buildings, restaurants, stores and bars for a little more variety. Nynhavn (New Harbor) is the place to be on a good day – outdoor cafes abound, and classic buildings overlook the classic ships that line the harbor front.

In summer, a visit to Tivoli Gardens is a must. Tivoli's twenty-one acres encompasses impressive structures (the Chinese Tower, the Glass Hall Theater, and the Pantomime Theater among them), flower beds, fountains and lovely landscaping. The park features 5 roller coasters, including

one of the world's oldest wooden coasters, as well as other rides. Locals and visitors alike find the ambience and experience a repeatable pleasure. If you're not interested in the rides or the performances you can simply stroll, take in the view and people watch. (There is an entrance fee, but many of the events inside are included).

You'll find the nightlife in several neighborhoods, including Strøget and nearby areas; in Vesterbro, with its main street on Vesterbrogade just across from Tivoli Gardens; and on Istedgade — home to some of the today's trendier bars and cafés. The area just off Kongens Nytorv on Gothersgade is another busy nightlife spot.

The famed jazz venues of Copenhagen are largely closed. Nightspots now cater to a wider range of music — from ballroom music to house, rap, and techno. Restaurants, cafés, bars, and clubs stay open after midnight, a few until 5 am.

Local Transportation

Copenhagen is sufficiently compact and inviting that most of your travel in the city should be as a result of a leisurely stroll. Many of the major sightseeing attractions are close to one another.

By Bus: Copenhagen's buses are an inexpensive way to get around a little further out, if necessary. Most buses leave from Rådhuspladsen. A basic ticket buys an hour of travel and unlimited transfers within the zone where you started your trip. For information, visit www.visitcopenhagen.com/copenhagen/planning/public-transport

Metro: Copenhagen's Metro is almost 20 years old, and it connects the east to west of the city with the center. It operates 24 hours a day, and Metro fares are integrated into Copenhagen's zonal system. A joint zone fare system works with Copenhagen Transport buses, State Railway, and the Metro. You have the option to purchase a *grundbillet* (base ticket), 10 tickets, or a 24-hour bus and train ticket which allows you to travel through nearly half of Zealand.

Discount Passes: The Copenhagen Card entitles you to free and unlimited travel by bus and rail throughout the metropolitan area (including North Zealand) and free admission to many sights and museums. The card is available for one day or three days. In order to use the Copenhagen Card, you will need to download the card to your smartphone. Your Trip Experience Leader will inform you of the app so you can download prior arriving into Copenhagen and can assist you in activating your card (once the card is downloaded and activated you do not need access to Wifi to use it on public transport, museums etc).

Taxis: Watch for the FRI (free) sign or a green light when hailing a taxi. Be sure the taxis are metered. Tips are included in the meter price and many drivers speak English.

Bicycle: In good weather cycling around the city is a great option. Getting through central Copenhagen can take around 30 minutes on a bike—and may be faster than the metro – and bikes are popular with the residents. Cycle paths are plentiful and quite safe.

Shopping: What to Buy, Customs, Shipping & More

There may be scheduled visits to local shops during your adventure. There is no requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. O.A.T. is not responsible for purchases you make on your trip or for the shipment of your purchases.

Returns

If you discover an issue with an item, you should contact the vendor directly and expect that any resolution will take longer than it would in the U.S. We recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Keep in mind, local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up or that you are guaranteed a refund.

Crafts & Souvenirs

Norway

Popular items include trolls, jewelry, woolen items, glass, wood and leather goods, local brews, furniture, carpets, and other decor.

VAT: Although prices are inflated by a hefty 25% Value-Added Tax, non-European Union citizens can receive about an 18% refund. For more details and a list of all tax-free shops, ask at the tourist office for a copy of the Tax-Free Shopping Guide.

Finland

Handicrafts, jewelry, hand-woven ryijy rugs, furniture, glassware, ceramics, furs, and textiles are some of the world-renowned specialties.

Denmark

A showcase for world-famous Danish design and craftsmanship, Copenhagen seems to have been designed with shoppers in mind. The best buys are such luxury items as crystal, porcelain, silver, and furs. Look for offers and sales (tilbud or udsalg in Danish) and check antiques and secondhand shops for classics at cut-rate prices.

VAT: Although prices are inflated by a hefty 25% Value-Added Tax (Danes call it MOMS), non-European Union citizens can receive about an 18% refund. For more details and a list of all tax-free shops, ask at the tourist office for a copy of the Tax-Free Shopping Guide.

Sweden

Swedish artisans create wonderful handmade glass and crystal (including Orrefors), which will make collectors proud. Swedish designer jewelry is also popular. Other traditional arts and crafts of the region include hand painted wooden Dalecarlian (Dala) horses, Viking and troll figures. If you have a sweet tooth, try Marabou chocolate, or try Glogg – an alcoholic drink served hot.

U.S. Customs Regulations & Shipping Charges

For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, **www.cbp.gov** has the answers to the most frequently asked questions. Or you can call them at **1-877-227-5511**.

The top three points to know are:

- At time of writing, your personal duty-free allowance is \$800 for items brought with you. Items totaling more than \$800 are subject to duty fees.
- **Items shipped home are always subject to duty when received in the U.S.** Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the export duties—not door-to-door shipping or payment of the import duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need to arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
- It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins.

DEMOGRAPHICS & HISTORY

Norway

Facts, Figures & National Holidays

- **Area:** 125,049 square miles
- **Capital:** Oslo
- **Geography:** Nearly 70% of Norway is uninhabitable and covered by mountains, glaciers, moors, and rivers. It has a 1,700-mile coastline on the North Atlantic, raggedly indented with inlets, fjords, peninsulas, and islands. Because the coast is so well sheltered, and most of the country's land area is so rocky and mountainous, Norwegians have taken to the sea since prehistoric times.
- **Languages:** Two official forms of Norwegian: Bokmal and Nynorsk
- **Location:** The Kingdom of Norway stretches along the western edge of the Scandinavian Peninsula, bordering Sweden, Finland, and Russia to the east. It extends about 1,100 miles from the North Sea to more than 300 miles above the Arctic Circle. That makes it the farthest north of any European country.
- **Population:** 5,320,045 (estimate)
- **Religion:** Church of Norway (Lutheran) 71.5%, other Christian 3.9%, Muslim 2.8%, Roman Catholic 2.8%, other 2.4%, unspecified 7.5%
- **Time zone:** Norway is 1 hour ahead of Greenwich Mean Time during daylight saving time, 6 hours ahead of Eastern Time. Daylight Saving Time is in effect in Norway from the end of March until the end of September.

National Holidays: Norway

In addition to the holidays listed below, Norway celebrates a number of national holidays that follow a lunar calendar, such as Easter and Ascension Day. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day
05/01 May Day
05/17 Constitution Day
12/25 Christmas Day
12/26 Boxing Day

Norway: A Brief History

In spite of its extreme geography and climate, Norway has been inhabited for about 10,000 years, starting when the last great ice sheets retreated. Migrations of the Nøstvet-Økser people of central Europe began arriving along the southern Norwegian coast, and by 5,000 BC, agricultural settlements appeared around the Oslofjord, and spread across southern Norway, then migrating

north. The real story of Norway begins with the Vikings, dauntless seafarers who emerged from southern Norway, Sweden, and Denmark. Sailing their advanced longboats, they developed new trade routes from Newfoundland to Russia to Baghdad and beyond. The Viking Age was short, spanning about 300 years starting in 793.

Throughout history, the Vikings have been romanticized and vilified. Today, archeologists have constructed a more balanced picture. The Vikings certainly terrorized, murdered, and enslaved many people they overran; but they also often assimilated with them, rarely destroyed the native cultures, expanded the flow of goods and ideas, and left progressive legal codes. It can be argued that they were no more ruthless than their contemporaries, just more successful. Their legacy includes the first unification of Norway in 872; and the adoption of Christianity.

After 1066, a declining Norway became increasingly beholden to Sweden, Denmark, and the merchant cities of the Hanseatic League. In 1349, the Black Death killed more than 50% of the population. Norway entered a union with Denmark and for the next 200 years, most of its commerce was taken over by the Hanseatic League. Various disputes between the Danish Union and Sweden dragged Norway into the Seven Years War (1563–70), followed by the Kalmar War (1611–14). Up until 1720, Norway lost a good portion of its territory to Sweden.

Nationalist sentiments began growing in Norway during the waning years of the Napoleonic Wars, when the kingdom of Denmark–Norway and Sweden were once again on opposing sides. By the end of 1814, Norway was a constitutional monarchy in a union with Sweden. But while Norway had adopted its own constitution and chosen its own king, it would only achieve full independence after severing ties with Sweden as a result of a popular referendum in 1905.

Norway remained neutral during World War I, and its economy and confidence grew with the development of industry, hydroelectric power, and exports; and the enfranchisement of women. But when Norway stated its neutrality during World War II, Germany invaded anyway and occupied Norway from 1940 until the end of the war. The Norwegian Resistance was strong, and the Germans took revenge up until the end, retreating with a scorched earth policy that obliterated farms, forests, and entire towns. Norway joined NATO 1949 and became a founder member of the United Nations. Still, it remained one of Europe's poorest nations.

This changed when crude oil was discovered here in 1969. The standard of living and per capita wealth rose dramatically, and the windfalls (coupled with high taxes) enabled the government to develop one of the world's most comprehensive social welfare systems. Citizens enjoy free medical care; free higher education; generous family leave; childcare and eldercare supports; generous pensions; and more. Norway is arguably Europe's most egalitarian social democracy.

Norway has a strong presence on the international stage; has participated in peacekeeping missions; and plays a leading role in refugee assistance. But Norway has remained wary of joining the European Union.

Finland

Facts, Figures & National Holidays

- **Area:** 130,558 square miles
- **Capital:** Helsinki
- **Geography:** Finland is heavily forested and contains thousands of lakes, numerous rivers, and extensive areas of marshland. Except for a small highland region in the extreme northwest, the country is a lowland less than 600 feet above sea level.
- **Languages:** Finnish, Swedish
- **Location:** Finland is bordered to the north and west by Norway and Sweden, and to the east by Russia.
- **Population:** 5,518,371 (estimate)
- **Religion:** Lutheran 72%, Orthodox 1.1%, other 1.6%, unspecified 25.3%
- **Time zones:** Finland is two hours ahead of Greenwich Mean Time, seven hours ahead of EST.

National Holidays: Finland

In addition to the holidays listed below, Finland celebrates a number of national holidays that follow a lunar calendar, such as Easter and Midsummer. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day

01/06 Epiphany

05/01 May Day

12/06 Independence Day

12/25 Christmas Day

12/26 St. Stephen's Day

Finland: A Brief History

While sharing many cultural traits with its Scandinavian neighbors, Finland's linguistic and historic roots differ than those of Denmark, Sweden, and Norway—which share a common root language and Viking heritage. Finland's early history began with settlements of nomadic Sami people, Tavastians, and others during the first millennium B.C. With Vikings choosing not to establish settlements here, Finland developed into an important center of trade during the Viking Age. But Finland's powerful neighbors, Sweden and Russia, would battle for centuries over regional dominance. While Finland was able to preserve its language, culture, and traditions, Sweden would end up ruling it from the twelfth to the nineteenth centuries. And after that, Russia ruled Finland from 1809 to 1917.

After the 1917 Russian Revolution, Finland declared its independence. But the new state was immediately drawn into a civil war between the social classes—with Bolshevik-leaning “Reds” (factory and farm workers) supported by the new Soviet Union on one side, and the “Whites”

(property owners), supported by Imperial Germany, on the other. The Whites emerged victorious and installed a puppet king. After the defeat of Germany in World War I, Germany's influence disappeared and Finland became a republic, electing its first president in 1919. Relations remained tense between Finland and Soviet Union.

Finland's role during World War II made perfect sense to the Finns, but it can make everyone else's head spin. At the war's outbreak, the Soviet Union attacked Finland, expecting a quick victory. Instead, the Finns fought way above their weight while holding the Soviet army back and humiliating Stalin. The Finns were eventually worn down and ended up ceding some border lands to Stalin, but they preserved their independence and gained the admiration of the world, who viewed it as a tiny democratic nation almost defeating an aggressive bully nation. Known as the "Winter War" of 1939/40, the Finns would then find themselves the "Continuation War," which began when Germany invaded the USSR in June 1941. Looking at it more as choosing between the lesser of two evils, the Finns allied themselves with Germany—primarily to gain back the territory they had just lost. But the Red Army was much stronger now, and after Germany's surrender at Stalingrad, Finland entered secret negotiations with Moscow to leave the war. A treaty between Finland and the Soviet Union in 1944 left Finland independent but included a demand that they immediately expel the 200,000 German troops in Finnish Lapland—which led to the "Lapland War," Finland's third stage of the war.

While Finland did ally with Hitler, they weren't looked on as collaborators and refused demands to turn over Finnish Jews. Some say that Finland may have lost World War II, but they won the peace. Other countries bordering the Soviet Union weren't so lucky, but Finland managed to maintain its autonomy, a democratic government, and market economy. It continued to walk a fine line between the two camps of the Cold War—refusing an American offer to participate in the Marshall plan, developing a trade relationship with the Soviet Union, yet all the while working toward becoming a member of the European Union.

As its war-ravaged agrarian economy transformed into technologically advanced market economy, Finland grew increasingly prosperous and stable. Membership in the EU became a reality in 1995. While the political systems in the Scandinavian neighbors of Denmark, Norway, and Sweden are constitutional monarchies, Finland is a republic with a president and parliament system—and on international surveys about nations with the lowest level of political corruption, Finland is often right at the top.

Denmark

Facts, Figures & National Holidays

- **Area:** 16,640 square miles
- **Capital:** Copenhagen
- **Government:** Constitutional monarchy

- **Geography:** Denmark is the smallest of the Scandinavian countries (it's about half the size of Maine). The country occupies the Jutland peninsula, a lowland area, where the highest elevation is only 565 feet above sea level. But that doesn't mean that the country is entirely flat. Most of its terrain consists of folds, undulations, small, often steep hills, and long, low rises. There are also forests, rivers, lakes, and beaches, many of which are excellent for swimming, though the water may be too cold for some people.
- **Languages:** Danish, Faeroese, Greenlandic (an Inuit dialect), and a small German-speaking minority
- **Location:** Denmark consists of the peninsula of Jutland and a group of islands at the entrance to the Baltic Sea, between Sweden and Germany. The two largest islands are Sjaelland, site of Copenhagen, and Fyn. Denmark also has two self-governing dependencies—Greenland and the Faroe Islands.
- **Population:** 5,605,948 (estimate)
- **Religion:** Evangelical Lutheran 76%, Muslim 4%, other 16%
- **Time zone:** Denmark is one hour ahead of Greenwich Mean Time, six hours ahead of Eastern Time. Daylight Saving Time is in effect in Denmark from the end of March until the end of September.

National Holidays: Denmark

In addition to the holidays listed below, Denmark celebrates a number of national holidays that follow a lunar calendar, such as Easter and Ascension Day. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day

05/01 May Day/Labor Day

05/05 Liberation Day

06/05 Constitution Day

12/25 Christmas Day

12/26 2nd Christmas Day

Denmark: A Brief History

About 10,000 years ago, the glacial ice sheets that covered northern Europe began to retreat, attracting huge herds of reindeer. These in turn attracted hunter-gatherers who arrived from southern and eastern Europe. As the climate further warmed, the reindeer migrated north, but the early Danes remained in this fertile land, establishing farming communities by 3000 BC.

By 1800 BC, these proto-Danes were trading weapons, jewelry, amber and furs with people as far away as Rome. They buried their dead in peat bogs and many of those bodies have been remarkably preserved. The first people identified as Danes came from Sweden around 500 AD. They had a written system of communication based on runes. (The symbol we now use for bluetooth devices is based on the runic signature of Harald Bluetooth, or Harald I, the Danish Viking who became king around 900 AD.)

The Viking Age began in 793 AD with the raid on Lindisfarne, an English island monastery. Sporadic raids had likely occurred before this, by Vikings from Sweden, Norway, and Denmark. They were not unified and the Danish Vikings primarily raided northeastern England, which at the time was a collection of warring Anglo-Saxon kingdoms. Danish Vikings had established a large settlement in Kent by 850 AD, and as more Danish colonists arrived, all of northeastern England fell under their control. The exception was Wessex, which reached an agreement with the Danes granting Wessex sovereignty, while the rest of the region was ruled as the Danelaw.

The Danish King Harald Bluetooth converted to Christianity in 965 AD, possibly to appease the Franks at Denmark's door. Harald forcibly established the new religion, and elevated the status of the Christian clergy. But Christianity did not bring peace. The Danes continued to fight to maintain and expand their territory, conquering parts of Germany and Estonia. After the Viking Age ended in 1066, Denmark's power declined. In 1397, the Union of Kalmar united Denmark, Sweden, and Norway under a single monarch, with Denmark as the dominant power.

Beginning in the 16th century, Denmark and Sweden began a lengthy rivalry. In 1658, Sweden took the Danish regions of Skåne, Halland and Blekinge, which are still Sweden's southernmost provinces. In the ensuing century, Denmark suffered more defeats: in 1814, it had to cede Norway to Sweden. But there were important domestic gains. . . . As 19th-century Europe was swept by nationalist fervor and revolution, Denmark had already abolished serfdom and established universal public education. By the 1830s, social and agricultural reforms had boosted the economy; there was a peasant landowner class; and a free press. In 1849, a new constitution created a legislative democracy, ending the monarchy's previous absolute power.

Denmark remained neutral during World War I, and tried to do the same during World War II. It signed a non-aggression pact with the Third Reich. But Germany invaded in 1940, threatening to bomb Copenhagen. With only a small military, the Danish government yielded. The Nazis at first allowed the Danes some autonomy. But when it began pressuring officials to comply with anti-Semitic policies, the Danish government resigned in protest. The Nazis took over in earnest, and the resistance movement grew. Tipped off by a Nazi diplomat that Germany was about to deport Denmark's Jews to concentration camps, the Resistance and many citizens managed to evacuate 7,220 of Denmark's 7,800 Jews to safety in Sweden.

After Germany's defeat, Denmark joined the United Nations in 1945, and became a founding member of NATO in 1949. The latter half of the 20th century saw Denmark's emergence as a prosperous, stable social democracy with one of the world's highest standards of living. In 2000, Denmark voted by referendum not to adopt the euro. It is one of only 5 countries in the world that meets the UN goal for wealthy nations to provide 0.7% of its gross national income for international development assistance. In addition, Denmark has established Danida, Danish Development Assistance, to fight poverty and improve education in developing countries. The current Prime Minister, Mette Frederiksen, is the second woman and youngest person (at 44) to hold that office. She is the leader of the center-left Socialist Democratic Party.

Sweden

Facts, Figures & National Holidays

- **Area:** 173,860 square miles
- **Capital:** Stockholm.
- **Government:** Constitutional monarchy
- **Geography:** The countryside of Sweden slopes eastward and southward from the Kjolén Mountains along the Norwegian border, where the peak elevation is Kebnekaise at 6,965 feet in Lapland. In the north are mountains and many lakes. To the south and east are central lowlands and south of them are fertile areas of forest, valley, and plain. Along Sweden's rocky coast, chopped up by bays and inlets, are many islands, the largest of which are Gotland and Oland.
- **Languages:** Swedish
- **Location:** Sweden is situated on the Scandinavian Peninsula, between Norway and Finland. The north of Sweden falls within the Arctic Circle.
- **Population:** 9,960,487 (estimate)
- **Religion:** Lutheran 63%, other (includes Roman Catholic, Orthodox, Baptist, Muslim, Jewish, Buddhist, and none) 17%
- **Time zones:** Sweden is one hour ahead of Greenwich Mean Time, six hours ahead of Eastern Time.

National Holidays: Sweden

In addition to the holidays listed below, Sweden celebrates a number of national holidays that follow a lunar calendar, such as Easter and Ascension Day. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day

01/06 Epiphany

05/01 May Day

06/06 National Day

12/24 Christmas Eve

12/25 Christmas Day

12/26 Boxing Day

Sweden: A Brief History

Sweden's history began at the end of the last Ice Age, when tribes from central Europe began settling in Sweden's southern regions and the ancestors of the Sami people coming from Siberia, settled in the north. By the 7th century AD, the Svea people would gain supremacy in the region

and their kingdom gave the country its name of Sweden. Like in Norway and Denmark, Sweden flourished and expanded through trade and colonization during the 300 years of the Viking Age, ending by the middle of the 11th century, a period that also saw Sweden converting to Christianity.

In the 13th century, the Swedes conquered Finland, but Russia would continue to battle Sweden for control of Finland. By 1323 Finland was firmly in Swedish hands and would remain a province of Sweden until 1809. In 1397, Denmark, Sweden, and Norway were united under a single monarch by the Union of Kalmar. But with Denmark emerging as the dominant power, there was constant infighting between Sweden and Denmark, which came to a head in 1520 when Denmark invaded Sweden. Sweden would then leave the union that brought the three nations together resulting in the beginning of the Vasa Dynasty and the creation of the first true Swedish nation-state.

Remaining neutral during both World War I and II, Sweden would not have to rebuild from the ground up as many other European nations did. The ruling Social Democrats began implementing welfare protection measures, the economy grew steadily, and Swedes achieved a high standard of living. In the 1970s, Sweden's economy went into a decline, however, and wouldn't stabilize again until the late 1990s. Sweden joined the EU in 1995 and has seen steady improvements to its economy.

With the recent invasion of Ukraine by Russia in 2022, Sweden, a country who has previously worked with NATO as a non-aligned military, applied to join the coalition. Sweden's application has been blocked by Turkey however, demanding that Sweden extradite Kurdish terrorists to Turkey.

RESOURCES

Suggested Reading

Scandinavia

A History of Scandinavia by T. K. Derry (2000, History) Provides a nice overview of the history of Norway, Sweden, Denmark, Finland, and Iceland.

Smilla's Sense of Snow by Peter Hoeg (1995, Suspense) This superbly constructed atmospheric thriller set in Denmark went on to become required reading for many Scandinavian Studies programs at universities, and was the basis for the 1996 Oscar-nominated movie. Be warned: There are some racy and controversial scenes.

A History of the Vikings by Gwyn Jones (1968, History) Before their defeat at Hastings in 1066, the Vikings' sphere of influence extended from Constantinople to America. Gwyn Jones brings their civilization alive in this portrait of the Viking adventures, based on surviving documents and archaeological finds. Considered the classic for non-scholarly coverage of the Vikings but might be a slog for some.

Norway

Norse Mythology by Neil Gaiman (2017, Myths) Acclaimed author Neil Gaiman retells stories about the Norse gods Odin, Thor, and Loki in a modern way while still staying true to the originals.

The Winter Fortress: The Epic Mission to Sabotage Hitler's Atomic Bomb by Neal Bascomb (2016, History) It reads like a thriller, but it's the true story of the race to prevent the Nazis from getting heavy water—which was the last piece they needed to create an atomic bomb—an item only produced in a fortress-like plant in Vemork, Norway.

The Bat by Jo Nesbo (1997, Mystery) Norwegian novelist Jo Nesbo published 10 more thrillers featuring Harry Hole, a gifted investigator with the Oslo police. This is the first, introducing our hero who is an alcoholic and prone to depression, but a joy to know.

Growth of the Soil by Knut Hamsun (1920, Fiction) Winner of the Nobel Prize for Literature, Hamsun captures the indomitable human spirit of Norway's early settlers like Steinbeck did for farm families during the Dust Bowl.

A Doll's House, Ghosts, An Enemy of the People, and The Wild Duck by Henrik Ibsen (Plays) These works by Norwegian playwright Henrik Ibsen (1828–1906) changed theater forever with the first realistic dialogue and depictions of love, marriage, and the ills of contemporary society.

Finland

Finland's War of Choice: The Troubled German-Finnish Coalition in World War II by Henrik Olai Lunde (2011, History). Following the bloody Winter War against Soviet Russia, where thousands died and Finland was forced to cede multiple territories to USSR rule, Finland teamed up with Nazi Germany in the Continuation War, from 1941 to 1944, in hopes of winning back their lost land.

The Year of the Hare by Arto Paasilinna (1975, Fiction). The adventures of journalist Kaarlo Vatanen only started when he nearly runs over a hare. After nursing the injured hare back to health, Vatanen decides to leave his old life, job and wife, behind for the open road and wacky hijinks.

The Unknown Soldier by Vaino Linna (1954, Fiction). A war novel narrating Finnish soldiers during the Continuation War of 1941-1944 between Finland and the Soviet Union, a war fought over nationalism and territory lost to the USSR in the Winter War the previous year.

Seven Brothers by Aleksis Kivi (1870, Historical Fiction). A Finnish classic, *Seven Brothers* follows the lives of seven brothers in rural Finland during the nineteenth century.

Kalevala by Elias Lonnrot (1835, Folklore). *Kalevala* is a collection of 19th century epic poetry of Karelian and Finnish mythology, written down from its traditional oral stories. A national epic of Finland, the *Kalevala* tells the story of the Creation of the Earth, all the way to the integration of Christianity.

Denmark

We, the Drowned by Carsten Jensen (2011, Fiction) An epic seafaring adventure that follows the inhabitants of the Danish town of Marstal from 1848 to World War II, when the men sail the world and the women who are left behind form a community. The book is long (600 plus pages) and deals frankly with war, violence, and cruelty. But it was a runaway international bestseller and lauded for its use of fantastical elements.

Iceland's Bell by Halldor Laxness (2003, Fiction) Nobel Laureate Halldor Laxness reinvents the traditional Icelandic saga and injects it with a modern sensibility and a satirical undercurrent that speaks to our age. The plot pits an impoverished Danish colony – Iceland in the 17th century – against the grand historical workings of Danish and Icelandic history. Three interconnected stories reveal the political and personal conflicts of the day in historical context.

On Tycho's Island: Tycho Brahe and his Assistants, 1570-1601 by John Robert Christianson (1999, Biography/History) Chiefly famed as an astronomer, this book offers a fuller vision of Tycho Brahe as Renaissance man and scientist. From his private island in Denmark, Brahe assembled and manipulated the artists, nobility and the intelligentsia of the age to create breakthroughs in astronomy, science and research.

Winter's Tales and ***Seven Gothic Tales*** by Isak Dinesen (1934, Stories) Best known for *Out Of Africa*, her memoir of 20 years running and living on a coffee plantation in Africa, Karen Blixen (pen name, Isak Dinesen) also wrote short tales based in her homeland, Denmark. *Winter's Tales* and *Seven Gothic Tales* are generally considered the high water marks of her shorter works.

The Complete Fairy Tales by Hans Christian Andersen (1913, Folklore) There are several different anthologies of these fairy tales, written by Denmark's famous poet, novelist, and writer of short stories. Considered a genius for his inventiveness and imagination, his works continue to captivate both children and adults.

Sweden

A Man Called Ove by Fredrik Backman (2014, Fiction). Funny and poignant, this first-time novel by Stockholm native Fredrik Backman about an old curmudgeon who regains a will to live when a young family moves in next door made best seller lists around the world.

The 100-Year-Old Man Who Climbed Out the Window and Disappeared by Jonas Jonasson (2012, Fiction). A publishing sensation from another first time Swedish author, this one is the riotous exploits of a centenarian with a backstory better than Forrest Gump's who is desperate to avoid his 100th birthday party. And a sequel was just released: ***The Accidental Further Adventures of the 100-Year-Old Man***.

The Girl with the Dragon Tattoo, ***The Girl who Played with Fire***, and ***The Girl who Kicked the Hornet's Nest*** by Stieg Larsson (2007, Mystery) A huge hit when *The Girl with the Dragon Tattoo* was first released in the U.S. in 2008, this series of mysteries set in Sweden became a worldwide phenomenon. Dark and gritty, they are reminiscent of old-time noir films. Sadly, Larsson died in 2004 shortly after delivering the manuscripts of all three books.

A Year in Lapland: Guest of the Reindeer Herders by Hugh Beach (2001, Culture) An American anthropologist's account of a year spent living with the Sami (Lapps) and learning in depth about their way of life. Though set among the Tuorpon Saami in the Jokkmokk District of northern Sweden, this detailed picture of Sami culture says much about the ways of these people across all their homeland in northern Norway, Sweden, and Finland.

Suggested Films & Videos

Norway

Kissed by Winter (2005, Drama) Set in Norway's snowy wilds, a woman runs from her difficult past and discovers love again. After a horrible accident, the guilt-stricken Victoria leaves her husband and flees to the country. She becomes entangled in an unusual murder investigation, and is pulled into the life of the main suspect.

Kitchen Stories (2003, Comedy) Swedish efficiency researchers come to Norway to study the domestic habits of Norwegian men. But things go awry when Isak, a cranky farmer, decides to amuse himself by impeding the work of his fastidious Swedish researcher, Folke. The kitchen quickly becomes the scene of a sly battle of wits. Inspired by actual research done in the 1940s and 50s, this stylish film charmed audiences.

Kristin Lavransdatter (1995, Historical Drama) An epic love story set in 14th century Norway. The beautiful Kristin dutifully takes herself to a convent to await her arranged marriage, but her beauty and devotion only inspire envy and violence. When she falls in love with young knight, it prompts a family and political crisis. Directed by Liv Ullmann and adapted from a trilogy by the Nobel Laureate Sigrid Undset, this is a clear-eyed depiction of Norse life, love, society, and redemption.

Edvard Munch (1974, Biography) Peter Watkins' experimental biography of Norwegian artist Edvard Munch traces Munch's life between 1884 and 1894, from Christiania (modern Oslo) to Berlin and his relationships with August Strindberg. Watkins' uses sound, montage, close ups and a dark color palette to emulate Munch's stylistic approach to his art.

Song of Norway (1970, Biography) This 1970 film adaptation of the operetta of the same name depicts the early struggles of composer Edvard Grieg and his attempts to develop an authentic Norwegian national music. With an international cast that included Florence Henderson and Edward G. Robinson, the film was an attempt to cash in on the success of *A Sound of Music*. Most critics agreed that it failed miserably—although British audiences liked it.

Finland

Mother of Mine (2005, War/Drama) Amidst the conflict of World War II, Eero, a Finnish boy, is sent to live with a Swedish foster family by his mother. Eero feels abandoned by his Swedish mother, but unwelcomed by his new foster mother. When Eero returns to Finland following the war, his feelings of abandonment and confusion intensify.

Pelikaanimies (2004, Fantasy) A pelican becomes a gawky young man who learns to speak, thanks to his talent for imitation. He befriends two children who—unlike adults—see that their new neighbor 'Mr Berd' is not a man but a bird in a suit. The Pelican Man lands a job at the opera and falls in love. When adults discover the truth, trouble starts in this unusual and charming film.

Elina: As If I Wasn't There (2002, Drama) In rural Sweden of the early 1950s, Elina returns to school again after an illness. From a Finnish-speaking minority, Elina has conflicts with her biased teacher, and finds consolation wandering on the dangerous marshlands while speaking with her dead father.

The Winter War (1989, Drama) An excellent Finnish war film (original title *Talvisota*) that tells the story of the resistance of a platoon of Ostrobothnian Finns, when Russia attacked Finland in November of '39. The Finns fought hard against overwhelming odds, with meager supplies, and the movie faithfully presents their action in the forbidding snowy landscape.

The Unknown Soldier (1955, Drama) An adaptation of Väinö Linna's novel this is a story about the Continuation War between Finland and the Soviet Union, told from the view of ordinary Finnish soldiers. Gritty and realistic, the film remains the most successful film ever made in Finland, and more than half of Finland's population viewed it in theaters.

Denmark

The Danish Girl (2015, Drama) The Danish artist Einar Wegener (later known as Lili Elbe) was one of the first people to undergo sex reassignment surgery. This biopic depicts Elbe's early career and marriage to artist Gerda Gottlieb, and the Bohemian worlds of Copenhagen and Paris in the 20s and early 30s.

A Royal Affair (2012, Historical Drama) The mentally ill King Christian VII comes to rely on his friend and physician, Johann Struensee (Mads Mikkelsen), a radical Enlightenment thinker from Germany. So, too, does the lonely Queen Caroline (Alicia Vikander), who begins a passionate affair with the doctor. The king learns of their liaison, but protects them, and makes Struensee a Royal Advisor who essentially rules in the king's name. But his reforms are cut short when plotting aristocrats use the affair and Struensee's foreign status to bring a tragic end to this true story.

The Danish Solution (2003, Documentary) Filmmakers Karen Cantor and Camilla Kjaerulff, with Garrison Keillor narrating, reveal how the citizens of Denmark protected their Jewish population against Hitler's attempt to impose export his final solution into Denmark.

Pele the Conqueror (1988, Drama) Directed by Billie August, this Danish-Swedish production won the 1989 Oscar for Best Foreign Film, and star Max von Sydow was nominated for Best Actor. It follows the early 19th-century widower Lasse, who emigrates with his 12-year old son Pelle to the Danish island of Bornholm in search of a better life. That is not what they find.

Babette's Feast (1988, Comedy) Set on the rugged coast of 19th century Denmark, this film is from a short story by Isak Dinesen. Two beautiful daughters grow up with a clergyman father, who preaches self-denial. After his death, the sisters uphold his inflexible practices until the arrival of a French refugee, Babette. She cooks and for them, and introduces them to the deep pleasure of a gourmet French meal. Winner of the 1987 Oscar for Best Foreign Language Film.

Sweden

My Life as a Dog (1985, Drama) The story of Ingemar, a 12-year-old Swedish boy sent to live with his childless aunt and uncle in a country village when his mother falls ill, resulting in a Swedish look at the adult world through a child's eyes. A lovely, sometimes intense coming of age story with rural Sweden as backdrop.

Smiles of a Summer Night (1955, Comedy) Ingmar Bergman's idea of a bedroom farce brought him international stardom. A melancholy comedy the film depicts the romantic entanglements of three 19th-century couples during a weekend at a country estate. It's also pure Bergman: sharp, serious, thoughtful, and sobering, though there's an undercurrent of humor that the venerable director of such serious film classics like *The Seventh Seal* is not particularly known for.

Useful Websites

Overseas Adventure Travel

www.oattravel.com

Overseas Adventure Travel Frequently Asked Questions

www.oattravel.com/faq

International Health Information/CDC (Centers for Disease Control)

www.cdc.gov/travel

Electricity & Plugs

www.worldstandards.eu/electricity/plugs-and-sockets

Foreign Exchange Rates

www.xe.com/currencyconverter
www.oanda.com/converter/classic

ATM Locators

www.mastercard.com/atm
www.visa.com/atmlocator

World Weather

www.intellicast.com
www.weather.com
www.wunderground.com

Basic Travel Phrases (80 languages)

www.travlang.com/languages

Packing Tips

www.travelite.org

U.S. Customs & Border Protection

www.cbp.gov/travel

Transportation Security

Administration (TSA)

www.tsa.gov

National Passport Information Center

www.travel.state.gov

Holidays Worldwide

www.timeanddate.com/holidays

History & Culture

en.wikipedia.org

Useful Apps

Flight Stats

Track departures, arrivals, and flight status

LoungeBuddy

Get access to premium airport lounges around the world

Timeshifter

Personalized tips for avoiding jetlag, based on neuroscience and your own data

GoogleMaps

Maps and directions anywhere in the world

Triposo

City guides, walking maps, and more – and it works offline

Rome2rio

Where to go, what to see, and what to do in more than 160 countries

Flush or Sit or Squat

Find a clean toilet anywhere

Uber

Ride sharing around the world

Visa Plus and Mastercard Cirrus

ATM locations

Shows the location of the nearest ATM in your network

TunnelBear

Provides a secure VPN (virtual private network) that will encrypt your browsing data when you use a public WiFi network

What's App, Skype, or Signal

WiFi calling anywhere in the world

Duolingo, FLuentU, or Babbel

Learn dozens of foreign languages

Google Translate

Fast and simple translations

XE

Currency conversions

SizeGuide

Clothing and shoe sizes in all countries

Best Units Converter

Converts currency, mileage, weights, and many other units of measurement

Tourlina

For women only, it connects you with other female travelers

Happy Cow

Locate vegan and vegetarian eateries in 195 countries

Eatwith

Dine with locals all over the world

Meetup

Connects you with locals who share your interests

Skyview

Identifies constellations and heavenly bodies

Travello

Find travel friends on the road

ALIX for One

Created by and for women, it identifies solo-friendly dining spots in major international cities

TripWhistle

Maps your location and provides emergency numbers for police, medics, and more

GeoSure

Safely navigate neighborhoods around the world

Chirpey

For women only, connect with other women, find out what's safe, meet up, and more



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