



Scandinavia: The Capitals & the Fjords

14 days | 17 days with Iceland extension

From seafaring histories to fantastic fjords, there's a lot to love about Scandinavia. Marvel at Norway's amazing green cliffs and blue water, then set sail from Oslo to Denmark's waterside capital. Hit the remaining Nordic capitals—Stockholm and Helsinki, two of the world's most livable cities—and explore their maritime pasts and modern architecture.



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
- Temppeliaukio 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.

Group size

15–38

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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.

Day 3: Sightseeing tour of Bergen

Included meals: breakfast

Join a local guide to discover historic sites in and around Bergen.

- Drive to Fana and enter the wooden, medieval-style Fantoft Stave Church
- Pass by Bergenhus Fortress and the bustling fish and flower market
- Admire views of the city center and harbor from Custom House Pier
- Walk through the Hanseatic era alleyways and courtyards in the UNESCO-listed Bryggen harbor district

Day 4: Norwegian fjords

Included meals: breakfast

Spend the day journeying through Norway's fjord country, a region of otherworldly natural beauty.

- Embark on a cruise through the country's steep cliffs and narrow waterways
 - Disembark in the village of Flåm, overlooking Aurlandsfjord
 - Explore the Flåm Railway Museum
 - Take a scenic train ride along one of the steepest rails in the world
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Oslo Region → 1 night

Day 5: Flight to Oslo & Fram Museum

Included meals: breakfast, dinner

Fly to Oslo this morning. Then, step inside the Fram Museum to learn about Norway's history of polar exploration and other world famous voyages through interactive exhibits. This evening, sit down for an included dinner.

Overnight Cruise → 1 night

Day 6: Sightseeing tour of Oslo & cruise to Copenhagen

Included meals: breakfast, dinner

A local guide introduces you to Oslo's local highlights this morning.

- Step inside Oslo City Hall to see stunning murals
- Enter the National Gallery to see Edvard Munch's famous painting called "The Scream"
- Stroll through Vigelandsparken, a sculpture park, as you enjoy a short panoramic tour in the center of the city
- Explore the local Mathallen market

Later, board a cruise ship and sail through the night to Copenhagen, Denmark. Aboard the ship, sit down for an included dinner.

Copenhagen → 2 nights

Day 7: Sightseeing tour of Copenhagen

Included meals: breakfast

After docking in Copenhagen, take a guided tour of the bustling maritime city with a local guide.

- Step inside the 16th-century Rosenborg Castle, a royal residence built in the Dutch Renaissance style
- View the iconic Little Mermaid statue and marvel at the wharfside homes and stores in the beautifully preserved Nyhavn district
- Pass by the Amalienborg Palace and Christiansborg Palace, seat of the Danish Parliament

Day 8: Free day in Copenhagen

Included meals: breakfast

Spend a free day in Copenhagen or add an excursion.

+ Frederiksborg Castle & Elsinore

Stockholm → 2 nights

Day 9: Flight to Stockholm

Included meals: breakfast, dinner

Fly to Stockholm, Sweden this morning. This evening, sit down for an included dinner.

Day 10: Sightseeing tour of Stockholm

Included meals: breakfast

Explore Sweden's sophisticated capital on a guided tour led by a local expert.

- Enter the architecturally unique Stockholm City Hall, site of the annual Nobel Prize banquet
- Step inside the Vasa Museum to see a 1628 warship that once sat at the bottom of Stockholm harbor
- Stroll through the medieval Old Town and view the Baroque Royal Palace

Enjoy a free afternoon in Stockholm or add an excursion.

+ Historic Sweden: A Day in Uppsala

Overnight Cruise → 1 night

Day 11: Cruise to Helsinki

Included meals: breakfast, dinner

Spend a free morning in Stockholm or add an excursion.

This afternoon, board an overnight cruise to Helsinki, Finland. Aboard the ship, sit down for an included dinner.

+ Drottningholm

Helsinki → 2 nights

Day 12: Sightseeing tour of Helsinki

Included meals: breakfast, farewell dinner

Trace Finland's history and experience its culture during a guided tour of the country's capital city.

- Pass through Senate Square
- See the modern Olympic Stadium
- Stop to enter Temppeliaukio Church, carved into a rocky hillside
- Recall Finland's most famous composer in the eponymous Sibelius Park

Celebrate your trip with your group during a farewell dinner tonight.

Day 13: Free day in Helsinki

Included meals: breakfast

Enjoy a free day in Helsinki or add an excursion.

+ Tallinn

Flight Home

Day 14: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home or continue on to explore Iceland.

+ Iceland extension

The untouched terrain of Iceland is comprised of an otherworldly mixture of extremes. Fly to the Land of Fire and Ice to marvel at the Golden Circle's glacier-fed waterfalls, Reykjavik's cosmopolitan appeal, and more.

Reykjavik → 3 nights

Day 14: Flight to Reykjavik

Included meals: breakfast

Fly to Reykjavik, Iceland.

Day 15: Sightseeing tour of Reykjavik

Included meals: breakfast

Get a feel for Reykjavik, often called “the greenest city on Earth,” with your Tour Director leading the way.

- See the iconic Höfði House, Perlan Restaurant, and the presidential residence at Bessastadir
- Visit Hallgrim's Church and the University District
- Pass the Old Town Center, Parliament House, and modern City Hall
- Glimpse the artwork of Ásmundur Sveinsson and Einar Jónsson, both famous Icelandic artists

Enjoy a free afternoon in Reykjavik or add an excursion.

+ Blue Lagoon Spa Visit

Day 16: The Golden Circle

Included meals: breakfast, lunch

Leave the bustle of Reykjavik behind as you travel the Golden Circle, a ring of some of Iceland's most magnificent natural wonders.

- Stop at Thingvellir National Park to see the Althing, an open-air governmental assembly that was established in 930 and continued to meet until 1798
- Sit down for an included lunch at Fridheimar Farm, where fresh produce is grown in a greenhouse heated by geothermal energy
- Explore the Great Geysir geothermal area, located in the Haukadalur Valley

- Discover Gullfoss, or the Golden Waterfall, a natural wonder and one of the most powerful waterfalls in Europe
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Flight Home

Day 17: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home.

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: goaheadtours.ca/SCA | 1-800-754-5066

Day 8: Frederiksborg Castle & Elsinore

\$199CAD/\$209CAD* (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.

Travel to the Blue Lagoon, a famed geothermal spa known for its restorative properties. The lagoon's light-blue water is a mix of freshwater and seawater, and is warmed deep in the Earth before being sourced and pumped into the lagoon by a nearby geothermal plant. Relax in the lagoon's spa, admire the surrounding lava field, and soak in beneficial minerals as you float weightlessly in the ethereal water. Please Note: On some departures, travelers may visit the Sky Lagoon instead of the Blue Lagoon if it is closed or Go Ahead feels there is a safety risk due to seismic activity, dangerous air quality, or magma accumulating beneath the Blue Lagoon surface. This excursion requires advance reservation and must be booked at least 45 days prior to departure.

Day 10: Historic Sweden: A Day in Uppsala

\$185CAD/\$195CAD* (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

\$185CAD/\$195CAD* (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

\$235CAD (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. This excursion requires advance reservation and must be booked at least 20 days prior to departure.

Extension excursion options

Day 15: Blue Lagoon Spa Visit

\$219CAD (4.5 hours, departs in the afternoon)

*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.ca/terms