

# 12天9晚 北欧四国

## (丹麦+挪威+瑞典+芬兰)



团编号  
HH/ESC/25

### 独家体验

- 特选入住4 星级舒适酒店
- 全膳食含当地美食
- 精心策划及节奏中的旅程编排
- 体验弗拉姆铁路的壮观旅程
- 盖朗厄尔峡湾游轮
- 游轮上过夜2晚, 提供行李搬运服务
- 旅游解说将以英语进行, 如有需要, 可简单翻译成中文
- 包含旅游保险 (乐龄人士另加收费)

### 风味餐

- 斯堪的纳维亚自助早餐 · 中餐+蒜蓉龙虾
- 烤鸭 · 烤三文鱼 · 瑞典肉丸 · 酒店自助晚餐

### 第一天 出发 > 中转 > 哥本哈根 (丹麦)

#### 机上用餐

- 在机场集合, 搭乘航班飞往丹麦首都~哥本哈根。

### 第二天 哥本哈根

#### 晚餐

- 抵达哥本哈根后, 开始观光旅游, 向丹麦灿烂的风景区致敬, 其中包括:
- 观赏传说中的小美人鱼-爱德华·埃里克森的青铜雕塑, 随着时间的推移, 它已成为哥本哈根精神的象征和体现。
- 参观宏伟的吉菲昂喷泉~哥本哈根最大的纪念碑也被许多人用作许愿井。
- 车游绕过新港湾。
- 夜宿于斯堪迪克格洛斯特鲁普酒店或同等级。

### 第三天 哥本哈根 > 奥斯陆 (挪威) (7小时)

#### 早餐, 午餐, 晚餐

- 早餐后, 继续哥本哈根市区观光。·市政厅广场、克里斯琴堡。
- 然后继续参观阿马林堡宫、阿美琳堡-丹麦王室的冬宫拍照留念。
- 外观赏腓特烈教堂和哥本哈根歌剧院。
- 午餐后, 前往码头搭乘DFDS Seaways从哥本哈根出发前往奥斯陆。夜宿于邮轮上。(2人1房舱)

### 第四天 奥斯陆 > 耶卢 (3.5小时)

#### 早餐, 午餐, 晚餐

- 抵达奥斯陆后, 开始奥斯陆城市之旅, 包括:
- 奥斯陆市政厅和维格兰公园~拥有挪威著名雕塑家古斯塔夫·维格兰的227座花岗岩和青铜雕塑。
- 午餐后前往耶卢。途中, 在古尔木板教堂拍照留念, 这是一座最初来自挪威布斯克鲁德县的哈灵达尔传统地区古尔的木板教堂。
- 抵达耶卢入住酒店。夜宿于巴迪拉霍伊山酒店或同等级。

### 第五天 耶卢 > 卑尔根 (挪威) (4小时)

#### 早餐, 晚餐

- 驱车前往卑尔根, 途经挪威最长吊桥哈当厄尔大桥和霍达兰最著名和美丽的福林斯瀑布停留拍照。
- 抵达卑尔根后, 前往布吕根港口游览。您可以在布吕根鱼市场享用午餐(自费)。
- 午餐后, 游览弗洛伊恩山(含缆车)~弗洛伊恩山是卑尔根的城市山脉之一。
- 夜宿于卑尔根机场北欧之选酒店或同等级。

### 第六天 卑尔根 > 沃斯 (1.5小时) > 弗洛姆 > 布里克斯冰河 (1.5小时) > 罗恩 (挪威) (4.5小时)

#### 早餐, 午餐, 晚餐

- 早餐后, 送往沃斯火车站。乘搭NSB前往米达尔。
- 抵达后, 搭乘弗洛姆铁路继续前往弗洛姆, 从海平面上升到3000英尺, 欣赏山景和咆哮的瀑布。
- 前往布里克斯达尔布林-约斯特达尔布林冰川最容易到达和最著名的支流之一。从海拔1200米处, 冰川直下坠入美丽的布里克斯达伦山谷。
- 从福内斯乘坐渡轮前往曼海勒。然后乘坐Troll Car前往布里克斯达尔冰川山脚。
- 夜宿于斯特林酒店或同等级。

### 第七天 罗恩 > 赫勒叙尔特 (6小时) > 盖朗厄尔 (1.5小时) > 利勒哈默尔 (挪威) (4小时)

#### 早餐, 午餐, 晚餐

- 早餐后乘车前往赫勒叙尔特。乘坐迷你峡湾游轮到盖朗厄尔峡湾。
- 抵达盖朗厄尔峡湾后, 前往鹰路, 在鹰路观景台拍照留念。
- 午餐后经洛姆前往利勒哈默尔。途中, 在弗里达斯悬崖和木板教堂采石场停留拍照。
- 夜宿于斯堪迪克哈山酒店或同等级。

### 第八天 利勒哈默尔 (挪威) > 卡尔斯塔德 (瑞典) (4小时) > 斯德哥尔摩 (3.5小时)

#### 早餐, 午餐, 晚餐

- 今日乘车前往瑞典首都斯德哥尔摩, 途经瑞典韦姆兰省最大城市~韦姆兰省首府卡尔斯塔德。
- 夜宿于斯堪迪克之星索伦蒂纳酒店或同等级。

### 第九天 斯德哥尔摩 (瑞典) > 赫尔辛基 (芬兰) (17小时)

#### 早餐, 午餐, 晚餐

- 早餐后, 游览斯德哥尔摩城市, 外观瑞典王宫、卓宁霍姆城堡和斯德哥尔摩市政厅。
- 继续参观旧城区(老车站) 停留拍照——欧洲最大、保存最完好的中世纪城市中心之一。
- 午餐后, 继续参观瓦萨战舰博物馆~瓦萨号是世界上唯一保存完好的17世纪船舶。
- 前往码头, 乘船前往赫尔辛基。夜宿于邮轮上。(2人1房舱)。

#### 需符合条款与条款

最后确认的行程将以旅行团抵达各地后接待社安排为准, 在不可预知的情况之下, 我社保留更改行程内容的权力, 恕不预先通知。\*图片仅供参考。

### 第十天 赫尔辛基

#### 早餐, 午餐, 晚餐

- 抵达后, 开始驱车游览赫尔辛基最有趣的地方, 包括:
- 乌斯佩斯大教堂~这座大教堂建于1862年至1868年间, 采用俄罗斯拜占庭风格。大教堂坐落在杜松喙半岛的山坡上, 俯瞰着城市。它是西欧最大的东正教堂。
- 赫尔辛基大教堂~该教堂是赫尔辛基帝国时代中心的一部分, 对于那些从海路抵达的人来说是一个地标。
- 圣殿广场教堂~建于1968年至1969年左右。由于这块坚硬的岩石, 教堂的形成也被称为岩石教堂。
- 接下来, 参观参议院广场和西贝柳斯纪念碑——抽象的纪念碑类似于由管风琴簇组成的声波。它由600多根钢管组成, 这些钢管在不同高度不均匀地组合在一起, 最高的钢管悬空超过27英尺。
- 夜宿于海默一号索克斯酒店或同等级。

### 第十一天 赫尔辛基 (芬兰) > 回程

#### 早餐, 机上用餐

- 早餐后, 自由活动。直到送往机场乘搭客机飞返美丽的家园。

### 第十二天 抵达家园

- 带着快乐回忆抵达温馨家园。



团费

出发日期

# 12D9N SCANDINAVIA 4 COUNTRIES (DENMARK+NORWAY+SWEDEN+FINLAND)

TOUR CODE  
HH/ESC/26



### EXCLUSIVE EXPERIENCE

- Hand-picked 4 Stars hotels
- Full board meals with local delights
- Experience on board Flåm Railway Mountain scenery
- Geiranger Fjord Cruise from Hellesylt to Geiranger
- Overnight 2 nights on board Cruise with porter service
- Tour commentary will be conducted in English with simple translation in Mandarin if required
- Included Travel Insurance (Senior citizen additional charges)

### CUISINE

- Scandinavian Buffet Breakfast
- Chinese Meal with Garlic Lobster
- Grilled Duck • Baked Salmon
- Swedish Meat Ball • Hotel Buffet Dinner

### DAY 1 DEPARTURE > TRANSIT > COPENHAGEN (DENMARK)

**MOB**

- Assemble at airport for your departure flight to the capital city of **Denmark - Copenhagen**.

### DAY 2 ARRIVAL COPENHAGEN

**Dinner**

- Upon arrival in **Copenhagen**, pay homage to the resplendent Danish sights by embarking on a sightseeing tour which includes:
- View the fabled **Little Mermaid** - bronze sculpture by Edvard Eriksen which has emerged over time as icon and embodiment of the spirit of Copenhagen.
- See the magnificent **Gefion Fountain** - the largest monument in Copenhagen and used by many as a wishing well;
- Drive around **Nyhavn** - means new harbour, one of the most famous entertainment street in Copenhagen; After dinner, check in hotel for rest.
- Overnight in Scandic Glostrup Hotel or similar.

### DAY 3 COPENHAGEN > OSLO (NORWAY) (7 HOURS)

**Breakfast, Lunch, Dinner**

- After breakfast, continue for Copenhagen city tour.
- Photo stop at **City Hall Square, Christiansborg Palace, Amalienborg** - the winter home of the Danish royal family.
- View the **Frederik's Church and Copenhagen Opera House**.
- After lunch transfer to pier. Departure Copenhagen by **DFDS Seaways** for Oslo.
- Dinner will be on board.
- Overnight on **cruise**. (2 in an inside cabin room with shower attached)

### DAY 4 OSLO > GEILO (NORWAY) (3.5 HOURS)

**Breakfast, Lunch, Dinner**

- Upon arrival in Oslo, start **Oslo City Tour** which includes:
- Oslo City Hall and Vegeland Park - home for 227 granite and bronze sculptures by Norway celebrated sculptor Gusrav Vigeland. After lunch transfer to **Geilo**.
- En-route, photo stop at **Gol Stave Church**-a stave church originally from Gol in the traditional region of Hallingdal in Buskerud County, Norway. Arrive in Geilo check in hotel.
- Overnight in Bardila Hoyfjells Hotel or similar.

### DAY 5 GEILO > BERGEN (NORWAY) (4 HOURS)

**Breakfast, Dinner**

- After breakfast, transfer to **Bergen** via **Hardanger Bridge**, Norway's longest suspension bridge that links Bruravik to Brimnes. Photo stop at **Voringsfoss** - the most famous and the most beautiful waterfalls in Hordaland, Norway.
- Upon arrival, start **Bergen City Tour, Bryggen** and **Fish and Flower Market** - where you may enjoy lunch at your own expenses.
- After lunch, visit **Mount Floyen** (include Cable Car)- Floyen is one of the city mountains in Bergen and the one of the city's most popular tourist attractions.
- Overnight in Comfort Hotel Bergen Airport or similar.

### DAY 6 BERGEN > VOSS (1.5 HOURS) > FLÅM (1.5 HOURS) > BRIKSDALSBRE (1.5 HOURS) > LOEN (4.5 HOURS)

**Breakfast, Lunch, Dinner**

- Transfer to **Voss**. Arrival in Voss check in at Railway Station.
- Departure Voss by NSB for **Myrdal**.
- Continue our journey to **Flåmsbana (Flåm Railway)** for **Flåm**, taking us from sea level to 3000 feet with the view of mountain scenery and the roaring waterfalls.
- Transfer to **Briksdalsbre** - one of the most accessible and best known arms of the Jostedalsgreen Glacier. From 1200 meters the glacier plunges down into the beautiful **Briksdalen Valley**.
- Take a **Ferry Crossing** from **Fodnes to Mannheller**. Upon arrival, take a ride by **Troll Car** up to the foot of the **Glacier Briksdal**.
- Overnight in Stryn Hotel or similar.

### DAY 7 LOEN > HELLESYLT (6 HOURS) > GEIRANGER (1.5 HOURS) > LILLEHAMMER (NORWAY) (4 HOURS)

**Breakfast, Lunch, Dinner**

- Today transfer to **Hellesylt**. Arrival in Hellesylt check in at Pier, Ferry crossing from **Hellesylt to Geiranger**.
- Upon arrival **Geiranger**, transfer to **Eagle Road** for a photo stop at **Eagle Road Viewpoint**.
- After lunch, transfer to **Lillehammer** via **Lom**. Photo stop at **Flydalsjuvet** and **Lom Stave Church**.
- Overnight in Scandic Hafjell or similar.

### DAY 8 LILLEHAMMER > KARLSTAD (SWEDEN) (4 HOURS) > STOCKHOLM (3.5 HOURS)

**Breakfast, Lunch, Dinner**

- Today proceed to capital city of Sweden - **Stockholm** via **Karlstad** - the capital of **Varmland Country**, and the largest city in the province Varmland in Sweden.
- Lunch will be at **Karlstad**. After lunch continue journey to **Stockholm**. Overnight in Scandic Star Sollentuna or similar.

### TERMS & CONDITIONS APPLIED

The order of itinerary is subject to the final discretion of local land operator, we reserve right to amend the itinerary due to the unforeseen circumstances without prior notice. \* All pictures shown are for illustration purpose only.

### DAY 9 STOCKHOLM (SWEDEN) > HELSINKI (FINLAND) (17 HOURS)

**Breakfast, Lunch, Dinner**

- **Stockholm**, known as the Nordic Water Town has a unique location on the 14 islands between Lake Malaren and the Baltic Sea. Start **Stockholm City Tour** which includes photo stop at:
- **The Royal Palace** (outview only) and **Drottningholm Slott**.
- Photo stop at the Old Town (**Gamla Stan**) - one of the largest and best preserved medieval city centers in Europe. Next visit **Stockholm City Hall**.
- After lunch, visit **Vasa War Ship Museum**-one of the greatest achievements of the Swedish Navy and one of "the most spectacular warships ever built".
- Later, transfer to pier for **Viking Line** to **Helsinki**.
- Overnight on cruise. (2 in an inside cabin room with shower attached)

### DAY 10 HELSINKI

**Breakfast, Lunch, Dinner**

- Upon disembarkation from cruise, start with a drive in the most interesting parts of Helsinki such as the:
- (Photo-stop) **Uspenski Cathedral** - This cathedral was built in the Russia Byzantine style between 1862 - 1868. The Cathedral is set upon a hillside on the Katajanokka peninsula overlooking the city. It is the biggest Orthodox Church in Western Europe.
- (Photo-stop) **Helsinki Cathedral** - The church is part of Helsinki's Empire era centre and a landmark for those arriving by sea;
- (Photo-stop) **Tempelli aukion Church** - built around 1968 - 1969. Due to this solid rock, formation of the church is also known as Church of the Rock.
- Next, visit **Senate Square** and **Sibelius Monument**-the abstract monument resembles a sound wave made from clusters of organ pipes. It consists of over 600 steel pipes unevenly grouped together at various heights, with the highest pipe reaching over 27 feet in the air.
- Overnight in Heymo 1 By Sokos Hotels or similar.

### DAY 11 HELSINKI > HOME

**Breakfast, MOB**

- After breakfast, free at own leisure till time to departure for your flight back home.

### DAY 12 ARRIVE HOME

- Home sweet home.



**TOUR FEES**

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**DEPARTURE DATE**

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