



# DESTINATION GUIDE SCANDINAVIA & NORTHERN EUROPE

*Uncover striking natural wonders, vibrant cities and rich Viking heritage*



# *Welcome to* **SCANDINAVIA & NORTHERN EUROPE**

*Journey into Viking heartland*



VIKING STAR IN NORWAY

Immerse yourself in the rich cultural heritage in the land of the Vikings. From tranquil old fishing villages to scenic mountains and glaciers, beauty abounds in this fascinating part of the world. When it comes to exploring this northern European wonderland, there is no company more qualified than Viking. Our Chairman and founder, Torstein Hagen, hails from Norway, so when you explore this magnificent part of the world, you will be doing so with those who know it best. Those with an inherent understanding of the culture, people, and landscapes, to reveal the very heart and soul of this region.

Vibrant capitals and charming towns are yours to explore. Modern architecture, grand royal palaces and medieval streets await in cities like Oslo, Copenhagen, and Stockholm; each offering a unique blend of

historical landmarks, world-class museums and architectural marvels that will leave you in awe.

Beyond the bustling cities, the true essence of Scandinavia and Northern Europe lies in smaller locales and nature's masterpieces. Serene villages like Flåm, nestled among towering cliffs and cascading waterfalls. Medieval towns like Visby on Gotland Island, where cobblestone streets and ancient ruins tell tales of Viking lore. While quaint fishing villages in Denmark provide a taste of local life.

Whether captivated by history, enchanted by art, or seeking some of nature's most spectacular masterpieces, Scandinavia and Northern Europe promise an unforgettable experience.

We hope you enjoy this guide.

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REINE VILLAGE, LOFOTEN, NORWAY



EXPLORERS' LOUNGE, VIKING ORION

*“Bergen, Norway. A small compact city so colourful and so full of life and history and very friendly people. A real joy to spend time there.”*

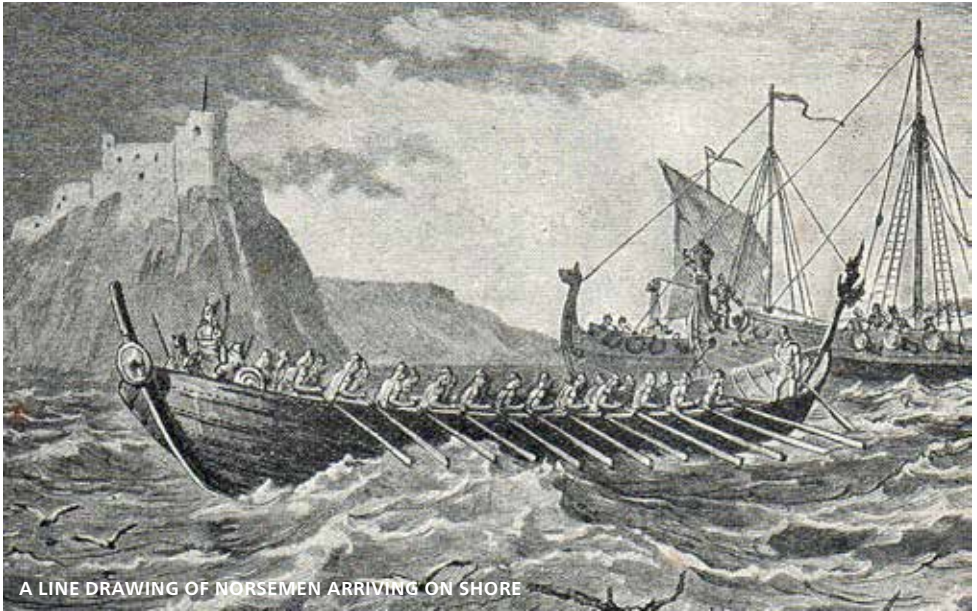
- Brian P



BERGEN, NORWAY

# Scandinavian HISTORY

*The intrepid spirit of the Vikings has led to fascinating unions and breakups of what are now modern, prosperous nations—  
Denmark, Sweden and Norway.*



From 793 until 1066, Scandinavian Norsemen explored Europe by its seas and rivers for trade, raids and conquests. The Viking Age began in 793, with a landing near the Lindisfarne Priory, off the northeast coast of England. The Vikings were not just warriors, traders and craftsmen, they were also the ultimate explorers; the Old Norse verb “viking” means to go on a waterborne journey, whether by river or sea.

Their routes stretched from the Arctic north

of Norway, along the Atlantic coasts of France and Spain, to the Mediterranean. They explored the waterways of Kievan Rus—what is now Ukraine, Belarus and parts of Russia—to reach Constantinople (now Istanbul), before travelling eastward to Islamic lands.

The 10th to 13th centuries saw numerous Germanic kingdoms and chiefdoms united into three kingdoms: Denmark, Sweden and Norway. The three Scandinavian kingdoms joined in 1397 in the Kalmar Union under

Queen Margaret I of Denmark. In 1523, Sweden left the union under King Gustav Vasa, and in the aftermath, civil war broke out in Denmark and Norway. After the Protestant Reformation, Denmark and Norway entered into a union that lasted until 1814.

Norway was ceded to the king of Sweden, while its overseas possessions were retained by Denmark. After widespread resistance, the crown prince of Norway, Christian Frederick, called a constituent assembly that drew up a liberal constitution and elected him to the throne, but following a Swedish invasion, Norway was forced into a union with Sweden. The Storting dissolved the union between Sweden and Norway in 1905, after which the

Norwegians elected Prince Carl of Denmark as king of Norway.

German troops invaded Norway on April 9, 1940, and during the remainder of World War II, around 50,000 Norwegians fled to Sweden, which preserved an armed neutrality during both world wars. After the war, the country needed to be rebuilt, and Norway was one of the first countries to join the newly created United Nations.

Today, Scandinavian countries are renowned for their economic stability and high standards of living, with Finland, Denmark and Norway regularly topping the charts in the annual UN World Happiness Report.





# *Highlights of* **SCANDINAVIA**

*From husky sled rides under Arctic skies to behind-the-scenes museum tours and royal castles, these are just some of the unforgettable moments awaiting you in Scandinavia and Northern Europe.*

## **WITNESS NORWAY'S MAJESTIC FJORDS**

The Norwegian fjords are one of nature's grandest symphonies, cutting through towering cliffs, creating a dramatic landscape of unparalleled beauty. Whether you choose to explore by boat, kayak or helicopter, each provides a unique perspective. Kayak the fjords for a more intimate experience, navigating hidden coves and the tranquil waters at your own pace. For a truly awe-inspiring view, soar above in a helicopter, witnessing the fjords' vast expanse and dramatic contrasts of rugged cliffs and shimmering waters. These ancient formations, sculpted by glaciers over millennia, are a testament to nature's enduring artistry and Norway's soul-stirring beauty.

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FLÅM, NORWAY



### SHOP AND DINE WITH A CHEF IN BERGEN

In Bergen, the heart of Norway's culinary heritage beats strong. Embark on a culinary journey like no other as you shop and dine with your ship's executive chef. Spend the morning visiting the bustling fish market and various other local culinary specialists to hand-pick ingredients that will later become the heart of regional dishes for an evening feast. As the sun sets, join your culinary maestro at the special Kitchen Table restaurant on board. You will delve into the secrets of culinary artistry, from cooking techniques to preparation and the fine art of meal presentation. Enjoy a meticulously crafted three to five-course meal, perfectly paired with exquisite wines. This is a unique opportunity to shop, cook and eat with culinary masters.



### RIDE THE FLÅM RAILWAY

Flåm is world-renowned as one of the world's most spectacularly scenic places. It is the gateway to sprawling green valleys dwarfed by towering peaks, and glacial lakes and waterfalls that were sculpted during the Ice Age. One of the most scenic train journeys in the world winds through these stunning landscapes. The 20-kilometre route climbs more than 900 metres, passing through 20 tunnels and over numerous bridges from the fjord village of Flåm to the high mountains of Myrdal. The train's panoramic windows offer vistas of cascading waterfalls, steep valleys and snow-capped peaks. A stop at the Kjosfossen waterfall allows you to feel the mist and hear the powerful roar of the falls.

## **DISCOVER KARLSKRONA, SWEDEN**

Karlskrona is a jewel of Swedish naval history, whispering tales of the past through its well-preserved architecture and maritime legacy. Founded in 1680, this UNESCO World Heritage site invites you to explore its Naval Museum, where ship models and artifacts tell stories of seafaring adventures. The town's baroque buildings and fortifications stand as silent sentinels of its strategic importance. Strolling through Karlskrona's charming streets, you'll encounter picturesque squares, historic churches and waterfront views that capture the essence of Sweden's coastal beauty.





### **EXPLORE THE LOFOTEN ISLANDS**

Nestled within the Arctic Circle, these islands stretch 190 kilometres into the Norwegian Sea. A realm of rugged beauty and tranquillity, dramatic peaks rise from the sea, pristine beaches stretch under the midnight sun and quaint fishing villages dot the landscape. Take a scenic hike through Tjønndalen to capture fantastic views of summits rising from the sea. Set out on a traditional Norwegian wooden boat, to experience real Lofot fishing as local fishermen have done for hundreds of years. Or explore the site of an ancient Viking homestead believed to have been the home of a local chieftain during the Middle Ages.



### **MEET THE LOCAL SAMI PEOPLE**

Indigenous to the northern reaches of Scandinavia, the Sami people offer a rich tapestry of history, deeply connected to the Arctic landscape. Visiting a Sami community provides a unique opportunity to learn about their traditions, language and way of life. Participate in activities such as reindeer herding, handicraft workshops and storytelling sessions, each experience offering a window into their harmonious relationship with nature. The Samis' sustainable practices and deep respect for the environment offer valuable insights into living in balance with the world around us.



### **TAKE A THRILLING HUSKY DOG SLED RIDE THROUGH THE ARCTIC LANDSCAPES**

Feel the exhilaration of a husky dog sled ride through the Arctic landscapes, where the snowy trails beckon with promises of adventure. Guided by skilled mushers, you will navigate through pristine winter trails, the huskies' powerful strides propelling you forward. Learn about the training and care of these remarkable dogs and enjoy the camaraderie of the sled team. Take a closer look at the life of a dog musher, enjoy a traditional Norwegian meal and you can even spend the night in a traditional tepee at a husky camp for a more in depth experience.



AMALIENBORG PALACE GUARDS



### ROYAL SPLENDOUR IN COPENHAGEN

Discover the regal charm of Copenhagen through its magnificent palaces. Explore the grandeur of Amalienborg Palace, home of the Danish royal family and witness the changing of the guard ceremony. Visit the 17th-century Rosenborg Castle on an exclusive after-hours tour. View 400 years of royal treasures, including historic paintings, one of the world's best collections of Venetian glass and the Danish crown jewels. Or visit Christiansborg Palace, seat of the Danish Parliament and the Queen's Royal Reception Rooms. Explore its magnificent rooms, the setting for grand state dinners hosted by the King and Queen and see intricate tapestries that tell more than 1,000 years of royal history.



### CATCH YOUR OWN KING CRAB

Set out on a king crab safari from Honningsvåg, the northernmost town in mainland Norway, for an exhilarating maritime adventure that delves deep into the soul of Norwegian seafaring history. Venture into the icy waters of Sarnesfjorden where you will see how prized king crabs are harvested. Learn about the life cycle and habitat of these giant crustaceans and witness the art of the fishermen skilfully hauling traps from the depths of the sea. Back on shore, visit a traditional Sami tent where the succulent crab meat is savoured in a culinary celebration. Locals will cook your catch in front of you, ready for you to feast on with fresh bread, lemon and a touch of mayonnaise.

# *Nature's* SPECTACLE

*Witnessing the Northern Lights and Midnight Sun - a glimpse into the wonders of our universe and the unique rhythms of nature.*

## **NORTHERN LIGHTS**

The Northern Lights, or Aurora Borealis, are one of nature's most spectacular displays. This celestial phenomenon occurs when charged particles from the sun collide with atoms in Earth's atmosphere, creating vibrant colours that dance across the night sky. Shades of green, pink, purple and blue create a mesmerising and ethereal experience.

Witnessing the Northern Lights is a moment of pure wonder. As you stand beneath the shimmering sky, a sense of awe washes over you. The silence of the night amplifies the beauty of the lights, evoking a profound sense of connection to the world around us. It's a window into the universe and a reminder of the incredible forces at play in our world. The experience is both humbling and exhilarating.



## MIDNIGHT SUN

The Midnight Sun is another extraordinary natural phenomenon, occurring in the summer months in regions above the Arctic Circle. During this time, the sun remains visible at midnight, casting a golden glow over the landscape. The continuous daylight creates a surreal and enchanting atmosphere, where time seems to stand still.

Experiencing the Midnight Sun is like stepping into a dream. The endless daylight allows for extended exploration and adventure, with the sun's rays providing a sense of vitality and energy. The landscape is bathed in a soft, golden light, creating warm vistas and a feeling of tranquillity. It's a unique opportunity to witness the beauty of nature in a way that defies the usual rhythms of day and night.





# BERGEN CITY GUIDE

*Discover the colourful settlement of the ancient Norwegian city of Bergen, framed by an enchanting mountainous landscape.*

Nestled between mountains and spectacular fjords, Bergen was settled by the Vikings hundreds of years before its official founding in 1070 AD. The capital of Norway until 1300, it flourished as a city of commerce and trade. For four centuries, merchants of the Hanseatic League traded fish on Bryggen wharf. Today, the timber buildings that remain from the 18th century are a designated UNESCO World Heritage Site.

Protected from the North Sea's winds by a collection of islands, Bergen's climate is never overwhelmingly cold, and the views from nearby Mt. Fløyen are not to be missed.

## **MUST-SEES**

With 62 original timber-clad houses painted in ochre, oxblood, mushroom and white,

Bryggen wharf is one of Bergen's major attractions, and the Schøtstuene Museum provides a fascinating glimpse of medieval life in the days of the Hanseatic League. The museum is located in a building owned by a local merchant during the late 19th century and features a recreation of a trading room, along with the merchant's office and sleeping quarters for sailors and guests.

Opposite Bryggen wharf is Bergen Fortress, once the royal residence and one of Norway's oldest and best-preserved castles. Many of its buildings date back to the 1240s; one excavation revealed structures from 1100—remnants of the Viking Age. The spectacular 13th-century Håkons Hall is the largest surviving medieval secular building in Norway. It was once the palace of King

Håkon IV, one of the most important kings in Norway's history, and is now a museum.

Near the pretty Festplassen is Grieg Hall, a remarkable feat of architecture dedicated to the composer and a centrepiece of Bergen's cultural district. Just north of the Festplassen are two of Bergen's old churches—Domkirken, or Bergen Cathedral, and Korskirken, or Holy Cross Church—built in a style unlike anything else in Europe.

For the best vista of Bergen, take the funicular railway (Fløibanen) up Mt. Fløien to almost 1,000 feet above sea level. From here, you can see Bryggen wharf, the harbour and the nine-mile-long Byfjorden.

## SHOPPING

Bergen's compact city centre makes it easy to explore and enjoy a diverse shopping experience. Whether you are looking for high-end fashion, unique souvenirs, or local art, Bergen has something for everyone. Bryggen Wharf is perfect for unique souvenirs, handcrafted jewellery and Norwegian art. Torgallmenningen square in the city centre features a mix of high-end boutiques and cosy cafes. Strandgaten is a popular pedestrian friendly street with a variety of shops.



## GASTRONOMY

From freshly made fish dishes to cinnamon buns, Bergen is a feast for the taste buds. A glass of aquavit (a Scandinavian spirit flavoured with herbs) is a must. Another delicacy worth trying is kjøttboller—meatballs seasoned with ginger and nutmeg, served with mashed potatoes and drizzled with a cream sauce or gravy. The Fish Market is renowned for its fresh, locally caught seafood, offering a sensory journey through Norway's maritime heritage. You can enjoy a variety of dishes, including freshly shucked oysters, succulent crab legs and the classic Bergen Fish Soup.

# Something FOR EVERYONE

*Whether you're drawn to the expressive works of Edvard Munch, the traditions of the indigenous Sami people, or the flavours of Nordic kitchens, Scandinavia and Northern Europe offers something to inspire every kind of interest.*



## Art

When master expressionist Edvard Munch died in 1944, he bequeathed all of his works to the city of Oslo, leading to the creation of the Munch Museum. Housing approximately 1,100 paintings, 4,500 drawings and 18,000 prints, the selection changes regularly, although Munch's major works are always on display. Discover Alta's storied history, from its archaic past to the present, through its rock art and native culture. At the Alta Museum, located in a field of rock carvings, step inside to see relics recovered from this prehistoric settlement that lay undiscovered until 1973. Or visit one of Norway's historic gold and silversmiths that has been producing fine jewellery and interior design pieces for more than 150 years. Tour the factory and witness the artists at work, creating beautifully crafted pieces.

## Culture

Learn about the vibrant culture of indigenous Norwegians during a visit to a local Sami village, whose roots trace back at least 5,000 years. Ride a reindeer-pulled sled and enjoy a traditional lunch in a lavvu tent. Take a seat next to a roaring fire while your hosts entertain you with stories of Sami traditions and modern life. Visit one of Norway's few remaining textile centres and see how the iconic Norwegian Dale sweaters are made. Since 1879, this historic mill has been at the forefront of technological innovation, harnessing the power of the Bergsdal River. Experience the rich cultural traditions of the Icelandic people as you unwind in the geothermal mineral-rich waters of Lake Urridavatn at the Vök Baths.

## Culinary

Indulge in 200 years of Norwegian food culture on a culinary walking tour through the historic cobblestone streets of Stavanger, where many top European chefs create mouth-watering cuisine. Learn the art of making the perfect Swedish meatball or multi-layered Danish pastries in interactive cooking experiences in Stockholm or Copenhagen. Embark on a food lover's tour of Copenhagen, exploring the city's rich food history while savouring local delicacies from gourmet cheeses and open sandwiches to delicious craft beers and organic chocolates.

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## History

Norway's long history of exploration extends back to the Viking age. Wander the Fram Museum, which chronicles the polar expeditions of Norwegian explorers, including Roald Amundsen—the first person to reach both the North and South Poles. Visit the 17th-century Swedish warship Vasa that sank in Stockholm Harbour in 1628 on its maiden voyage and was raised, incredibly preserved, 300 years later. Or descend below the surface to discover a piece of Cold War history at the REGAN Vest bunker in Denmark. One of two bunkers built in secrecy during the 1960s to house the Danish government and monarch in case of World War III, REGAN Vest resides approximately 55 metres below ground hidden beneath a limestone hill.

## Architecture

Immerse yourself in the history of the Vikings on an excursion to an ancient Viking homestead called a longhouse. Believed to be the home of a local chieftain during the Middle Ages, admire the archaeology and faithful reconstruction of the main building, the Chieftain's House, which houses various exhibitions in the 83-metre space. Explore the Bryggen Waterfront in Bergen, a UNESCO World Heritage site featuring Hanseatic commercial buildings dating back to the 14th century. In Tromsø, marvel at the Arctic Cathedral, a modernist masterpiece inspired by Arctic nature, featuring striking glass mosaics.



# *8 reasons to sail* **AROUND ICELAND**

*Journalist Tiana Templeman shares her top eight highlights from her circumnavigation of Iceland.*

## **1. ACCESS IS EASY ON A SHIP**

Many of Iceland's famous highlights are close to the coast, making it an ideal country to explore by ship. Some of them, like the world's largest puffin colony on Heimaey in The Westman Islands, are only accessible by sea. It's a lot easier arriving on a ship than navigating local ferry timetables and finding a hire car and suitable accommodation during peak puffin season which conveniently coincides with the country's best time to cruise. Exploring Iceland on *Viking Star* was a breeze.

## **2. ICELAND IS STUNNING, RAIN, HAIL OR SHINE**

In Iceland there's no such thing as bad weather, just the wrong clothes. During our voyage, the sun shone brightly most days, and sunscreen was a must. Our only rainy day was a bonus rather than a disappointment as the scenery was moody and dramatic and waterfalls flowed down the cliffs as we drove from one scenic highlight to the next in our motor coach. While we had initially hoped for perfect weather, we

discovered that any kind of day is a winner with scenery this good.

## **3. WILDFLOWERS ARE EVERYWHERE**

During summer, bright purple lupines—imported from Alaska to hold the volcanic soil together with their strong root system—create a stunning purple carpet across the landscape. Everywhere you look there are also colourful local wildflowers that aren't just beautiful to look at, they also make for truly stunning photos.

## **4. THE GOLDEN CIRCLE**

This iconic day trip from Reykjavik was the perfect itinerary adventure on the day we were due to board the ship. After flying in the night before, we were up early to board a local tour bus for a day spent exploring some of Iceland's most famous sights: the thundering Gullfoss Waterfall, Geysir Hot Spring Area and Thingvellir National Park where the North American and Eurasian continental plates towered above the surrounding landscape. At the end of the tour, our guide dropped us at



the port and we were on the ship and settled into our stateroom in no time.

## 5. WATERFALLS

Godafoss and Gullfoss are two of the most famous waterfalls but you'll also see plenty of others. In the port of Ísafjörður we took an included Viking tour to a nearby waterfall for a sip of the ice cold water that's believed to grant everyone who drinks it 10 years of good luck. On another afternoon, we watched a waterfall across from where the ship was docked grow bigger and bigger as the snow in the mountains melted under the summer sun and ice cold water tumbled down the cliff.

## 6. WILDLIFE GALORE

On a small ship like *Viking Star*, we were able to dock right in the heart of town and slip into small bays and coves along the way. Watching puffins nesting in the nearby cliffs and zooming past us from the comfort of our balcony was an unexpected highlight, made possible by Iceland's deep harbours and our captain's skill. Just when we thought our trip couldn't possibly get any better, a whale waved its tail fin in the air in front of the Explorers' Lounge during the cocktail hour on the last night, providing a grand finale for seven wildlife packed days.

## 7. ICEBERG ADVENTURE

It's not a trip to Iceland without some ice so on the morning we docked in Djúpvogur, we set off early for a Rigid Inflatable Boat (RIB) adventure at the base of a glacier. Sheets of ice towered above us in the distance as we held our breath, waiting to see if a section of ice would break off and plunge into the water. Shimmering blue icebergs floated around us as our guide manoeuvred the boat to the best position so we could take photos of the jagged icy wall and marvel at one of Europe's largest glaciers.

## 8. YOU'LL DISCOVER MORE THAN JUST THE SIGHTS

Local guides were waiting to show us around each port on the Viking included tours and didn't just show us the highlights, they also provided an insight into what it was like living in Iceland's coastal towns: tales of friends and family getting together for midnight picnics to watch the northern lights dancing across the sky; why in winter there were so many wonderful singers and musicians at every port we visited (affordable music lessons are made available to every child in Iceland); and why a tiny university with only 80 students is so popular for students studying marine science. The things I saw and did in Iceland were incredible, but it's the country's people that we'll remember long after we return home.



REYKJAVÍK ICELAND



FAXI WATERFALL

# *Scandinavia on board* **& ON SHORE**

*The essence of Scandinavian culture on board and on shore*



EXPLORERS' LOUNGE

For centuries, the Vikings were bold explorers with powerful ships. Few cultures can boast the same seafaring heritage as Scandinavia. Our ships take inspiration from the brave exploratory spirit of these original Vikings.

On board our fleet, you will find the same signature Viking Scandinavian style we are known for. Throughout every public space, the design of our ships celebrates

our Nordic heritage: clean lines, colourful woven textiles and light woods that evoke the Viking connection to the natural world. In a showcase of calming symmetry, exquisite craftsmanship, an abundance of natural materials and interiors bathed in natural light, our ships are the perfect expression of a timeless design approach that is loved the world over.



WINTERGARDEN

A clinker-built bar pays tribute to the Viking longships of yesteryear; the Explorers' Lounge is a display of cosy pelts; Turkish marble, amber and pewter inspired by far-reaching trade journeys; and natural materials – including limestone, black slate, juniper, birch, lichen and moss – all inspired by Scandinavian nature, can be found throughout our ships.

Even the food on board is connected to our Scandinavian roots. One of eight dining options on board our ocean ships, Mamsen's, named for the Hagen family matriarch, offers Norwegian specialties throughout the day. The array of menu items includes sweet rolls with cloudberry jam and other Scandinavian pastries and cakes; waffles served with either Norwegian goat cheese or jam; salmon gravlax; and late-night split pea soup to warm the heart and soothe the soul.

Our ships are designed to immerse you in the essence of Nordic culture, ensuring that your journey is a seamless blend of exploration and relaxation, both on board and on shore.



WAFFLE AT MAMSEN'S



PAP'S BAR, EXPLORERS' LOUNGE

# *Nordic Wellness* **AT SEA**

*Inspired by nature and grounded in holistic wellness, this tranquil onboard sanctuary is designed to restore balance and calm. Here, you are invited you to unwind, recharge and reconnect in the spirit of timeless Scandinavian tradition.*



HEATED TILE BEDS, THE NORDIC SPA



HYDROTHERAPY POOL, THE NORDIC SPA

In keeping with our Nordic heritage, The Nordic Spa on board our ocean ships are designed with Scandinavia's holistic wellness philosophy in mind. This approach to living combines a connection to nature, a healthy lifestyle and mindfulness; finding synergy between physical, mental, emotional and social being.

In our unique, Nordic-inspired Snow Grotto, cold snow and chilled air create an invigorating experience in a serene and crisp environment. When used together, our steam room and Snow Grotto artfully re-create the centuries-old Nordic tradition of alternating hot and cold treatments, for an exhilarating result. This tradition runs deep in Scandinavian culture, with the first wooden saunas introduced around the 5th century.

The Thermal Pool is ideal for long, relaxing soaks that soothe the muscles and ease the mind. These are contemplative spaces reflecting the beauty of the natural world, with teak furnishings, mineral-rich black slate, fragrant juniper wood and white pigmented ash wood inspired by Yggdrasil, the fabled Tree of Life in Norse mythology.

After a day of exploration or during a relaxing day at sea, The Spa is a sanctuary of Nordic wellness, and it is all included in the price of your fare.

A menu of optional spa treatments is also available. Book in with one of our therapists and unwind with a deep tissue massage, uplifting facial or one of our many other beauty treatments.

# *The spirit* **OF THE OCEAN**

*One of Norway's most iconic spirits is circumnavigating the globe, and it is all in the name of good taste*



Ever since the 1500s, Scandinavian aquavit has captured the purity of wild Nordic beauty in a bottle. In its cleanest form, it is a neutral, flavourless spirit distilled from grain or potato, but infusions of botanicals — such as caraway, dill, anise, fennel, coriander or cardamom — transform it into a pleasing elixir. It has long been believed that the spirit is best matured in casks amid the motion and temperature changes of a sea voyage.

Viking has celebrated the heritage of aquavit for many years; we even named our shipboard al fresco terrace after it. Now, accompanying us on board, we are proud to have six casks of our very own Viking aquavit, a distinctive recipe first made in Bergen in 1818.

Our aquavit begins its journey in Norway's Atlungstad Distillery. There, it spends six months soaking and taking on sweet notes in smooth Spanish oloroso sherry casks. For its ocean voyage, it is transferred to American white oak casks, where subtle vanilla and caramel flavours enhances its profile. After crossing many meridians and parallels, as well as the world's legendary waterways, Viking aquavit ends its long journey to perfection in Bergen. In keeping with the tradition of our forebears, it will have crossed over 360 degrees of longitude and circumnavigated the globe.

Why not visit the onboard Aquavit Terrace and raise a glass to this journeying spirit?

# Scandinavian CUISINE

*Some of the most delicious healthy cuisine in the world hails from the fjords of Norway and the Swedish archipelago*

Healthy, tasty, but most of all simple, Scandinavian food has its roots in the times of the Vikings. Communities had to be self-sufficient and sourced many of their ingredients from the North Sea, including mussels, cod, trout and cured salmon.

On a typical day, the Vikings would generally eat two meals. The dagmal, or day meal, was served after rising and was usually some stew left over from the night before, served with bread and milk, porridge with dried fruit and buttermilk with bread.

The nattmal, or night meal, was eaten at the end of the working day, and would be fish or meat stewed with vegetables. For a sweet treat, the Vikings might have had dried fruit with honey. And they drank mead (a strong, fermented drink made from honey), björr (a strong fruit wine), and buttermilk daily.



Today, several dishes and ingredients link all the regions of Scandinavia together. Scandinavian cooking is all about quality ingredients and simplicity, where the main ingredient flavours the dish. Hearty dishes, such as lamb färikål or meatballs, contrast with exquisitely presented open-faced sandwiches. Cured fish and herring are also popular, as are berries, including lingonberries, cloudberries and blueberries.

And a shot of aquavit, a distinct and potent eau-de-vie flavoured with caraway, is an important part of Scandinavian culinary culture.

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# Map of SCANDINAVIA & NORTHERN EUROPE





Norwegian Sea

NORWAY



SWEDEN



DENMARK



THE NETHERLANDS



GERMANY



POLAND



ESTONIA



Ålesund  
Geiranger

Flåm  
Bergen

Eidfjord  
Oslo

Stavanger  
Kristiansand

Skagen

Gothenburg

Stockholm

Gotland  
(Visby)

North Sea

Ålborg

Copenhagen

Baltic Sea

Bornholm  
(Rønne)

Gdańsk

Berlin  
(Warnemünde)

Amsterdam

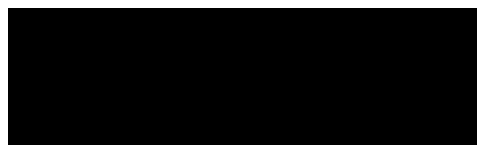
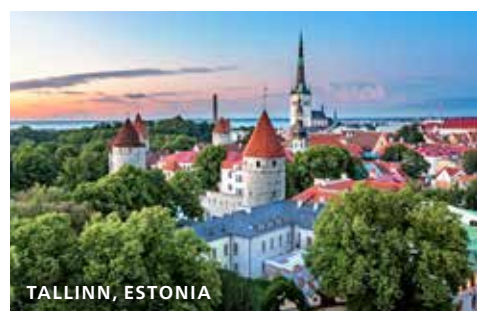
# VIKING HOMELANDS

*Stockholm to Bergen or vice versa*

15 DAYS | 11 GUIDED TOURS | 6 COUNTRIES

TYPICAL SAILING SEASON - APRIL TO SEPTEMBER

Sail the clear waters of Scandinavia and the Baltic on this 15-day voyage. Explore more with overnights in cosmopolitan Stockholm, vibrant Oslo and scenic Bergen. Discover the charming historic centre of Tallinn and marvel at the Gothic brick cathedrals in Gdańsk. Immerse yourself in Norwegian culture in Stavanger and Eidfjord, and witness breathtaking scenery from your ship as she glides through majestic fjords in the legendary homelands of the Vikings.



## Itinerary day by day

**DAY 1** Stockholm, Sweden

**DAY 2** Stockholm, Sweden

**DAY 3** Tallinn, Estonia

**DAY 4** Sail the Baltic Sea

**DAY 5** Gdańsk, Poland

**DAY 6** Bornholm (Rønne), Denmark

**DAY 7** Berlin (Warnemünde), Germany

**DAY 8** Copenhagen, Denmark

**DAY 9** Ålborg, Denmark

**DAY 10** Oslo, Norway

**DAY 11** Oslo, Norway

**DAY 12** Stavanger, Norway

**DAY 13** Eidfjord, Norway

**DAY 14** Bergen, Norway

**DAY 15** Bergen, Norway

# SCANDINAVIA & BALTIC CAPITALS

*Oslo to Copenhagen or vice versa*

15 DAYS | 10 GUIDED TOURS | 8 COUNTRIES

TYPICAL SAILING SEASON - MAY TO SEPTEMBER

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Trace the shores of the Baltic Sea to discover magnificent fjords and bustling cities. Call at UNESCO-listed cities and get a glimpse into the area's medieval past in the old towns of Tallinn and Riga, and Karlskrona's historic port. Witness the natural splendor of the Åland Islands, an archipelago of more than 6,500 isles. With overnights in the vibrant capitals of Sweden and Denmark, delve deeper into the region's rich heritage and Viking legacy.

## Itinerary day by day

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**DAY 1** Oslo, Norway

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**DAY 2** Gothenburg, Sweden

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**DAY 3** Copenhagen, Denmark

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**DAY 4** Karlskrona, Sweden

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**DAY 5** Gotland (Visby), Sweden

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**DAY 6** Mariehamn, Åland Islands

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**DAY 7** Stockholm, Sweden

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**DAY 8** Stockholm, Sweden

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**DAY 9** Tallinn, Estonia

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**DAY 10** Riga, Latvia

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**DAY 11** Riga, Latvia

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**DAY 12** Klaipėda, Lithuania

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**DAY 13** Gdańsk, Poland

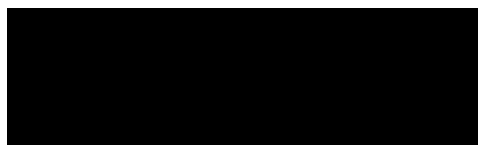
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**DAY 14** Copenhagen, Denmark

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**DAY 15** Copenhagen, Denmark

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22 DAYS | 17 GUIDED TOURS | 8 COUNTRIES

# ICONS OF THE VIKING AGE

*Bergen to Copenhagen or vice versa*

TYPICAL SAILING SEASON

MAY TO SEPTEMBER





## A CAPTIVATING VOYAGE OF DISCOVERY

Circumnavigate the Baltic Sea as you sail through the homelands of the Vikings. Explore the deep-rooted cultural ties of Scandinavia, calling at iconic capitals in Norway, Sweden and Denmark. Sail the picturesque Åland Islands, an archipelago of 6,700 isles. Immerse yourself in the customs, traditions and fascinating history of the Baltic states, home to UNESCO World Heritage Sites, including the old town of Tallinn and the historic centre of Riga.

## Itinerary day by day

**DAY 1** Bergen, Norway

**DAY 2** Eidfjord, Norway

**DAY 3** Haugesund, Norway

**DAY 4** Kristiansand, Norway

**DAY 5** Århus, Denmark

**DAY 6** Skagen, Denmark

**DAY 7** Oslo, Norway

**DAY 8** Oslo, Norway

**DAY 9** Gothenburg, Sweden

**DAY 10** Copenhagen, Denmark

**DAY 11** Karlskrona, Sweden

**DAY 12** Gotland (Visby), Sweden

**DAY 13** Mariehamn, Åland Islands

**DAY 14** Stockholm, Sweden

**DAY 15** Stockholm, Sweden

**DAY 16** Tallinn, Estonia

**DAY 17** Riga, Latvia

**DAY 18** Riga, Latvia

**DAY 19** Klaipėda, Lithuania

**DAY 20** Gdańsk, Poland

**DAY 21** Copenhagen, Denmark

**DAY 22** Copenhagen, Denmark

# SCANDINAVIAN DISCOVERY

*Oslo to Stockholm or vice versa*

**8 DAYS | 6 GUIDED TOURS | 4 COUNTRIES**

**TYPICAL SAILING SEASON - MAY TO SEPTEMBER**

Discover the allure of Scandinavia, from stunning fjords to bustling cities. Call at the UNESCO World Heritage City of Karlskrona and get a glimpse into Sweden's maritime legacy. Visit Copenhagen and immerse yourself in Danish cultural and gastronomic delights. Delve into nature in the lesser-known Åland Islands, an archipelago of 6,700 isles. Enjoy an overnight stay in Stockholm, allowing you to explore more of its Viking legacy and historic treasures.



## Itinerary day by day

**DAY 1** Oslo, Norway

**DAY 2** Gothenburg, Sweden

**DAY 3** Copenhagen, Denmark

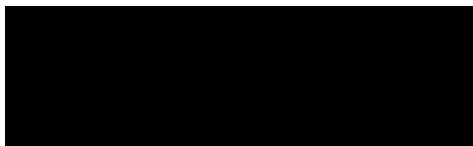
**DAY 4** Karlskrona, Sweden

**DAY 5** Gotland (Visby), Sweden

**DAY 6** Mariehamn, Åland Islands

**DAY 7** Stockholm, Sweden

**DAY 8** Stockholm, Sweden



# SCANDINAVIA & THE BRITISH ISLES

*London (Greenwich) to Stockholm or vice versa*

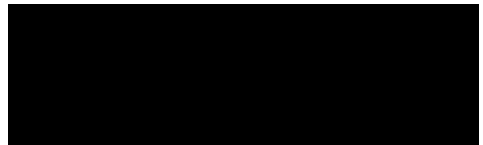
29 DAYS | 22 GUIDED TOURS | 11 COUNTRIES

TYPICAL SAILING SEASON - APRIL TO JULY

Sail the pristine waters of Scandinavia and the seas of the Baltic and British Isles. Witness stunning vistas of the Norwegian fjords and explore towns and capitals of Northern Europe, including Berlin, Copenhagen and Stockholm. Discover the Scottish Highlands and experience a warm Welsh welcome on the Isle of Anglesey. In England, visit legendary coastal cities and immerse yourself in Britain's maritime heritage.

## Itinerary day by day

- **DAY 1** London (Greenwich), England
- **DAY 2** London (Greenwich), England
- **DAY 3** Dover, England
- **DAY 4** Scenic Sailing: English Channel
- **DAY 5** Dublin (Dún Laoghaire), Ireland
- **DAY 6** Holyhead, Wales
- **DAY 7** Liverpool, England
- **DAY 8** Belfast, Northern Ireland
- **DAY 9** The Highlands (Ullapool), Scotland
- **DAY 10** Orkney Islands (Kirkwall), Scotland
- **DAY 11** Edinburgh (New Haven Harbour), Scotland
- **DAY 12** Aberdeen, Scotland
- **DAY 13** Shetland Islands (Lerwick), Scotland
- **DAY 14** Bergen, Norway
- **DAY 15** Bergen, Norway
- **DAY 16** Bergen, Norway
- **DAY 17** Eidfjord, Norway
- **DAY 18** Stavanger, Norway
- **DAY 19** Oslo, Norway
- **DAY 20** Oslo, Norway
- **DAY 21** Ålborg, Denmark



- **DAY 22** Copenhagen, Denmark
- **DAY 23** Berlin (Warnemünde), Germany
- **DAY 24** Bornholm (Rønne), Denmark
- **DAY 25** Gdańsk, Poland
- **DAY 26** Sail the Baltic Sea
- **DAY 27** Tallinn, Estonia
- **DAY 28** Stockholm, Sweden
- **DAY 29** Stockholm, Sweden

# INTO THE MIDNIGHT SUN

*Bergen to London (Greenwich) or vice versa*

15 DAYS | 9 GUIDED TOURS | 3 COUNTRIES

TYPICAL SAILING SEASON - JUNE TO JULY

Traverse deep-cut fjords along the fabled Norwegian coast. Sail across the Arctic Circle where the midnight sun shines 24 hours a day. Follow in the footsteps of Vikings between the remote beauty of North Cape and the windswept Shetland and Orkney Islands of Scotland. Enjoy an overnight stay in the former Hanseatic League city of Bergen and visit the Scottish capital of Edinburgh, where medieval glory mingles with classic beauty.



## Itinerary day by day

**DAY 1** Bergen, Norway

**DAY 2** Bergen, Norway

**DAY 3** Geiranger, Norway

**DAY 4** Sail the Norwegian Sea

**DAY 5** Lofoten (Leknes), Norway

**DAY 6** Tromsø, Norway

**DAY 7** Honningsvåg, Norway

**DAY 8** Sail the Norwegian Sea

**DAY 9** Sail the Norwegian Sea

**DAY 10** Shetland Islands (Lerwick), Scotland

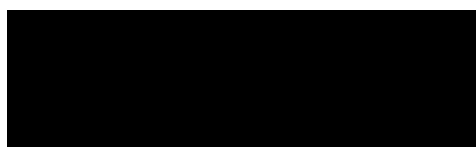
**DAY 11** Orkney Islands (Kirkwall), Scotland

**DAY 12** Edinburgh, Scotland

**DAY 13** Sail the North Sea

**DAY 14** London (Greenwich), England

**DAY 15** London (Greenwich), England



# IN SEARCH OF THE NORTHERN LIGHTS

*London (Tilbury) to Bergen or vice versa*

13 DAYS | 5 GUIDED TOURS | 3 COUNTRIES

TYPICAL SAILING SEASON - JANUARY TO MARCH

Experience a land where dawn and twilight merge on the edges of the long Arctic night. Sailing far north during Norway's winter, witness snow-covered landscapes dotted with rugged mountains and steep fjords, and seek out the wondrous aurora borealis. Delve into Sami legends and pilot a dogsled or snowmobile to further immerse yourself in the Norwegian Arctic as you join us on this illuminating voyage.

## Itinerary day by day

**DAY 1** London (Tilbury), England

**DAY 2** Amsterdam (Ijmuiden), The Netherlands

**DAY 3** Sail the North Sea

**DAY 4** Scenic Sailing: Norwegian Inside Passage

**DAY 5** Narvik, Norway

**DAY 6** Tromsø, Norway

**DAY 7** Tromsø, Norway

**DAY 8** Alta, Norway

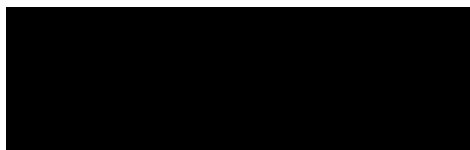
**DAY 9** Alta, Norway

**DAY 10** Scenic Sailing: Norwegian Inside Passage

**DAY 11** Scenic Sailing: Norwegian Inside Passage

**DAY 12** Bergen, Norway

**DAY 13** Bergen, Norway



29 DAYS | 17 GUIDED TOURS | 5 COUNTRIES

# GREENLAND ICELAND, NORWAY & BEYOND

*Bergen to New York City, New York or vice versa*

**TYPICAL SAILING SEASON**

JUNE TO AUGUST



SVALBARD, NORWAY

## FAR NORTHERN REACHES

Traverse the far northern seas to Canada, Greenland, Iceland and the Arctic, and discover distant shores. Follow in the wake of intrepid explorers through Norway and Svalbard, and circumnavigate Iceland as you experience nature at its most magnificent. From quaint fishing villages to snowcapped mountaintops, witness majestic landscapes, and sail to the New World to learn about Inuit traditions as you revel in the history of Viking exploration.



## Itinerary day by day

**DAY 1-2** Bergen, Norway

**DAY 3** Geiranger, Norway

**DAY 4** Scenic Sailing: Norwegian Inside Passage

**DAY 5** Narvik, Norway

**DAY 6** Lofoten (Leknes), Norway

**DAY 7** Tromsø, Norway

**DAY 8** Honningsvåg, Norway

**DAY 9** Sail the Barents Sea

**DAY 10-11** Longyearbyen, Svalbard and Jan Mayen Islands

**DAY 12-13** Sail the Norwegian Sea

**DAY 14** Ísafjörður, Iceland

**DAY 15** Reykjavík, Iceland

**DAY 16** Heimaey, Iceland

**DAY 17** Djúpvogur, Iceland

**DAY 18** Seydisfjörður, Iceland

**DAY 19** Akureyri, Iceland

**DAY 20** Ísafjörður, Iceland

**DAY 21** Sail the Atlantic Ocean

**DAY 22** Nanortalik, Greenland

**DAY 23** Qaqortoq, Greenland

**DAY 24** Sail the Labrador Sea

**DAY 25** L'Anse aux Meadows, Newfoundland and Labrador, Canada

**DAY 26** Sail the Gulf of St. Lawrence

**DAY 27** Halifax, Nova Scotia, Canada

**DAY 28** Sail the Atlantic Ocean

**DAY 29** New York City, New York, United States

# VIKING SHORES & FJORDS

*Amsterdam to Bergen or vice versa*

**8 DAYS | 5 GUIDED TOURS | 3 COUNTRIES**

**TYPICAL SAILING SEASON - APRIL TO AUGUST**

Immerse yourself in a rich heritage steeped in Nordic tradition. Admire the tranquil old fishing village of Skagen, Denmark's northernmost town. Visit cosmopolitan Oslo, Norway's historic capital. Browse the fish market and fortress of Kristiansand, stroll among Stavanger's remarkably preserved wooden buildings and marvel at the magnificent fjord setting of tiny Flåm. Join us on this richly rewarding journey into Scandinavia's most scenic and fascinating corners.



## Itinerary day by day

**DAY 1** Amsterdam, The Netherlands

**DAY 2** Sail the North Sea

**DAY 3** Skagen, Denmark

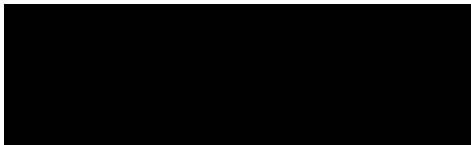
**DAY 4** Oslo, Norway

**DAY 5** Kristiansand, Norway

**DAY 6** Stavanger, Norway

**DAY 7** Flåm, Norway

**DAY 8** Bergen, Norway



# ICELAND, NORWAY & BRITISH ISLES

*Reykjavík to London (Greenwich) or vice versa*

29 DAYS | 20 GUIDED TOURS | 8 COUNTRIES

TYPICAL SAILING SEASON - JULY TO AUGUST

Discover the far north as you follow in the footsteps of the great explorers of the Viking Age. Sail to the unexplored territories of Svalbard & Jan Mayen and immerse yourself in nature as you encounter majestic wildlife. Witness the rugged beauty and unspoiled landscapes of Iceland's volcanic regions. Visit the charming coastal towns of Norway and delve into the history and traditions of Britain and its islands during this wide-ranging voyage.

## Itinerary day by day

**DAY 1** Reykjavík, Iceland

**DAY 2** Ísafjörður, Iceland

**DAY 3-4** Sail the Norwegian Sea

**DAY 5-6** Longyearbyen, Svalbard and Jan Mayen Islands

**DAY 7** Sail the Barents Sea

**DAY 8** Honningsvåg, Norway

**DAY 9** Tromsø, Norway

**DAY 10** Lofoten (Leknes), Norway

**DAY 11** Narvik, Norway

**DAY 12** Sail the Norwegian Sea

**DAY 13** Geiranger, Norway

**DAY 14-16** Bergen, Norway

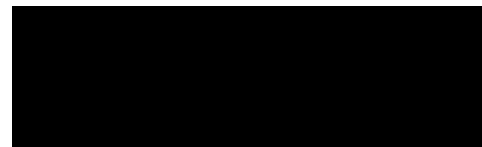
**DAY 17** Shetland Islands (Lerwick), Scotland

**DAY 18** Aberdeen, Scotland

**DAY 19** Edinburgh (New Haven Harbour), Scotland

**DAY 20** Orkney Islands (Kirkwall), Scotland

**DAY 21** The Highlands (Ullapool), Scotland



**DAY 22** Belfast, Northern Ireland

**DAY 23** Liverpool, England

**DAY 24** Holyhead, Wales

**DAY 25** Dublin (Dún Laoghaire), Ireland

**DAY 26** Scenic Sailing: English Channel

**DAY 27** Dover, England

**DAY 28-29** London (Greenwich), England



SEYDISFJÖRDUR, ICELAND



## ICELAND'S MAJESTIC LANDSCAPES

*Bergen to Reykjavik or vice versa*

13 DAYS | 9 GUIDED TOURS | 3 COUNTRIES

**TYPICAL SAILING SEASON**

JUNE TO AUGUST



## ICELAND & NORWAY'S ARCTIC EXPLORER

*Bergen to Reykjavik or vice versa*

15 DAYS | 8 GUIDED TOURS | 2 COUNTRIES

**TYPICAL SAILING SEASON**

JUNE TO AUGUST

Unlock some of the mysteries of the far north in Norway and discover its Viking past. Experience the robust beauty of Geiranger and the contrasting urban setting of Ålesund. Meet the people who thrive on the water's edge of the Faroe archipelago, and encounter local wildlife. Witness the gentle giants of the sea in Iceland's majestic, distant north, or immerse yourself in tradition and take a dip in a thermal bath amid breathtaking vistas.

Discover life in the far north during a voyage across the Arctic Circle and along the distant shores of Norway and Iceland. Marvel at the rugged beauty of Geiranger, visit the former Hanseatic League city of Bergen and admire Honningsvåg's remote North Cape. Enjoy an overnight stay in Longyearbyen, home to more polar bears than people, and call at Tromsø, Norway's most northerly city.



REYKJAVÍK, ICELAND



## VIKING HOMELANDS & MAJESTIC ICELAND

*Stockholm to Reykjavik or vice versa*  
**27 DAYS | 19 GUIDED TOURS | 8 COUNTRIES**  
**TYPICAL SAILING SEASON**  
 JULY

Witness the serene beauty of Scandinavia’s mountains and fjords and sail to the majestic shores of Iceland as you uncover the mysteries of the north. Overnights in Stockholm, Bergen, Oslo and Reykjavik allow ample time to fully explore. While the historic cities of Berlin, Gdańsk and Copenhagen offer a blend of cultures.



## ICELAND, BRITISH ISLES & IBERIA

*Reykjavik to Barcelona or vice versa*  
**15 DAYS | 8 GUIDED TOURS | 5 COUNTRIES**  
**TYPICAL SAILING SEASON**  
 JUNE TO AUGUST

Embark on a voyage of diversity as you sail between Reykjavik and Barcelona. Stops in cities such as Liverpool, Lisbon and Granada will allow you time to immerse in their distinctive cultures. As you travel, marvel as the scenery and climate changes including the black volcanic terrain of Iceland, the temperate rolling green hills of Ireland, as well as the sunny and inviting warm waters of the Mediterranean Sea along Spain’s southern coast.

# EXPLORE MORE

*See more of the world with our pre and post land extensions*

Make every moment count by adding an extension to your ocean journey. More days mean more time to immerse yourself in the rich culture, history, and beauty of your destinations. Whether you choose to extend your stay in your embarkation or disembarkation city, or venture to an entirely new locale, our thoughtfully designed extension programs are the perfect complement to your itinerary.



## **2 NIGHTS REYKJAVÍK**

Take in the astounding beauty of Reykjavík—the world’s most northern capital city and one of the cleanest and most eco-friendly cities. Unwind in the mineral-rich, milky-blue waters of the Blue Lagoon, a world-renowned geothermal spa set in a lava field. Marvel at modern architecture like Harpa Concert Hall, and cultural landmarks such as Hallgrímskirkja Church and the National Museum of Iceland. Or set out on a day trip of the Golden Circle to explore waterfalls, geysers and the historic Þingvellir National Park. Sample fresh seafood like Arctic char and langoustine, try Icelandic lamb slow-cooked to perfection, or be adventurous with local delicacies such as fermented shark.



## **2 NIGHTS BERGEN**

Uncover the long history and rich culture of Bergen, encircled by majestic mountains, fjords and glaciers, and take in the setting that inspired the Viking sagas. Wander through the colourful wooden buildings of Bryggen, a UNESCO World Heritage Site, and learn about Bergen’s trading past at the Hanseatic Museum. Ride the Fløibanen funicular to the top of Mount Fløyen for panoramic views of the city and surrounding fjords, with hiking trails and forest walks at your fingertips. Visit the Fisketorget (Fish Market) for fresh catches and local delicacies, or dine at one of Bergen’s acclaimed restaurants offering modern takes on traditional Norwegian fare.

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## 2 NIGHTS COPENHAGEN

Take in the charms of Copenhagen, an important port since the age of the Vikings. Today, it showcases grand palaces and iconic symbols like the Little Mermaid statue at Langelinie. Stroll along the colourful harbourfront of Nyhavn and explore Copenhagen's canals. Visit Amalienborg Palace, home to the Danish royal family, and witness the changing of the guard. Don't miss Rosenborg Castle, where the crown jewels are on display.



## 2 NIGHTS STOCKHOLM

Explore this elegant city of historic buildings from your centrally located hotel. Wander the cobbled streets of Gamla Stan (Old Town), home to the Royal Palace, colourful medieval buildings and charming cafés. See the remarkably preserved 17th-century warship at the Vasa Museum. Or dance through pop history at the ABBA museum. Enjoy classic dishes like gravlax and smörgåsbord, or embrace the Swedish tradition of fika—a cosy coffee break with pastries.

## 2 NIGHTS OSLO

Uncover Oslo's fascinating history and dynamic Nordic culture. Stroll through Frogner Park, home to over 200 sculptures by Gustav Vigeland. Explore the imposing Akershus Fortress, a medieval castle that has stood watch over the Oslofjord since the late 13th century. Visit the thought-provoking Nobel Peace Centre that celebrates the legacy of the Nobel Peace Prize.



## 2 NIGHTS TROMSØ

Norway's northern lights capital is cloistered by picturesque fjords. Venture into the arctic tundra to glimpse the fascinating flora and fauna. Explore the charming city centre with its colourful wooden houses, lively cafés, and museums. Don't miss the striking Arctic Cathedral, known for its dramatic architecture and stained-glass windows. Visit the Polaria Arctic Experience Centre or try husky sledding for a truly Nordic experience.



## 5 NIGHTS ULTIMATE ICELAND

Explore the beauty and culture of Iceland in Reykjavík and on the Snaefellsnes peninsula. Enjoy an included tour of Reykjavík and learn Icelandic culture while dining with locals. Discover the majestic beauty of Iceland's remote coast and visit a family-run working horse farm. Explore Iceland's "Golden Circle," including Gullfoss waterfall and the Geysir. Take a scenic whale watching cruise in Ólafsvík and retrace the footsteps of the Vikings along ancient saga trails in Borgarnes.



## 3 NIGHTS ICELAND & THE GOLDEN CIRCLE

Tour fascinating Iceland—from the sights of the capital city, Reykjavík, to the hot springs and waterfalls. A guided tour of Reykjavík reveals famous landmarks, including "The Pearl", the Hallgrímskirkja church and the Höfði House. Visit the surreal lava landscape of the Reykjanes Peninsula. Enjoy a dip in the geothermal waters of the Blue Lagoon. Embark on a scenic drive to Thingvellir National Park, a UNESCO World Heritage Site. Then continue to the Geysir hot springs area.



#### **4 NIGHTS THE BEST OF NORWAY & SCENIC TRAIN**

Combine one of the world's greatest rail journeys with stays in Oslo and Bergen. In Oslo see the Akershus Fortress, which has guarded the harbour for centuries; the Royal Palace, home to the beloved Norwegian royal family; the Parliament; and the National Theater. You will also visit the Norwegian Maritime Museum and learn about Norway's seafaring history. Board the Bergen Railway - often described as the most beautiful train ride in the world - for a journey over the Hardangervidda to Bergen. Step behind the walls of the medieval Bergen Fortress and visit the well-preserved 13th-century Håkons Hall. Pass the Bryggen wharf, a UNESCO World Heritage Site and indulge in Nordic cuisine.



#### **2 NIGHTS OSLO & SCENIC TRAIN**

Uncover vibrant Oslo and its fascinating history, viewing iconic sights such as Akershus Fortress and the Royal Palace, and learn about Norway's rich maritime heritage. Take a walk through Vigeland Park, named for the sculptor whose stone and bronze works adorn this expansive green space. You might also stroll along the revitalised waterfront, lined with modern architecture. Or choose to visit the Nobel Peace Centre that celebrates the legacy of the Nobel Peace Prize. Then embark on arguably one of the world's most scenic train rides, the Bergen Railway. Stretching over 500 kilometres, passes over Europe's highest mountain plateau and through lush valleys, alpine forests, icy plateaus and charming mountain villages.

