



Geiranger Fjord, Per Eide/Innovation Norway



Stockholm Visitors Board/Christer Lundgren



VisitDenmark/Nicolaj Perjesi

Scandinavia – A Perfect Blend!

Nature. Heritage. Design. Hipness....and Happiness!

Denmark, Norway, and Sweden: Three European destinations that combined, make for one fantastic vacation. United in heritage but unique by design, the Scandinavian trio have a lot in common – from pristine natural settings, and a shared Viking history to progressive populations and world-renowned senses of style – but are distinct and special enough to make each one a must-see. From the cool cosmopolitan capitals of Denmark and Sweden – Copenhagen and Stockholm – to Norway's stunning and serene fjords, Scandinavia is brimming with sights, sounds, tastes, and experiences found nowhere else. One-of-a-kind Scandinavia-only moments await you!

Each country has its own distinct language, yet each is widely known for its knowledge of English. Excellent infrastructure with convenient rail and air services – within as well as between the major cities, makes it easy to get around. Scandinavian Airlines offers direct connections from several gateways in the U.S. to Scandinavia, as well as between Denmark, Norway and Sweden. More inclined to drive or take the train? The majestic Oresund Bridge connects Denmark with Norway and Sweden, by car or rail.

A Perfect Blend of Nature

Denmark, Norway and Sweden are all leaders when it comes to a “green” and organic lifestyle. Stemming from a growing public concern over “green” topics, such as ecology, environment and sustainability, from individuals to corporations, each country has a major focus on environmental issues. Denmark, Norway and Sweden offer many opportunities to explore a “green”, organic vacation and a healthy lifestyle.

We invite you to explore a snapshot of Denmark, Norway and Sweden through these suggested itineraries – just a small sample of what Scandinavia has to offer.

www.VisitDenmark.com/usa

www.innovationnorway.com/us

www.VisitSweden.com

www.flysas.com/us



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NORWAY – Nature Scenes

Norway. Powered by Nature

Day 1 - “Norway in a Nutshell”

A popular tour that gives you a great taste of the stunning Norwegian scenery. The tour starts in Oslo, takes you over the mountains, through national parks and stunning vistas, through some of Norway's most beautiful fjord scenery, and ends in the charming Hanseatic city of Bergen (or do the tour in reverse). A special package deal that nicely fits a field trip to the famous Norway fjords with a train-window view of the amazing countryside, all with the practicality of receiving transportation between the 2 major cities in Norway: Bergen and Oslo. You can experience the scenic Bergen Railway, the breathtaking Flåm Railway – often called “the world's most spectacular railway”, the Aurlandsfjord, the narrow Nærøyfjord and the steep hairpin bends of Stalheimskleiva (May-September).

Day 2 & 3 - Adventures in Fjord Norway

The Fjord Norway region has become famous throughout the world as a great place to head for if you are looking for thrills and adventure. You will find mountains to be climbed, roaring rapids for rafting, great terrain cycling trails and fantastic waves for surfing. Thanks to the glaciers, there is year-round skiing available. If you want to combine adventure and a quiet close encounter with wildlife and nature, you might prefer kayaking or sailing, or a day cruise on the amazing fjords. There is a wide range of guided tours and activities available making it accessible for anyone, whether travelling in a group or alone.

Glacier Hikes & Kayaking

Enjoy a truly unique experience of hiking an ancient glacier & kayaking on an emerald green glacier lake. The tours, designed for any ability, include a half day motor boat trip, day trips on one of two lakes, an overnight tour and, for the more adventurous, a 2-day tour. You can even try rafting on the glacier river. There are no limits on age or fitness, on individuals or groups. Season is May-October.

Summer Skiing

If a winter vacation is inconvenient, the Norwegian summer skiing season lasts from May to September. On the Folgefonna Glacier in Hardanger and the Tystigen Glacier in Stryn you will find two of Norway's finest summer ski resorts, where the rare combination of skiing in the day and refreshing swim in the nearby fjords and lakes in the afternoon is a must.

Hiking & Mountain Climbing

Go hiking from “hut to hut” in national parks, through spectacular mountain vistas and stunning fjord views, or enjoy more “luxurious” hikes that ends in a comfortable stay at a scenically located historical hotel. Fjord Norway is a climbers paradise. This was where mountaineering in Norway started 150 years ago, and where the climbing scene is still pushing the limits.

Rafting, Kayaking, Canoeing, Sailing

With the abundance of water this region offers, any kind of water sport is offered and experienced in truly amazing surroundings. Try an invigorating white water rafting experience in Voss, kayak on the beautiful Sognefjord, try canoeing on a glistening mountain lake or enjoy sailing from village to village along the coast or into the fjords.

Biking – Off the Beaten Path or on an Idyllic Gravel Road

Fjord Norway is well suited for biking and new bike routes are constantly being developed. Many old roads have been made into biking paths which are separated from other traffic. Famous biking routes such as the old “Navvies Road” are truly worth exploring.



Ultimate spa experience, Bestebakken



Aurland, Pål Bugge/Innovation Norway



Sunset at Hotel Ullensvang



Kannesteinen Rock, Terje Rakke/Nordic Life/Fjord Norway



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SWEDEN – Nature Scenes

Day 1

Stockholm is built on 14 islands and is sometimes called “*The Venice of the North.*” The boat tour “Under the Bridges of Stockholm” provides a unique way to experience Stockholm. The route travels under fifteen bridges and passes through two locks connecting the Baltic Sea with Lake Mälaren.

Långholmen is Stockholm’s most captivating island. This tranquil island is a popular spot for walks and picnics, but this wasn’t always the case. The island is an erstwhile dreaded prison island, but since 1989 Långholmen Prison has become a hotel and hostel and it is now possible to stay in your own renovated cell and enjoy a meal in the former prison hospital, which today is a restaurant and pub. If you are in the mood to take a fika, the Swedish word for coffee break, **Carlhälls Gård** is the place to visit. This idyllic manor house is ideally located close to the waterfront.

The selection of modern gourmet restaurants in Stockholm is staggering and one of the best is restaurant **F12**, claiming one star in the Michelin guide and having the Swedish chef of 2009 preside over the kitchen. The restaurant presents innovative, international cooking with rare flavor combinations that surprise and delight guests.

Day 2

After breakfast, set off for the island of **Djurgården**, a huge, green oasis which was once a royal hunting ground. Amble around the beautiful canal of Djurgårdsbrunn and then visit **Östermalm’s Saluhall**, a wonderful covered market dating from the 1880s with counters loaded with Swedish delicacies. The covered market is a perfect spot for lunch or a glass of wine in a beautiful environment. Sit down, relax, and enjoy the people-watching!

A verdant refuge with a restaurant, bar and alfresco section is **Mälarpaviljongen**. The restaurant is located on the pier in a converted barge at Norr Mälärstrand and offers stunning views across the waters of Riddarfjärden. Complete your day with afternoon refreshments at **Mosebacke**. The cozy beer garden is a local gathering place in summer, where the friendly atmosphere and a beautiful view of the city take center stage.

Day 3

As wonderful as the city of Stockholm is, don’t miss its most unique feature – the magnificent archipelago. Take the opportunity to get out to the **Stockholm Archipelago** with its 30,000 islands and magnificent natural environment. Within two hours by boat or car from Stockholm, one can be anywhere in the archipelago. Find your very own paradise, where it feels like you are a thousand miles from the nearest city. Many boat tours offer lunch or dinner. What an exceptional way to end the day!

The charming island of **Grinda** is just over an hour away by the fastest boat via Vaxholm. It is situated in a blissful setting in a nature preserve, perfect for swimming in summer. **Grinda Wårdshus** is an inn, built in art nouveau style, open on weekends and holidays year-round. Further out in the archipelago is **Sandhamn**, a popular destination and the main center for sailing. The Royal Swedish Yacht Club was established here some 100 years ago. The village, with its narrow alleys and closely-packed houses, is well worth exploring and the fine sandy beaches are another ideal place for swimming in the summer. Sandhamn inn has a spectacular view of the ocean and the menu will tempt you with the finest seafood in the world.



Image Bank Sweden/Lena Granefelt



Stockholm Visitors Board/Olof Holdar



Image Bank Sweden/Henrik Trygg



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DENMARK – Nature Scenes

Day 1

Explore Copenhagen's many green spots

Take the local train to **Klampenborg** north of Copenhagen and walk to the entrance of **Dyrehaven** (*the Deer Garden*), a Royal hunting ground and today a popular recreational area for activities such as animal watching and picnicking. **Dyrehaven** is a beautiful mixture of grassy areas and forest and with over 2,000 deer in the park you're almost sure to catch a glimpse of at least one!

Enjoy lunch at the Michelin recommended **Skovshoved Hotel** in Charlottenlund followed by a stroll down the beautiful coastline along the marinas of **Strandvejen** or visit **Bakken**, the world's oldest amusement park in the middle of the forest.

Or if you feel like spending the day in the city, visit the **Botanical Garden** situated in the heart of Copenhagen. The garden is a living museum and contains the largest collection of living plants in Denmark. Afterwards chill out in **H.C. Ørsteds Park**, another green haven in the middle of the city. So bring your newspaper and a blanket and relax in green surroundings while watching the herons fly by.

Day 2

Experience Denmark's wonder of nature

Møns Klint (*Cliff of Møn*) is one of the most spectacular places in Denmark! **Møn** is located 85 miles southwest of Copenhagen and is accessible by bus or train from Copenhagen. The cliff is like nothing you've ever seen! The white chalk which forms **Møns Klint** is situated just beneath the moraine clay. The landscape just behind the cliffs is created through lime shells from microscopic animals and plants having been deposited on the bed of a tropical sea which covered most of Northern Europe 75 million years ago.

And if the weather allows it – remember your swimsuit and take a cooling swim!

Day 3

Go for a sail... in the woods!

Jump on the local train to Lyngby and get ready to either experience the four lakes, **Lyngby Sø**, **Bagsværd Sø**, **Furesøen** og **Vejle Sø** by canoe or motor boat. If you're feeling energetic, rent a canoe and sail from one lake to another, bring a fishing rod and see if you can catch pike or perch. If you feel like relaxing and simply enjoying the beautiful scenery, go with the wooden motor boat that takes you around all four lakes in an hour.

Or swing by **Farum Sø**. This lake is located in the **River Mølleå Valley** near the two Copenhagen suburbs, Farum and Værløse. Out in the lake there are two small islands out of which one is inhabited and the lake is surrounded by forest and the lake is a paradise for bird watchers.

Hungry after a day on the water? When back in Copenhagen grab a hot dog at the organic hotdog stand near the Round Tower in the centre of the city. Nothing is more Danish than a hotdog for lunch. Enjoy!



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