

Tour  
Information



# Nordic Capitals





## Travel

### Passports

Please ensure your 10 year British Passport is not out of date and is valid for a full three months beyond the duration of your visit. EU, Andorra, Liechtenstein, Monaco, San Marino or Switzerland valid national identification cards are also acceptable for travel to the Baltic States.

### Visas

Visas are not required for British and EU nationals to enter Finland and Estonia. For all other passport holders please check the visa requirements with the appropriate embassy.

#### **Finnish Embassy:**

38 Chesham Place, London SW1X 8HW.

Tel: (020) 7838 6200.

E-mail: [sanomat.lon@formin.fi](mailto:sanomat.lon@formin.fi)

Website: <http://www.finemb.org.uk>

Opening hours (visa section): Mon-Wed 1000-1200.  
(appointments necessary)

#### **Swedish Embassy:**

11 Montagu Place, London W1H 2AL

Tel: 020 7917 6400

Email: [ambassaden.london@gov.se](mailto:ambassaden.london@gov.se)

Website:

<http://www.swedenabroad.com/en-GB/Embassies/London/Contact/Embassy--Consulates/>

Open 9.00 – 12.00 Mon, Tue, Thu, Fri

#### **Danish Embassy:**

55 Sloane Street, London SW1X 9SR

Tel: (020) 7333 0200 Fax: (020) 7333 0270

E-mail: [lonamb@um.dk](mailto:lonamb@um.dk)

Website: [www.storbritannien.um.dk](http://www.storbritannien.um.dk)

Opening hours: Mon – Thu: 0900-1200 & 100-1630,  
Fri: 0900-1200 & 1300-1600



## Tickets and Flight Times

Included with your detailed itinerary is a travel document, which shows your flight reference number. You will need to show this travel document at the check-in desk and you will be issued with your boarding pass. **Online check-in is not available for this booking**

Your ticket is non-transferable and non-refundable. No refund can be given for non-used portions.



## Baggage allowance

We advise you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

With Norwegian your ticket includes one hold bag of up to 20kg plus one cabin bag no bigger than 55 x 40 x 23cm and a personal bag (handbag or computer case) no bigger than 25 x 33 x 20 cm.

Please contact the airline for further information.

<http://www.norwegian.com>

## Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

## Departure Tax

The departure tax is included in the price of your flight tickets.

## Special Requests

If you haven't already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements. Please note that some airlines may charge for use of wheelchairs.



## Accommodation

### Original Sokos Vaakuna, Helsinki

The four-star Original Sokos Vaakuna was built for the 1952 Olympics and is ideally situated in the heart of the city. The hotel offers a stylish restaurant offering panoramic views, bar, sauna & relaxation area and modern bedrooms with private bath/shower, hairdryer, TV, telephone and wi-fi.

For more information please visit the hotel's website:

<http://www.sokoshotels.fi/en/helsinki/sokos-hotel-vaakuna>

### Amaranten Hotel, Stockholm

Stylish, modern hotel with 1960s inspiration, located in the vibrant Kungsholme district. Hotel facilities include a casual restaurant, bar and gym. Rooms all have private bathroom with bath/shower, TV, telephone, wi-fi, minibar and hairdryer.

For more information please visit the hotel's website:

<https://www.nordicchoicehotels.com/hotels/sweden/stockholm/clarion-hotel-amaranten/>

### Tivoli Hotel, Copenhagen

Modern four-star hotel in the heart of the city, close to all of the main sights with stylish public areas and rooms. Hotel facilities include a restaurant, lobby bar and topfloor sushi bar with terrace. Rooms all have private bathroom with bath/shower, TV, telephone, wi-fi, minibar and hairdryer.

For more information please visit the hotel's website:

<https://www.tivolihotel.com/>

## Food

Largely based on seasonal and locally sourced produce, the local cuisine's main ingredients are meat, potatoes, vegetables such as cabbage, seafood, and a delicious, deep, black rye-bread.

Finland: Potatoes, meat, fish, milk, butter and rye bread are the traditional mainstays of the Finnish diet, but food in Finland has been greatly influenced both by Western (French and Swedish) and Eastern (Russian) cooking. Tourists can expect excellent

fresh fish dishes on menus. Examples are pike, trout, perch, whitefish, salmon and Baltic herring. All are in abundance most of the year. Crayfish (a Finnish speciality) is available from July to August. One should also try reindeer meat, smoked or in other forms. Regional dishes include *kalakukko*, a kind of fish and pork pie, baked in a rye flour crust, and *karjalan piirakat*, a pastry of rye flour stuffed with rice pudding or potato and eaten with egg butter. Various kinds of thick soups are also popular.

In restaurants (*ravintola*) the menu is Continental with several Finnish specialities. Restaurant prices are moderate if the set menu is chosen. Inexpensive lunches are served at places called *kahvila* and *baari* (the latter is not necessarily a licensed bar).

Sweden: More often than not, breakfast in Sweden is a substantial self-service affair of bread, crackers, cheese, eggs, preserves, cold meat and fresh and pickled fish, washed down with tea or ground coffee.

Whilst Swedish food isn't known for its sophistication, it does have a simple, wholesome charm of its own. Locally produced and organic ingredients take pride of place in the kitchen and wild food such as mushrooms, blueberries and cloudberries crop up seasonally. A long coastline and numerous freshwater lakes mean fish is a staple part of the diet along with meat and root vegetables. Rest assured travellers will find the meatballs are considerably better in Sweden than in your local IKEA store! From every day Swedish cuisine, or *humankost*, *ärtsoppa* (pea soup) is a staple and heart-warming choice on cold winter days, particularly when followed by pancakes doused in Swedish punch.

Other specialities include: *smorgasbord* – the classic Scandinavian cold table includes a starter of pickled herring with boiled potatoes followed by smoked salmon or anchovies, cold meats, paté, sliced beef, stuffed veal or smoked reindeer; *Jansson's temptation* – sliced herring, potatoes and onions baked in cream; *köttbullar* – small meatballs; *pyttipanna* – a bubble and squeak blend of fried diced meat with potatoes and onion, usually served with a fried egg and sliced pickled beetroot; *gravlax* – salmon that has been specially prepared and marinated.

Denmark: Over the last decade, the New Nordic Cuisine has revolutionised Danish gastronomy and created an entirely new focus on local ingredients. It has meant a renaissance of classic Danish dishes, which are currently available in modern versions at several of Copenhagen's best restaurants. Even so, many Danes still love to eat very traditional foods like porridge, open sandwiches and the classic roast pork with parsley sauce - of course served with a glass of good Danish beer.

In the morning, most adults drink coffee or tea and eat rye bread or white bread with cheese or jam. Unique to Denmark is junket crumble (*ymerdry*), a mixture of grated rye bread and brown sugar. *Øllebrød*, a dish made of rye bread, sugar and non-alcoholic beer, which has been eaten for breakfast since the middle ages, is no longer common. During the second half of the 19th century, special kinds of breakfast bread were developed, i.e. small round, flat or crescent-shaped wheat rolls, which in Denmark are made of bread dough. They are only eaten in the morning and can be bought fresh-baked almost anywhere in the country every day of the week.

Generally lunch is a cold meal consisting of slices of rye bread buttered and covered with for instance various kinds of sausage, sliced boiled egg or liver paste, a baked mixture of chopped pig's liver and lard of a spreadable consistency.

The evening meal is called *middag*, because it used to be eaten in the middle of the day. It is eaten at home and most Danes make an effort to gather the family around a hot meal every evening. Meat consumption has risen dramatically, still with pork as the most common kind of meat. The Danes eat mainly mince and cuts for pan-frying and traditional gravy and potato dishes are still very common.



## Drink

### Finland:

Restaurants are divided into two classes: those serving all kinds of alcohol and those serving only beers and wines. Waiter service is common although there are many self-service snack bars. Bars and cafés may have table and/or counter service and all internationally known beverages are available. The Finnish berry liqueurs, *mesimarja* (arctic bramble), *lakka* (cloudberry), and *polar* (cranberry), as well as the Finnish vodka (usually served ice cold with meals), are well worth trying. Finnish beer is of a high quality and mild beers are served in most coffee bars. In restaurants beer is served from 0900 and other liquor from 1100. All

alcohol is served until half an hour before the restaurant closes. Locally brewed beers, such as *Švyturys*, *Gubernija*, and *Taurus*, are popular and come in a range of strengths and darkness. Lithuanians also produce different herb or fruit based spirits, such as *Trejos devynerios*, and excellent honey and herb mead (*Midus*).

### Sweden:

*Kaffe* (coffee) is the universal drink in Sweden, although tea (taken straight) and milk also are popular. The water is perfectly safe to drink all over Sweden. Those who want a reprieve from alcohol might find the fruit-flavored Pommac a good soft-drink beverage, but Coca-Cola is ubiquitous. The state monopoly, Systembolaget, controls the sale of alcoholic beverages. Licensed restaurants may sell alcohol after noon only (1pm on Sun). Schnapps, or aquavit, served icy cold, is a superb Swedish drink, often used to accompany smorgasbord. The run-of-the-mill Swedish beer (pilsner) has only a small amount of alcohol. All restaurants serve *lättol* (light beer) and *folköl*, a somewhat stronger brew. Swedish vodka, or *brännvin*, is made from corn and potatoes and flavored with different spices. All *brännvin* is served ice-cold in schnapps glasses. Keep in mind that aquavit is much stronger than it looks, and Sweden has strictly enforced rules about drinking and driving. Most Swedes seem to drink their liquor straight. But mixed drinks, especially in urban areas, are now more commonplace. Either way, the drink prices are sky-high.

Denmark: Beer has been a part of Danish culture for the last 5000 years. Today there are more than 100 breweries in Denmark. Throughout the 20th century a number of smaller provincial breweries were founded, and in the last twenty years a range of microbreweries that specialize in small-scale production of exclusive beer has seen the light. Today it is estimated there are over 200 microbreweries, with dozens of styles and hundreds of craft beers currently being brewed in Denmark. With microbreweries now firmly back in fashion, even Carlsberg, Denmark's largest brewery, has jumped on the bandwagon and established its own microbrewery, Husbryggeriet Jacobsen. And this year, local microbrewery Amager Bryghus was awarded the prize of best brewery in Denmark and one of the best breweries in the world by prestigious website ratebeer.com.

### **Meals included in the price of your holiday are:**

**Breakfast** – daily

**Dinner** – included on the ferry crossing



## Destination

The three countries offer a series of contrasts from the vibrant nordic feel of Helsinki to Russia's jewel in the crown, St Petersburg, a treasure trove of art and architecture, and the chocolate box beauty of the old town of Tallinn.

### Details of places of interest included in your tour:

#### Helsinki

Helsinki, Finland's capital, World Capital of Design in 2012 and site of the 1952 Olympics is a fascinating mixture of old and new with classical buildings, some striking modern architecture including several by acclaimed architect, Alvar Aalto, pioneer of architectural functionalism, as well as some outstanding churches and museums.

For more information about Helsinki:

<http://www.visithelsinki.fi/en>

#### Suomenlinna Fortress

Suomenlinna is an inhabited sea fortress built on six islands (Kustaanmiekka, Susisaari, Iso-Mustasaari, Pikku-Mustasaari, Länsi-Mustasaari and Långören) and which now forms part of the city of Helsinki, the capital of Finland. It is a UNESCO World Heritage site and popular with tourists and locals, who enjoy it as a picturesque picnic site. Originally named *Sveaborg* (Fortress of Svea), or *Viapori* as called by Finnish-speaking Finns, it was renamed in Finnish to *Suomenlinna* (Castle of Finland) in 1918 for patriotic and nationalistic reasons, though it is still known by its original name in Sweden and by Swedish-speaking Finns. The Swedish crown commenced the construction of the fortress in 1748 as protection against Russian expansionism. The general responsibility for the fortification work was given to Augustin Ehrensvärd. The original plan of the bastion fortress was strongly influenced by the ideas of Vauban, the foremost military engineer of the time, and the principles of star fort style of fortification, albeit adapted to a group of rocky islands. In addition to the island fortress itself, seafacing fortifications on the mainland would ensure that an enemy would not acquire a beach-head from which to stage attacks. The plan was also to stock munitions for the whole Finnish contingent of the Swedish Army and Royal Swedish Navy there. In the Finnish War the fortress surrendered to

Russia on May 3, 1808, paving the way for the occupation of Finland by Russian forces in 1809.

#### Turku

The historic castle and cathedral point to the city's rich cultural history when it was the Finnish capital, and contemporary Turku is a hotbed of experimental art and vibrant festivals, thanks in part to its spirited university population (the country's second largest), who make Turku's nightlife young and fun.

#### Stockholm

With its spectacular coastal setting built on a large number of islands, Stockholm is a city dominated by its natural setting and the reason for its very existence. From its heyday in the 17th and 18th centuries to the 20th century when it became a magnet for architects and designers keen to see first-hand the clean lines and fresh ideas which came to epitomize Swedish Design. The embracing of the new alongside the old has given Stockholm an unmistakable presence and skyline, explored through a series of walks, visits to specific buildings and outstanding collections of Art and Design. Sweden's capital – a Nordic vision of waterways, parks and spire-filled skylines – is justifiably renowned as one of the most handsome cities in Europe. Spread over no less than fourteen islands and surrounded by literally thousands of smaller, rocky islets, it combines the drama and open skies of Scandinavia with the verve, dynamism and urban cool of Western Europe.

#### Gamla Stan

Gamla Stan is like a living, pedestrian-friendly museum, filled with sights, restaurants, cafés, bars and places to shop. The narrow, winding cobblestone streets, with their buildings in different colours, give Gamla Stan its unique character. Västerlånggatan and Österlånggatan are the district's main streets, but head off the beaten track to get the true feel of the island. There are several beautiful museums and attractions here, for example the Royal Palace. Lately Gamla Stan has become a virtual gastro-island, with quite a few excellent and award winning restaurants to chose from.

## The Vasa Museum

The Vasa is the only preserved seventeenth-century ship in the world, and a unique art treasure. More than 95 percent of the ship is original, and it is decorated with hundreds of carved sculptures. The 69 meter-long warship Vasa sank on its maiden voyage in the middle of Stockholm in 1628, and was salvaged 333 years later in 1961. For nearly half a century the ship has been slowly, deliberately and painstakingly restored to a state approaching its original glory. The three masts on the roof outside the specially built museum show the height of the ship's original masts. Today the Vasa Museum is the most visited museum in Scandinavia, with over one million visitors a year. There are ten different exhibitions around the ship to tell about life on board the ship.

## Skansen Museum

Founded in 1891, Skansen is the world's first open-air museum. Located on the island of Djurgården and close to the Vasa museum, Skansen offers a fascinating look into historical Swedish life. With over 100 reconstructed farms and houses from different parts of Sweden, you can explore five centuries of Swedish history, from the north to the south of the country. Stroll through the historic buildings and meet the local characters working such as farmers, carpenters, bakers and more.

## Copenhagen

Copenhagen is justifiably known as the 'Paris of the North', its cobbled streets lined with beautiful 17th- and 18th-century buildings, and the spires of Rosenborg Palace and Christiansborg Palace gracing the city's skyline. It is a delightful place to explore, especially the Christianshavn quarter with its picturesque canals. The city's galleries and museums offer a wealth of European art and design, with works showcasing Denmark's own golden age (1800-1850), the Skagen Group (Denmark's answer to impressionism) and Scandinavian Modern design, including Georg Jensen's silver.

## Amalienborg Palace

Amalienborg is famous for its Royal Guard, called Den Kongelige Livgarde. Every day you can experience the changing of the guards, as they march from their barracks in 100 Gothersgade by Rosenborg Castle through the streets of Copenhagen and end up at Amalienborg, where the

changing of the guard takes place at mid-day. Surrounding the palace square with its statue of King Frederik V from 1771, Amalienborg is made up of four identical buildings. These are Christian VII's Palace (also known as Moltke's Palace, used as guest residence), Frederik VIII's Palace (also known as Brockdorff's Palace, home of the Crown Prince family), Christian IX's Palace (also known as Schack's Palace, home of the Queen and Prince Consort) and Christian VIII's Palace (also known as Levetzau's Palace, used as guest palace for Prince Joachim and Princess Benedikte).

## Christiansborg Palace

Christiansborg Palace, located on the tiny island of Slotsholmen, contains the Danish Parliament Folketinget, the Supreme Court, and the Ministry of State. Parts of the palace are used by the Royal Family for various functions and events. The Royal Reception Rooms include The Tower Room and The Oval Throne Room where foreign ambassadors to Denmark are received by the Queen.

The Throne Room gives access to the balcony where the Danish monarchs are proclaimed.

The Great Hall is the most imposing room in the palace. This is where you will find the Queen's tapestries.

The Danish business community marked the occasion of Her Majesty Queen Margrethe II's 50th birthday in 1990 by ordering a gift of 11 tapestries. Bjørn Nørgaard painted the full-size sketches upon which the tapestries were woven. The tapestry series depicts 1000 years of Danish history.

The Prime Minister of Denmark also uses The Royal Reception Rooms in connection with state visits by foreign state leaders. The Alexandra Hall is used for official dinners.

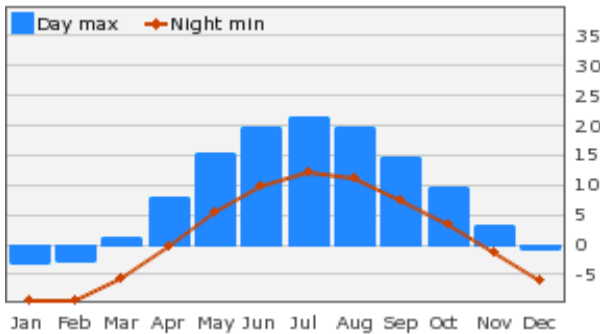
## Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot, and do everything to help you enjoy your holiday.



## The Basics

**Climate** – The weather in the nordic region at this time of year is likely to be pleasant. However, it can get chilly in the evenings, and there is always the chance of the odd shower, so our best advice is to be prepared.



**Time** – Finland: + 2 hours; Sweden, Denmark + 1 hour

**Language** – Swedish, Finnish, Danish.

**Religion** – Evangelical Lutheran

**National holidays** – **Common to all three countries:** New Year's Day (01 Jan); Epiphany (06<sup>th</sup> Jan); Easter Sunday; Labour Day; Ascension day; Whit Sunday; National Day (06<sup>th</sup> Jun); Midsummer's Day (24<sup>th</sup> Jun); All Saints' Day (01<sup>st</sup> Nov); Christmas Day (25 Dec); Boxing Day (26 Dec), New Year's Eve (31<sup>st</sup> Dec)

### Currency

Finland

Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

Sweden

Swedish Krona. 100 öre make up 1 krona (crown).

Denmark

Danish Krona.

**Banks** – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an

ATM usually represents the most logical means of obtaining euros.

**Credit cards** – American Express, Diners Club, MasterCard and Visa are widely accepted across the country. If you're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it's advisable to carry a supply of cash with you at all times. Varying amounts of commission can be charged.

**Electricity** – 220 volt, two-pin continental plug.

**Drinking water** – Tap water is safe in Finland and Estonia, although it has high mineral content and can be cloudy. Therefore, bottled water is safer and widely available.

**Shops and museums** – Shops and stores are generally open Mon-Fri 0900-2100. Many are also open at the weekend including Sundays. Please note that most museums are closed on Mondays.

**Clothes & Shoes** – You may like to bring medium weight clothing and a warm sweater for cool evenings. Light rain wear for the occasional storm and good grip/flat walking shoes are recommended.

**Bath plugs** – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

**Telephones/mobiles** – You should be able to use your mobile phone depending on your operator and contract.

**Tipping** – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.



## Health

### Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

**Keep receipts for insurance claims.**



### Hospital

Your tour manager/hotel reception will arrange hospital transport.

**Keep receipts for insurance claims.**

### General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

### Sun Protection

Always ensure you take sufficient sun protection and moisturiser. A sun hat and sunglasses are also advisable.

### Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



## Insurance

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

### European Health Insurance Card (EHIC)

The EHIC replaced the old E111 in 2006. Valid in all EEA countries, the card lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers the treatment of pre-existing medical conditions.

Please note that the EHIC **is not** an alternative to travel insurance. It will not cover any private medical healthcare or costs such as being flown back to the UK, or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. It is also important to note that each country's healthcare system is slightly different, so the EHIC might not cover everything that would be generally free on the NHS.

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

For more information about the EHIC please visit:

<https://www.ehic.org.uk>





## Emergencies

**Should an emergency arise, please call our offices on:**

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 20 7431 8201 or

00 44 7899 796542 or

00 44 7831 133079 or

00 44 1235 850720

**PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.**

If you find that you are in need of consular assistance during your holiday:

British Embassy Helsinki

Itäinen Puistotie 17

00140 Helsinki

Finland

Email: [info.helsinki@fco.gov.uk](mailto:info.helsinki@fco.gov.uk)

Tel: +358 922865100

Fax: +358 922865262

Open Mon-Fri 0900-1630

British Embassy Stockholm

Skarpögatan 6-8

Box 27819

11527 Stockholm

Sweden

Tel: +46 86713000

Open Mon-Fri 09.00 – 17.00

British Embassy Copenhagen

Kastelsvej 36-40

DK-2100 Copenhagen

Denmark

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Tel: +45 35445200

Open Mon-Fri 0900-1700.

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