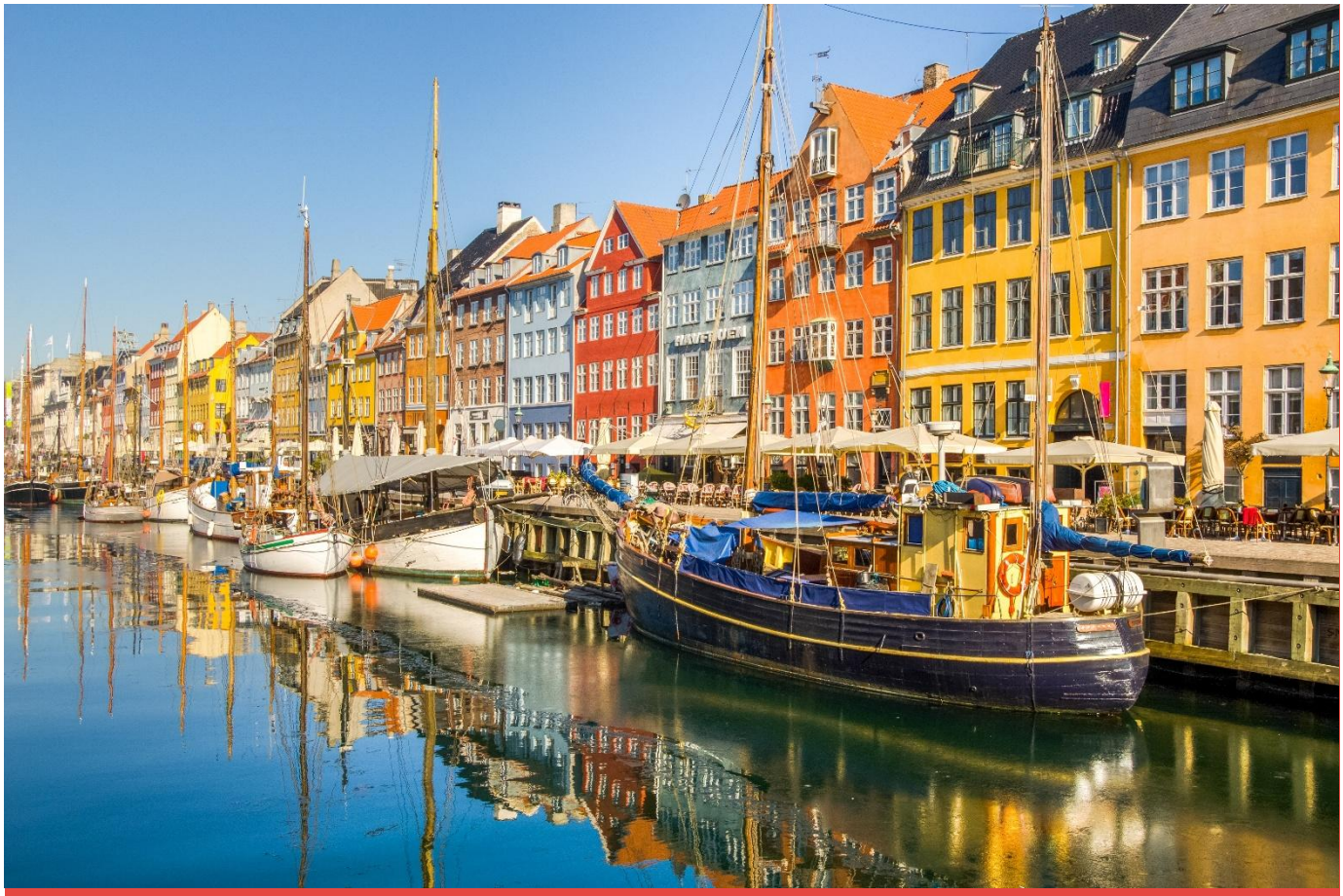

SECRETS OF SCANDINAVIA

Classic Flex Tour | 17 Days | Physical Level 1

Stockholm – Örebro – Oslo – Hardanger – Bergen – Copenhagen

From the grand streets of Stockholm to the soaring fjords of Norway and the colourful waterfront of Copenhagen, discover the very best of Scandinavia. Experience the charm of Sweden's historic towns, journey through Norway by iconic railway and ferry, cruise through spectacular fjord landscapes and uncover the character of Bergen and Oslo, before finishing your adventure in Denmark's vibrant capital.

- Explore Stockholm & the Vasa Museum
- Wander through Fredrikstad's fortified Gamlebyen
- Ride on the iconic Flam Railway
- Cruise through the spectacular Nærøyfjord
- Discover Copenhagen's Nyhavn & iconic Little Mermaid

TOUR MAP

SECRETS OF SCANDINAVIA TOUR INCLUSIONS:

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- Most meals
- All sightseeing and entrance fees
- All transportation and transfers
- English speaking National Escort
- Specialist advice from our experienced travel consultants
- Comprehensive travel guides
- Safe and secure with IATA

The only thing you may have to pay for are personal expenditure e.g. drinks, optional excursions or shows, insurance of any kind, customary tipping, early check in or late check out and other items not specified on the itinerary.

CLASSIC FLEX TOURS:

Classic Flex tours let you see the iconic sites and signature experiences of each destination on an excellent-value, fully escorted group tour, with a little more freedom to do things your own way. Your international flights, accommodation, transportation, touring and most meals are all arranged, so you can travel with complete peace of mind. Where it works best for the destination, personal time is woven into the itinerary, giving you the chance to explore independently, seek out a local restaurant, or simply relax at your own pace. Throughout, your National Escort's unparalleled knowledge will bring each destination to life and turn your holiday into an unforgettable experience.

PHYSICAL LEVEL 1:

All our tours feature a physical rating to help you select the right holiday for you. To travel on any of our tours requires unaided mobility and the ability to stroll around the sights. 'Secrets of Scandinavia' is rated 1 on the physical level scale. A reasonable level of fitness is required but it's more about spending time on your feet rather than covering large distances. You'll be getting on and off coaches and ferries, walking around the sights and climbing some steps.

- There will be sightseeing on foot for both short and extended periods of time
- Sightseeing at nearly all the palaces, fortresses and some temples involves climbing several steps, often without handrails

Of course, our National Escorts will always endeavour to provide the highest level of service and assistance; however, they cannot be expected to cater for customers who are unfit to complete the itinerary. If you require any more information about the pace of our tours, please contact our reservations team who will be happy to answer your questions.

JOINING YOUR TOUR:

The tour is 17 days in duration including return international flights, or 14 days in duration based on 'Land Only'. Join the tour on Day 2 in Stockholm and end the tour on Day 15 in Copenhagen.

Travellers booked on 'Land Only', the price includes your arrival/departure airport transfers if arriving/departing on the start and conclusion date of your tour, or when booking pre/post night accommodation with Wendy Wu Tours.

DETAILED ITINERARY

Days 1-2: Fly to Stockholm Meals: D

Fly to the Swedish capital of Stockholm. On arrival, you will be met in the arrivals hall. Together with all other group members who may be arriving at a similar time, you will transfer to your hotel.

Additional nights before and after your tour can be arranged. Please contact our Reservations team to book.

Destination Information

Stockholm – Built across 14 islands and linked by numerous bridges, Stockholm is known for its waterways, historic buildings and green spaces. At its heart is Gamla Stan, the medieval Old Town, with narrow cobbled streets, colourful buildings and the Royal Palace. Beyond the city lies the Stockholm Archipelago, made up of more than 30,000 islands and islets.

Day 3: Discover Stockholm Meals: B, L

Begin your Scandinavian adventure on a guided tour of Stockholm, discovering the cobbled streets of Gamla Stan, the Royal Palace and other historic landmarks.

Enjoy a street food lunch featuring traditional Swedish flavours, followed by the Swedish tradition of fika – coffee and something sweet. This afternoon, visit the remarkable Vasa Museum and discover the story of the magnificent 17th-century warship, salvaged more than 300 years after sinking on her maiden voyage.

Destination Information

Gamla Stan – Stockholm's oldest district, dating back to the 13th century. Wander through its narrow cobbled streets lined with colourful historic buildings, passing small squares, cafés and shops as you explore the medieval heart of the city.

Royal Palace – This grand Baroque palace has been the official residence of Sweden's monarchs since the 18th century. Visitors can explore its lavish state rooms, royal apartments and historic halls, with more than 600 rooms contained within the palace.

Vasa Museum – Home to the Vasa, a 17th-century warship that sank on its maiden voyage in Stockholm harbour in 1628. The remarkably preserved ship was raised from the seabed in 1961 and is displayed in the museum alongside exhibitions about its construction and dramatic recovery.

Day 4: Stockholm Flex — Meals: B, D

Enjoy a Flex day to explore Stockholm at your own pace. Discover its museums and galleries, browse its stylish shops or perhaps visit the ABBA Museum.

This evening, enjoy a dinner cruise through Stockholm's waterways, with views of the city's islands, historic buildings and waterfronts.

Day 5: Sigtuna & Örebro Castle — Meals: B, L

Journey into the Swedish countryside and visit Sigtuna, Sweden's oldest town, exploring its charming historic centre and medieval heritage.

Continue to Örebro to see its impressive castle, dramatically set on an island in the heart of the city.

Destination Information

Sigtuna – Founded in 980, Sigtuna is Sweden's oldest town and was an important centre of trade during the Viking Age. Explore its historic streets, colourful wooden buildings and medieval church ruins, with ancient rune stones found throughout the town.

Örebro – Also one of Sweden's oldest cities, it is centred around the impressive Örebro Castle, which stands on a small island in the Svartån River. Built as a medieval fortress and later transformed into a Renaissance palace, the castle has played an important role in Sweden's history.

Day 6: Fredrikstad Meals: B

Continue westwards into Norway, stopping in Fredrikstad to explore Gamlebyen, one of Scandinavia's best-preserved fortified old towns.

Wander its cobbled streets and historic defensive walls before travelling onwards to Oslo.

Destination Information

Gamlebyen – The historic fortified quarter of Fredrikstad, surrounded by well-preserved 17th-century walls and a moat. Its cobbled streets are iconic, lined with colourful wooden buildings, small shops and cafés, with the old fortifications still shaping the town today.

Oslo – Norway's capital sits at the head of the Oslofjord, surrounded by forests and islands. Founded in 1040, the city is home to the medieval Akershus Fortress, the striking Oslo Opera House and the Vigeland Sculpture Park, which contains more than 200 works by Norwegian sculptor Gustav Vigeland. The city's waterfront has also been transformed in recent decades, with museums, galleries and public spaces along the harbour.

Day 7: Explore Oslo Meals: B

Discover Oslo on a guided city tour, seeing the Royal Palace, City Hall, Akershus Fortress and spectacular views across the Oslo Fjord from Holmenkollen Hill. This afternoon, enjoy Flex time to explore at your own pace. Perhaps visit the Fram Museum, home to the legendary polar exploration ship, or relax in one of the city's waterfront cafés.

Destination Information

Royal Palace – Built in the 19th century, the Royal Palace is the official residence of the Norwegian monarch in Oslo. Set at the end of Karl Johans gate, the palace is surrounded by the Palace Park, with its gardens, statues and tree-lined paths.

City Hall – Completed in 1950 to mark Oslo's 900th anniversary, Oslo City Hall is recognisable for its distinctive red-brick towers overlooking the harbour. Its interior is decorated with murals depicting scenes from Norwegian history and daily life, and it hosts the annual Nobel Peace Prize ceremony.

Akershus Fortress – Built in the late 13th century to protect Oslo from attack, Akershus Fortress has served as a royal residence, military stronghold and prison. Its medieval castle, defensive walls and ramparts overlook the Oslofjord, offering views across the harbour.

Holmenkollen Hill – Rising above Oslo, Holmenkollen is home to the famous Holmenkollen Ski Jump, which has hosted ski competitions since 1892. The current tower was completed in 2010 and rises around 60 metres above the ground, while the site also houses the world's oldest ski museum.

Day 8: Flåm Railway

Meals: B, L

Travel west from Oslo through Norway's changing landscapes of mountains and valleys. Board the iconic Flåmsbana Railway for a breathtaking journey between Flåm and Myrdal, passing waterfalls and dramatic mountain scenery. Continue to the Stegastein Viewpoint for sweeping fjord views before arriving in the Hardangerfjord region.

Destination Information

Flåm Railway – One of Norway's most famous railway journeys, the Flåm Railway descends from Myrdal to Flåm, dropping around 865 metres over just 20 kilometres. The line passes through steep valleys, waterfalls and mountain scenery, including the dramatic Kjosfossen waterfall.

Norwegian Fjords – Carved by glaciers over millions of years, Norway's fjords are characterised by deep blue waterways surrounded by steep mountains, waterfalls and small settlements. The country has more than 1,000 fjords, with the UNESCO-listed Sognefjord and Geirangerfjord among the best known.

Day 9: Hardanger & Nærøyfjord Cruise to Gudvangen Meals: B

Discover the highlights of Hardanger, including the impressive Vøringsfoss waterfall, before travelling to Flåm. Cruise through the UNESCO-listed Nærøyfjord, renowned for its narrow waters and towering mountains, arriving in Gudvangen. Enjoy free time for lunch before returning to your hotel.

Destination Information

Hardanger – Known for its dramatic fjords, orchards and mountain scenery, the Hardanger region surrounds the Hardangerfjord, Norway's second-longest fjord. In spring, the hillsides are covered with blossoming apple and cherry trees, while the region is also home to the Folgefonna glacier and traditional farming communities.

Vøringsfoss Waterfall – One of Norway's most famous waterfalls, Vøringsfoss plunges around 182 metres into the Måbødalen valley. The waterfall is fed by the Bjoreio River and has several viewpoints offering dramatic views across the gorge and surrounding mountains.

Nærøyfjord – A narrow branch of the Sognefjord, Nærøyfjord stretches for around 18 kilometres between steep mountains that rise more than 1,000 metres above the water. At its narrowest point, the fjord is just 250 metres wide, creating a dramatic landscape of cliffs, waterfalls and small farms.

Day 10: Odda & Apple Farm Meals: B, L

Experience the charm of Hardanger's apple-growing region with a visit to a traditional apple farm, where you can taste locally produced apple juice and cider. Continue through Kinsarvik and Odda, travelling through Folgefonna National Park before reaching Bergen.

Destination Information

Folgefonna National Park – Established in 2005, Folgefonna National Park protects Norway's third-largest glacier, covering more than 200 square kilometres. The park is characterised by ice fields, steep valleys, waterfalls and rugged mountains, with the Folgefonna glacier reaching elevations of more than 1,600 metres.

Bergen – Norway's second-largest city is surrounded by seven mountains and seven hills, with its historic centre facing the Byfjorden. The colourful wooden buildings of Bryggen, once an important Hanseatic trading centre, form the city's most recognisable landmark and are now a UNESCO World Heritage Site. The Fløibanen funicular climbs Mount Fløyen, offering panoramic views across the city and surrounding fjords.

Day 11: Discover Bergen — Meals: B, D

Explore Bergen on a guided tour, taking in its historic harbour, colourful Bryggen district and lively fish market. Ride the Fløibanen funicular for panoramic views across the city and surrounding fjords, followed by Flex time to explore at your own pace.

Destination Information

Bryggen – Established as a trading centre in the 14th century, Bryggen's merchants traded goods including dried fish and grain across Northern Europe. The distinctive buildings were rebuilt several times after fires and now form a UNESCO World Heritage Site.

Fløibanen funicular – Connecting Bergen's city centre with the summit of Mount Fløyen, the Fløibanen climbs around 320 metres in just six minutes. The funicular has operated since 1918 and offers panoramic views across Bergen, the harbour and surrounding mountains from the summit.

Day 12: Ferry to Denmark — Meals: B

Enjoy breakfast and some free time in Bergen before boarding your overnight ferry to Hirtshals. Relax on board as you sail along Norway's rugged coastline and across the open North Sea – a memorable farewell to Norway.

Please note: Standard outside cabins are compact (approximately 8 sqm), but comfortably equipped with a private bathroom, shower and WC.

Destination Information

Hirtshals – Set on Denmark's northern coast, Hirtshals is a small fishing and ferry port overlooking the Skagerrak, the sea passage between Denmark, Norway and Sweden. The town is known for its long sandy beaches, fishing harbour and Hirtshals Lighthouse, which has stood on the coast since 1863.

Day 13: Aarhus & Odense — Meals: B, L

Travel south through Denmark, stopping in Aarhus to explore its historic centre and waterfront, with views of Marselisborg Palace.

Continue to Odense, birthplace of Hans Christian Andersen, for lunch and a stroll through its charming old town before arriving in Copenhagen.

Destination Information

Aarhus – Denmark's second-largest city, Aarhus is a historic port on the east coast of Jutland with a history dating back to the Viking Age.

Marselisborg Palace – Built in 1902 as a wedding gift to King Christian X and Queen Alexandrine, Marselisborg Palace remains the Danish royal family's summer residence. The palace is surrounded by extensive gardens featuring sculptures, lawns and woodland, and when the royal family is in residence, the changing of the guard takes place at midday.

Odense – The birthplace of famous Danish author Hans Christian Andersen, Odense is one of Denmark's oldest cities, with a history dating back more than 1,000 years. The historic centre contains colourful houses, cobbled streets and sites connected to Andersen's life, including his childhood home and museum.

Copenhagen – Denmark's capital is centred around its historic harbour and a maze of cobbled streets, elegant squares and colourful buildings. Founded as a Viking fishing village, Copenhagen is home to Amalienborg Palace, the Rosenborg Castle and the famous Nyhavn waterfront.

Day 14: Copenhagen — Meals: B, D

Explore Copenhagen's highlights on a guided city tour, from the colourful harbour of Nyhavn and Amalienborg Palace to Christiansborg Palace, Tivoli Gardens and the iconic Little Mermaid.

This afternoon, enjoy Flex time to explore further or relax before your farewell dinner.

Destination Information

Nyhavn – Copenhagen's historic harbour district, lined with brightly coloured 17th- and 18th-century townhouses along a canal. The area was once a busy commercial port and was home to Danish author Hans Christian Andersen, who lived at several addresses here.

Amalienborg Palace – The official winter residence of the Danish royal family, centred around an octagonal courtyard surrounded by four Rococo-style palaces. The complex was built in the 18th century, and the daily changing of the Royal Guard takes place in the square.

Tivoli Gardens – One of the world's oldest amusement parks, opened in central Copenhagen in 1843. The gardens combine historic rides and attractions with landscaped grounds, restaurants and performance spaces, including the famous wooden Rutschebanen roller coaster, which dates from 1914.

Days 15-17: Fly Copenhagen to New Zealand — Meals: B

Transfer to Copenhagen's Airport for your onward flight, taking with you memories of spectacular landscapes, fascinating history and vibrant cultures. You will arrive back in New Zealand two days later.

SECRETS OF SCANDINAVIA TRAVEL INFORMATION

VISAS:

New Zealand passport holders are currently permitted entry to Sweden, Norway and Denmark without a visa for stays of up to 90 days in any 180-day period, as all three countries are part of the Schengen area.

On your first entry to the Schengen area you will be registered in the EU's Entry/Exit System (EES), which records your fingerprints and photograph, often at a self-service booth before border control. There is no cost and nothing to complete in advance, but it may increase waiting times. Your EES registration remains valid for three years.

The EU's European Travel Information and Authorisation System (ETIAS) has not yet started. Once it does, New Zealand passport holders will need to apply online before travel – your travel consultant will advise you if this applies to your departure.

Please be advised that your passport must have at least six months validity left on it when you arrive back in New Zealand.

Please note the visa procedures and requirements may change at any time. These changes are often made by the relevant embassy or consulate; Wendy Wu Tours acts as a third party and has no influence on the process of a visa.

If you hold a passport from another country, please contact us for guidance.

INSURANCE:

We strongly recommend that you take out a policy as soon as you pay your deposit. Wendy Wu Tours cannot in any way be made liable for any additional cost incurred by the customer on any tour due to the customer not having adequate travel insurance.

We also encourage all customers to take a copy of their travel insurance documents (especially relevant international contact numbers) with them while on tour. We advise that you check the inclusions and procedures for lodging claims prior to your departure. These documents should be stored separately from the original.

EATING IN SCANDINAVIA:

Scandinavian cuisine reflects the region's long connection with the sea, forests and countryside, with each country having its own regional specialities. Fresh fish, seafood, potatoes, bread, dairy products, berries and root vegetables feature heavily, while dishes often make use of dill, parsley and other fresh herbs. Common dishes include Swedish meatballs (köttbullar), usually served with mashed potatoes and lingonberry jam, and Norway's fårikål, a traditional lamb and cabbage stew. Salmon, herring and cod are widely available, alongside reindeer and other game meats, particularly in northern areas. Sweden is also famed for its fika tradition, a leisurely coffee break often enjoyed with cinnamon buns or pastries. Breakfasts are generally simple, with bread, cheese, cold meats, eggs, yoghurt and cereals commonly served. Tea and coffee are readily available, with coffee an important part of daily life in both countries.

Vegetarian alternatives are generally available, particularly in larger towns and cities, although choices can be more limited in rural areas. Most meals will include fresh vegetables, bread, potatoes or grains alongside the main dish. Scandinavian cuisine is often hearty, with fish, meat and dairy products featuring prominently.
If you have any food allergies or other dietary preferences, please let us know at time of booking. Your guide will do their best to ensure that your requirements are met, however, no guarantees can be made. Meal times may occasionally be altered due to sightseeing, travel arrangements or other local circumstances.

Alcohol is widely available across Scandinavia, with beer and wine commonly enjoyed alongside meals. Aquavit, a traditional Scandinavian spirit, may be offered on special occasions or as part of a local dining experience. Coffee is an important part of daily life, and you will often see locals enjoying a leisurely coffee and pastry in cafés. Tap water is generally safe to drink in both countries, although bottled water is widely available if preferred.

DEVELOPMENT AND WHAT TO EXPECT:

Sweden and Norway are well-established destinations with a wide range of modern hotels, restaurants and tourist facilities. As with any region, standards and facilities can vary between destinations, particularly between larger cities and smaller towns or rural areas.

You may encounter historic buildings, cobbled streets, uneven pavements, winding or mountainous roads, particularly when visiting historic sites or travelling through rural areas. Norway's mountainous landscapes and Sweden's more remote regions can mean that journeys take longer or that access is more challenging in some locations. These are part of the character of the more undiscovered parts of this region, but may also mean that facilities are more limited in certain areas.

Sweden, Norway and Denmark have a rich cultural history and each has its own distinct identity, traditions and way of life. English is widely spoken in all three countries, although you may find it less commonly spoken in smaller towns and rural communities.

Road conditions, traffic, local events or other unforeseen circumstances may occasionally cause delays, and service can vary from place to place. Mountainous roads, ferry crossings and changing weather conditions may also affect travel arrangements. We encourage you to approach these experiences with an open mind and enjoy the opportunity to discover the character and natural beauty of Scandinavia.

ACCOMMODATION:

Your accommodation is selected for convenience of location, comfort or character, and can range from a business hotel in one city to a family-run guesthouse in a smaller town. Hotels are generally rated as local three-star superior to four-star standard, but please note that there is no international classification system for hotels and differences in facilities and quality may exist between New Zealand and Scandinavia. All group tour hotels have private bathroom facilities, air conditioning, TV and telephone.

If you experience any difficulty, please speak to your National Escort/Local Guide. Rest assured that all hotels used by Wendy Wu Tours are regularly inspected by our staff and our partners to ensure that standards meet your needs.

TIPPING POLICY:

Tipping while on holiday is common in most parts of the world and Scandinavia is no exception. However, it is not always clear who it is appropriate to tip and how much. Furthermore, travellers may not have the right amounts of cash available at the right time. In order to avoid any inconvenience, Wendy Wu Tours operates a tipping policy where a stated amount is given to your National Escort at the beginning of your tour and tips are disbursed to local guides and drivers throughout your tour. The amount is designed to be at a reasonable level for travellers while being fair to the local people and includes a gratuity for the National Escort.

We generally find that most customers appreciate the convenience of our tipping policy but we do recognise that it may not suit everyone. However, as this is a group tour we ask that everyone follows the same protocol to be fair to other group members and to ensure smooth operation of your tour.

GROUP SIZE:

Most of our groups consist of 10 travellers or more and will be accompanied by a National Escort. On Classic Flex Tours, there will be no more than 28 travellers in each group although you may encounter other Wendy Wu Tours groups while you are travelling.

All our departures are guaranteed to operate with a minimum of 10 travellers booked (unless cancelled due to factors beyond our control). However, at our discretion we may operate departures with a smaller group size as we try to operate advertised departures wherever it is viable to do so. For groups with fewer than 10 travellers, departures will operate with local guides only.

TRANSPORT:

Road conditions across Scandinavia are generally very good, particularly on major routes between the main cities. However, rural roads can be narrower, uneven or less well maintained, and roadworks may occasionally cause delays. Traffic and weather conditions can also affect journey times, particularly during winter. Your National Escort will keep you informed of any changes.

Coaches: Coaches with air conditioning are used throughout the tour.
Ferry: You will enjoy an overnight sailing aboard Fjord Line's cruise ferry from Bergen to Hirtshals, staying in an outside cabin. The standard outside cabins are compact (approximately 8 sqm), but comfortably equipped with a private bathroom, shower and WC.

Train: You will enjoy time on the iconic Flam Railway, which you will need to get on and off unassisted.

VACCINATIONS AND YOUR HEALTH:

Wendy Wu does not give specific health advice, but we do recommend you see your doctor at least six weeks prior to travel for advice and to allow time for any necessary vaccinations. Please remember to take your itinerary with you. Safe travel has a comprehensive website that you may also find useful www.safetravel.govt.nz

ITINERARY CHANGES:

It is our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as we look to improve our tours or as local conditions dictate; in these circumstances we will make the best possible arrangements whilst maintaining the integrity of your trip.

BEFORE YOU LEAVE:

We strongly recommend registering your travel plans with www.safetravel.govt.nz as in the event of an emergency, New Zealand Consular assistance will be more readily available.

Up until the day you travel, it is vital you keep up to date and familiarised with the entry requirements as these can change at short notice. You are personally responsible for completing any entry forms, conducting any covid tests (if necessary), etc and adhering to countries' specific entry requirements. You can also access the New Zealand Government's travel advisory service for up-to-date information about your destination on the same website.

AFTER YOUR BOOKING:

Once you have booked with Wendy Wu Tours, you will receive a confirmation invoice. Your final documentation pack will be sent to you approximately 2-3 weeks prior to departure.

Updated: October 2026