



Scandinavia: The Capitals & the Fjords with Tillamook Chamber

14 days | 17 days with Iceland extension | Apr 27 2025—May 10 2025

A shared seafaring culture. A medley of mesmerizing natural landscapes. The five Nordic nations have a lot in common, but it's their differences that make them so compelling. Begin your tour in fjord-flanked Norway, jumping from Bergen's paint-palette waterfront to Oslo's museum-filled streets before sailing to the regal environs of Copenhagen, Denmark. Follow that up with stops in the Scandinavian city of Stockholm and the Finnish capital of Helsinki—and if you're feeling adventurous, add the excursion to Iceland to complete your checklist.



Your tour package includes

- 10 nights in handpicked hotels
- 2 nights aboard a cruise ship
- 12 breakfasts
- 6 dinners with beer or wine
- 6 guided sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach
- 2 on-tour flights

Included highlights

- Historic Bergen
- Norway's fjord country
- Fram Museum
- Copenhagen's Nyhavn district
- Vasa Museum
- Senate Square
- Tempeliaukio Church

Tour pace

On this guided tour, you'll walk for at least 2 hours daily across mostly flat terrain, including cobblestone streets, paved roads, and dirt paths.

For more information, contact

<https://groups.goaheadtours.com/groups/tours/scandinaviachamber> | 800-438-7672 | Kaitlyn Guidi

Scandinavia: The Capitals & the Fjords with Tillamook Chamber

14 days | 17 days with Iceland extension

Overnight Flight → 1 night

Day 1: Travel day

Board your overnight flight to Bergen today.

Bergen → 3 nights

Day 2: Arrival in Bergen

Included meals: welcome dinner

Welcome to Norway! Meet your Tour Director and fellow travelers at tonight's welcome dinner, served with beer or wine.

Day 3: Sightseeing tour of Bergen

Included meals: breakfast

Join a local guide and discover the historic sites in and around Bergen, Norway's second city and a settlement that was first founded in 1070.

- Drive to the borough of Fana and enter the wooden, medieval-style Fantoft Stave Church—a reconstruction of the original that was first built in the mid-12th century.
- Pass by Bergenhus Fortress, one of the best-preserved stone strongholds in all of Norway. Fully restored in the mid-20th century, the complex links different eras, containing buildings from medieval times and the Second World War.
- Walk through Hanseatic League-era alleyways and courtyards—and past one of the most famous photo ops in Bergen—in the UNESCO-listed Bryggen harbor district, where a series of colorful buildings line the shores of Vagen bay.

Transfer back to your hotel for some rest and relaxation, then spend the rest of the day at your leisure. If you're feeling adventurous, make your way to the city center and hop aboard the Floibanen funicular. You'd do well to find a better view of Bergen than the one that'll greet you at the top of Mount Floyen!

Day 4: Norwegian fjords

Included meals: breakfast

Even from afar, the fjords that cradle Bergen are a staggering sight. Today, feel the full power of these cliff-lined inlets up close as you venture beyond the city.

- Climb onto a train bound for Voss and savor a scenic ride through Norway's otherworldly fjord country before transferring to the sleepy village of Gudvangen.
- Board a boat and watch in awe as you cruise through the Naeroyfjord, a UNESCO World Heritage Site that boasts the 1,640-foot-tall Sagfossen waterfall. After, you'll sail into the equally impressive Aurlandsfjord, where you'll disembark.
- Leave your ship in tiny Flam, a picturesque settlement of just 350 people that overlooks the Aurlandsfjord and traces its roots back to the 1300s. After some free time, you'll head for the majestic Flam Railway.
- Ride the rails through the Sognefjord—Norway's longest and deepest fjord—before disembarking in Myrdal and transferring to a train that'll take you back to Bergen.

You'll arrive at your hotel in the early evening; take the night to relax, pack, and prepare for tomorrow's flight to Oslo.

Oslo Region → 1 night

Day 5: Flight to Oslo & Fram Museum

Included meals: breakfast, dinner

Fly to Oslo in the morning. Then, step inside the Fram Museum to learn about Norway's storied tradition of polar exploration through interactive exhibits and other displays. One can't-miss highlight: the *Gjoa*, the sailboat used by pioneering Arctic explorer Roald Amundsen to complete the first successful transit of the Northwest Passage.

This evening, join your group for an included dinner, served with beer or wine, before turning in for the night.

Overnight Cruise → 1 night

Day 6: Sightseeing tour of Oslo & cruise to Copenhagen

Included meals: breakfast, dinner

Ready for more of Oslo? Follow up yesterday's

outing with a sightseeing tour and let a local guide properly introduce you to the vibrant Norwegian capital—a Viking outpost turned global city that has stood in the bowl of the Oslofjord for close to 1,000 years.

- Step inside Oslo City Hall. Besides the day-to-day meetings of the city council, this red brick building also hosts the annual Nobel Peace Prize ceremony and is decorated with murals depicting the award.
- Enter the National Gallery, Norway's preeminent art museum, to view its most famous exhibition: Edvard Munch's 1893 painting, *The Scream*.
- Stroll among more than 200 bronze, granite, and cast-iron sculptures in Vigeland Park. Set within the 110-acre expanse of Frogner Park—Oslo's largest green space—this open-air exhibition showcases the works of Norwegian artist Gustav Vigeland.
- Check out the Mathallen, an indoor food court with more than 30 specialty vendors. Use your free time there to scope out some good eats and order your favorite for lunch.

This afternoon, meet your bus and ride to Oslo's port. There, you'll board a cruise ship and sail through the night, charting a course for Copenhagen, Denmark. You'll be treated to an included dinner, served with beer or wine, as you go.

Copenhagen → 2 nights

Day 7: Sightseeing tour of Copenhagen

Included meals: breakfast

If you wake up early enough, you'll see Copenhagen cresting over the horizon, a colorful coastal capital protected by a line of wind turbines. Dock, then set out on a guided tour of this Danish delight.

- Step inside the 16th-century Rosenborg Castle, a royal residence built in the Dutch Renaissance style.
- View the iconic *Little Mermaid* statue, commemorating one of Danish writer Hans Christian Andersen's most famous fairy tales, and marvel at the wharfside homes and stores of the beautifully preserved Nyhavn district.

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- Pass by a pair of palaces: the rococo Amalienborg, official home of the Danish royal family, and the neo-baroque Christiansborg, site of the national parliament.

Continue stretching your legs during a free afternoon—maybe with a walk through Sondermarken. On the surface, this green space is your typical European park; below ground, though, you'll find the Cisternerne, a reservoir-turned-art exhibit that serves as an extension of the nearby Frederiksberg Museums.

Day 8: Free day in Copenhagen

Included meals: breakfast

For a fairytale day with an extra dash of whimsy, add our optional outing to lakeside Frederiksborg Castle and the waterfront city of Elsinore. Or, hang back in Copenhagen for some self-guided exploration. The Kastellet, a star-shaped fortress standing sentinel over the Oresund strait, lies a half-hour's walk from Rosenborg Castle.

+ Frederiksborg Castle & Elsinore

Stockholm → 2 nights

Day 9: Flight to Stockholm

Included meals: breakfast, dinner

After breakfast, head to the Copenhagen airport for a short flight to Stockholm, Sweden. Transfer to your hotel, then take it easy for the rest of the afternoon before reconvening for an included dinner, served with beer or wine.

Day 10: Sightseeing tour of Stockholm

Included meals: breakfast

Stockholm, Sweden's island-bound capital, is a sophisticated place, one that embraces modernity just as much as its Viking heritage. Hit its streets today on a guided tour and let a local expert introduce you to their hometown.

- Enter Stockholm's City Hall, built in an offshoot of the art nouveau style using some 8 million bricks. Other than its unique aesthetic, its main draw is its status: The building has hosted the Nobel Prize banquet almost every year since 1930.
- Visit the Vasa Museum—Scandinavia's most popular exhibition—and see its namesake attraction: a 64-gun, 17th-century warship that was hauled off the floor of Stockholm's harbor in 1961.
- Stroll across the island of Gamla Stan, Stockholm's Old Town, and stop to view the Baroque exterior of the Royal Palace.

Round out your afternoon with an optional trip to

Uppsala, the academic and religious heart of Sweden. If you choose to stay behind, see if you can score admission to the Royal Palace. (In addition to guided tours, it offers three separate museums and an expansive, elegant library.)

+ Historic Sweden: A Day in Uppsala

Overnight Cruise → 1 night

Day 11: Cruise to Helsinki

Included meals: breakfast, dinner

If you enjoyed visiting the Royal Palace yesterday, be sure to add this morning's excursion to Drottningholm Palace, an opulent residence whose grounds encompass gardens, a theater, and more. Otherwise, ease into your day—maybe with a walk down the cherry blossom-lined paths of the Kungsträdgården—before reuniting with your group.

Once you're all together, you'll transfer to Stockholm's port and push off on an overnight cruise to Helsinki, Finland. Join your travelers for an included dinner, served with beer or wine, then retire for the evening.

+ Drottningholm

Helsinki → 2 nights

Day 12: Sightseeing tour of Helsinki

Included meals: breakfast, farewell dinner

Sprawling atop a peninsula and spilling out over 315 islands, the port city of Helsinki is Finland's gift to the world. Dive into the history and culture of the country's capital on a guided tour of its highlights.

- Pass through the neoclassical Senate Square. Bounded by the triple domes of Helsinki Cathedral and the pale-yellow walls of the Government Palace, this public plaza constitutes the oldest part of the city.
- See the modern Olympic Stadium, a 36,000-seat arena distinguishable from a distance by its white tower. Reaching 238.5 feet above Helsinki's Toolo district, the tower commemorates Matti Järvinen's gold medal-winning javelin throw at the 1932 Summer Olympic Games—one of his many athletic accomplishments.
- Stop to enter Temppeliaukio Church: Carved down into a rocky hillside and topped by a

squat copper roof, this Lutheran house of worship is one of Helsinki's most popular tourist attractions. One look around its circular, exposed rock walls is all it takes to understand why.

- Recall Finland's most famous composer at seaside Sibelius Park, crowned by a hauntingly beautiful sculpture reminiscent of a pipe organ.

This evening, celebrate your trip with your group during a farewell dinner, served with beer or wine.

Day 13: Free day in Helsinki

Included meals: breakfast

If you'd prefer to squeeze one more city into your itinerary, take up our optional day trip across the Gulf of Finland to Tallinn. With one of the best-preserved old towns on the continent, miles of Baltic coastline, and pops of color around every turn, Estonia's capital is a treat in more ways than one.

If you'd rather stay in Helsinki, try to make the trip to Suomenlinna. Guarding the maritime approach to the city, the Gibraltar of the North is an 18th-century island fortress, built by the Swedish to defend against Russian encroachment. Nowadays, it's honored as a UNESCO World Heritage Site—and locals regularly visit for scenic picnics.

+ Tallinn

Flight Home

Day 14: Departure

Included meals: breakfast (excluding early morning departures)

Say goodbye to Scandinavia as you transfer to the airport for your flight home. Not ready to leave? Add the fifth and final regional capital to your itinerary by extending your trip to Reykjavik, Iceland—the core of the Land of Fire and Ice.

Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: <https://groups.goaheadtours.com/groups/tours/scandinaviachamber> | 800-438-7672

Day 8: Frederiksborg Castle & Elsinore

From \$139.00 . Visit the link above for pricing info. (6 hours, departs in the morning)

Depart from Copenhagen and head north to visit Frederiksborg Castle. Take a guided tour of the castle and gardens, which sit within the three islets of the surrounding Slotssøen lake. After, join your Tour Director for a walk through Elsinore and enjoy free time to eat lunch. You'll also have the opportunity to walk to and take a photo of the nearby Kronborg Castle, setting for Shakespeare's Hamlet, before returning to Copenhagen.

Day 10: Historic Sweden: A Day in Uppsala

From \$135.00 . Visit the link above for pricing info. (4.5 hours, departs in the afternoon)

The ancient city of Uppsala is considered the birthplace of Sweden. In addition to the tombs of the first Swedish kings in Old Uppsala, the city also hosts an 800-year-old Gothic cathedral and Scandinavia's oldest university. Enjoy free time for lunch before setting off on a guided tour of the city. You'll enter Uppsala Cathedral, as well as the University library, which was completed in 1841 and is still an active library. Then, visit the pagan archaeological site at Gamla Uppsala, an old Norse religious and burial site, to learn about the historic village that was once a center for politics, religion, and economics. End the tour with a tasting of kanelbullar, a Swedish cinnamon roll, before traveling back to Stockholm.

Day 11: Drottningholm

From \$129.00 . Visit the link above for pricing info. (4 hours, departure time varies)

Take a tranquil ferry ride across Lake Mälaren, and arrive at Lovön Island, where you'll explore the 16th-century Drottningholm Palace. The magnificence of this royal residence, still the permanent residence of Swedish royalty, rivals that of Versailles. Join a local guide for a tour of the UNESCO-listed palace to learn about its storied history and see the decadent rococo interiors. Please note: This excursion is seasonal and runs from mid-May to end of August.

Day 13: Tallinn

From \$169.00 . Visit the link above for pricing info. (12 hours, departs in the morning)

Cruise to Tallinn, a bustling port city dominated by Toompea Hill. The aura of the 14th and 15th centuries is strong in the central city's jumble of medieval walls, spires and winding cobblestone streets. You'll enjoy a guided tour followed by free time to discover the city on your own. Please note: Non-U.S. and non-Canadian citizens who plan to visit Tallinn should check on entry requirements for Estonia in advance of their trip.

*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at [goaheadtours.com/terms](https://groups.goaheadtours.com/terms)