

(MAY - AUG)

13D 10N

SWEDEN + NORWAY

+ FINLAND + DENMARK



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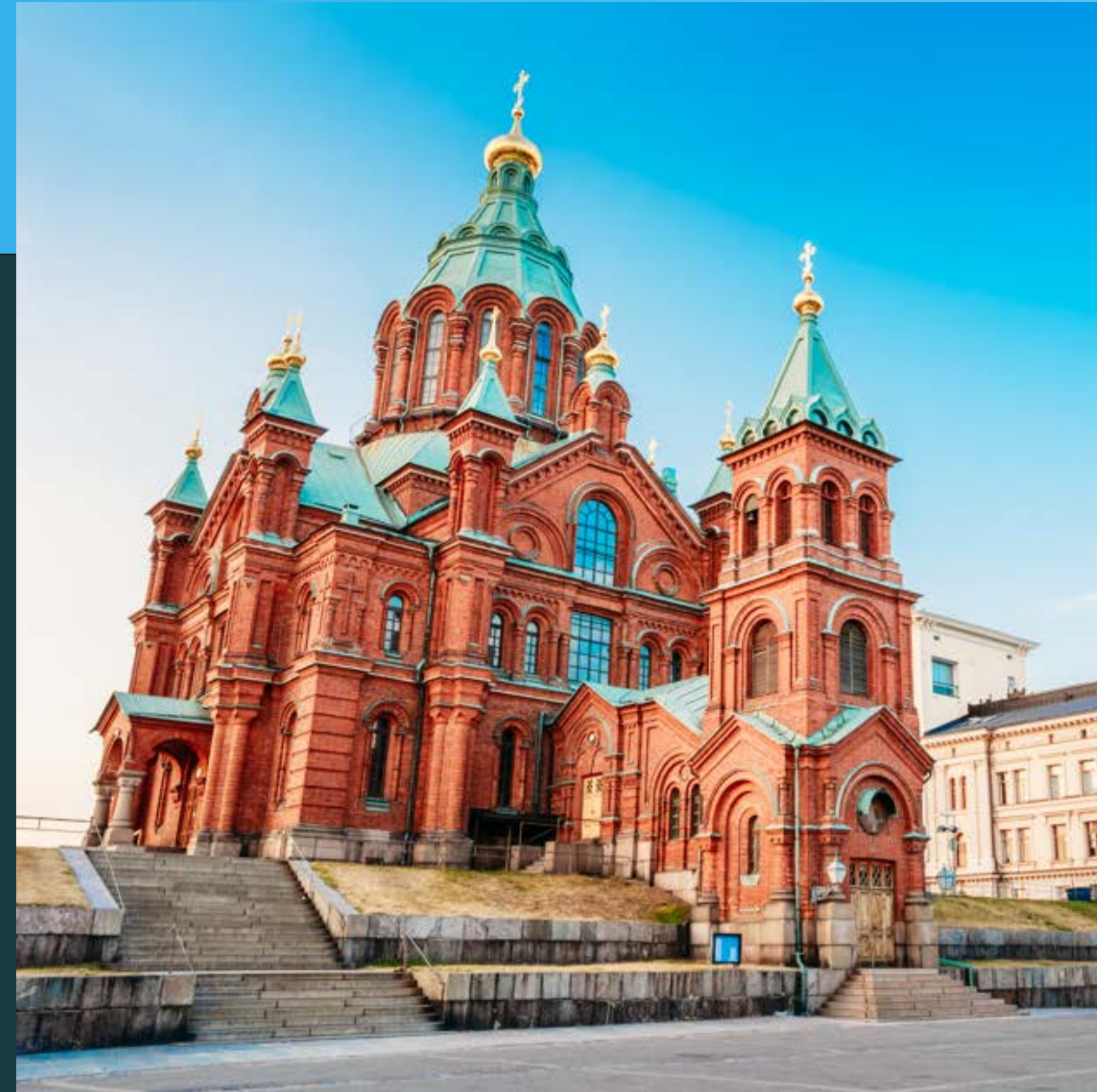
**bp**  
holiday

# 13 Days 10 Nights - Scandinavia Tour

Discover a Nordic wonderland as you journey across Denmark, Sweden and Norway – gazing at glaciers, viewing Viking ships, feasting on gorgeous mountain scenery, exploring medieval ports, and visiting a stave church, Danish palaces, Tivoli Gardens and timeless cities like Copenhagen, Stockholm and Oslo.



*Helsinki Cathedral*



*Uspenski Cathedral*



*Stockholm Palace*



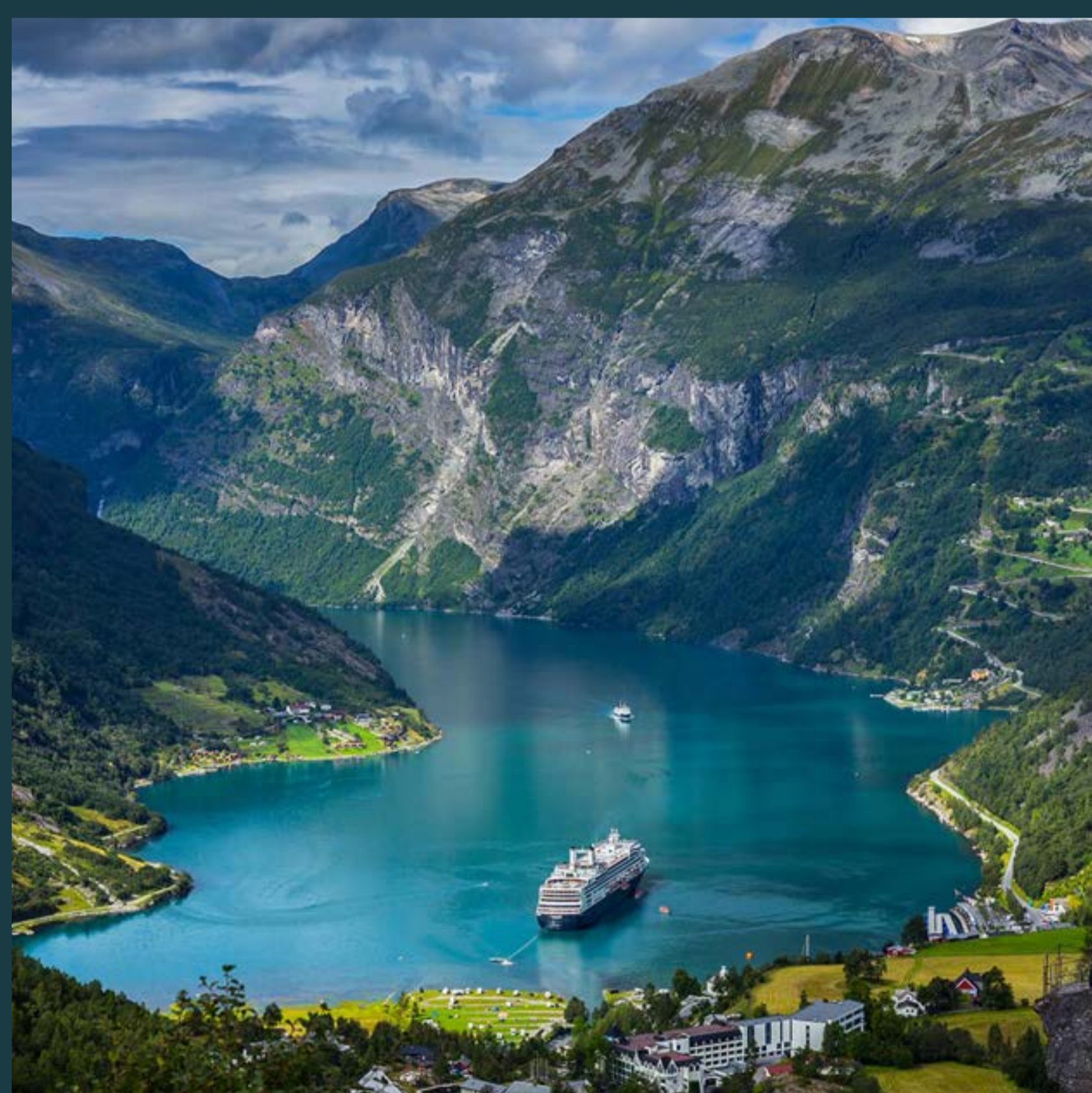
*Gamla Stan*



*Orebro Castle*



*Stave Church*



*Geirangerfjorden*



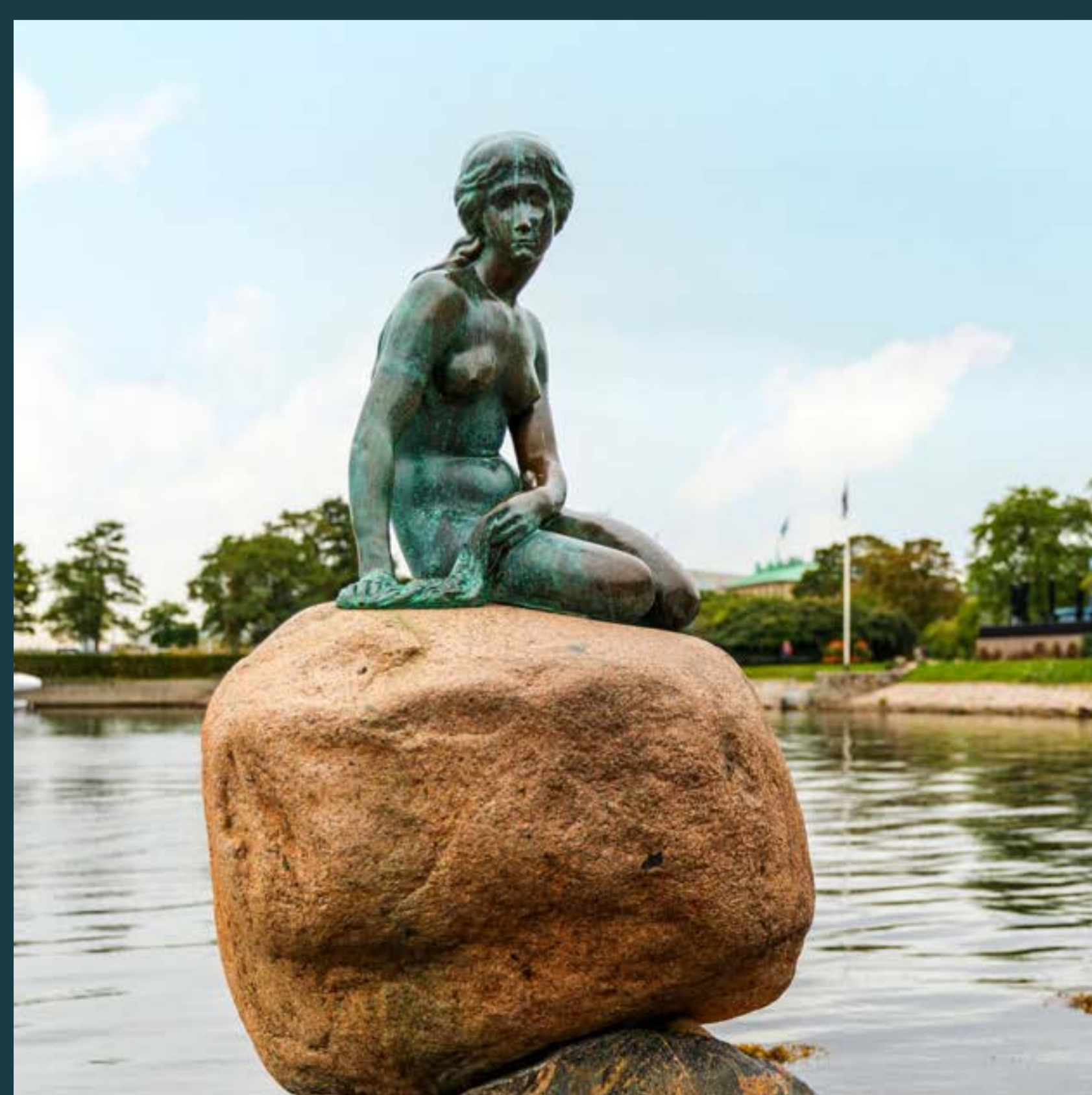
*Bryggen*



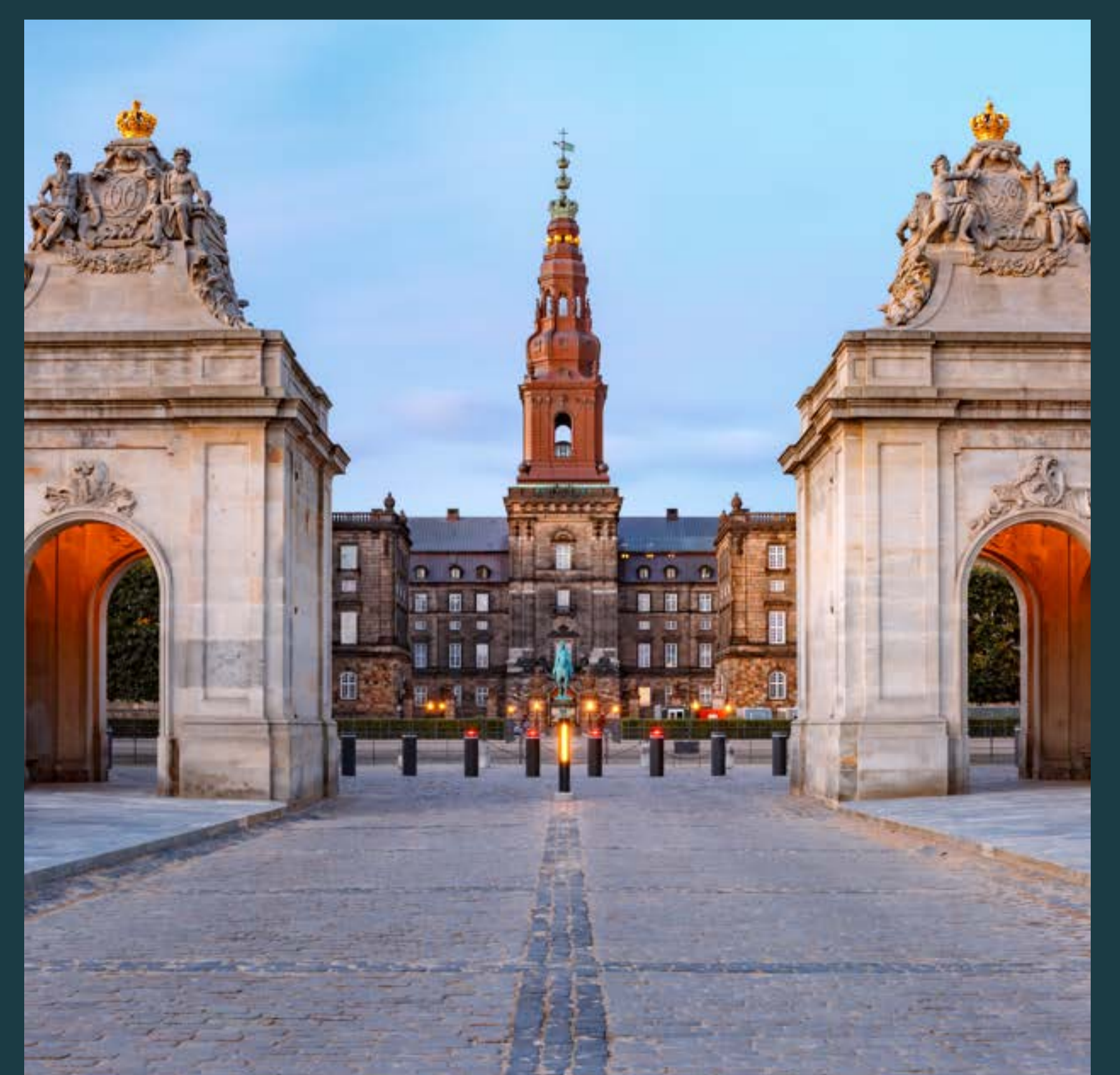
*Frogner Park*



*Viking Ship Museum*



*Little Mermaid*



*Christianborg Palace*

# ITINERARY

**DAY 01** Malaysia ✈️ Helsinki (MOB)

**DAY 02** Helsinki (D)

Check In Hotel

**DAY 03** Helsinki - Stockholm (Board Overnight Cruise - 2 Berth Inside Cabin) (12H) (B/L/D)

Helsinki Cathedral - Temppelaukio Church - Senate Square - Uspenski Cathedral - Market Square - Sebelius Monument - Finlandia Hall of Congress Concert Centre

#### Helsinki Cathedral

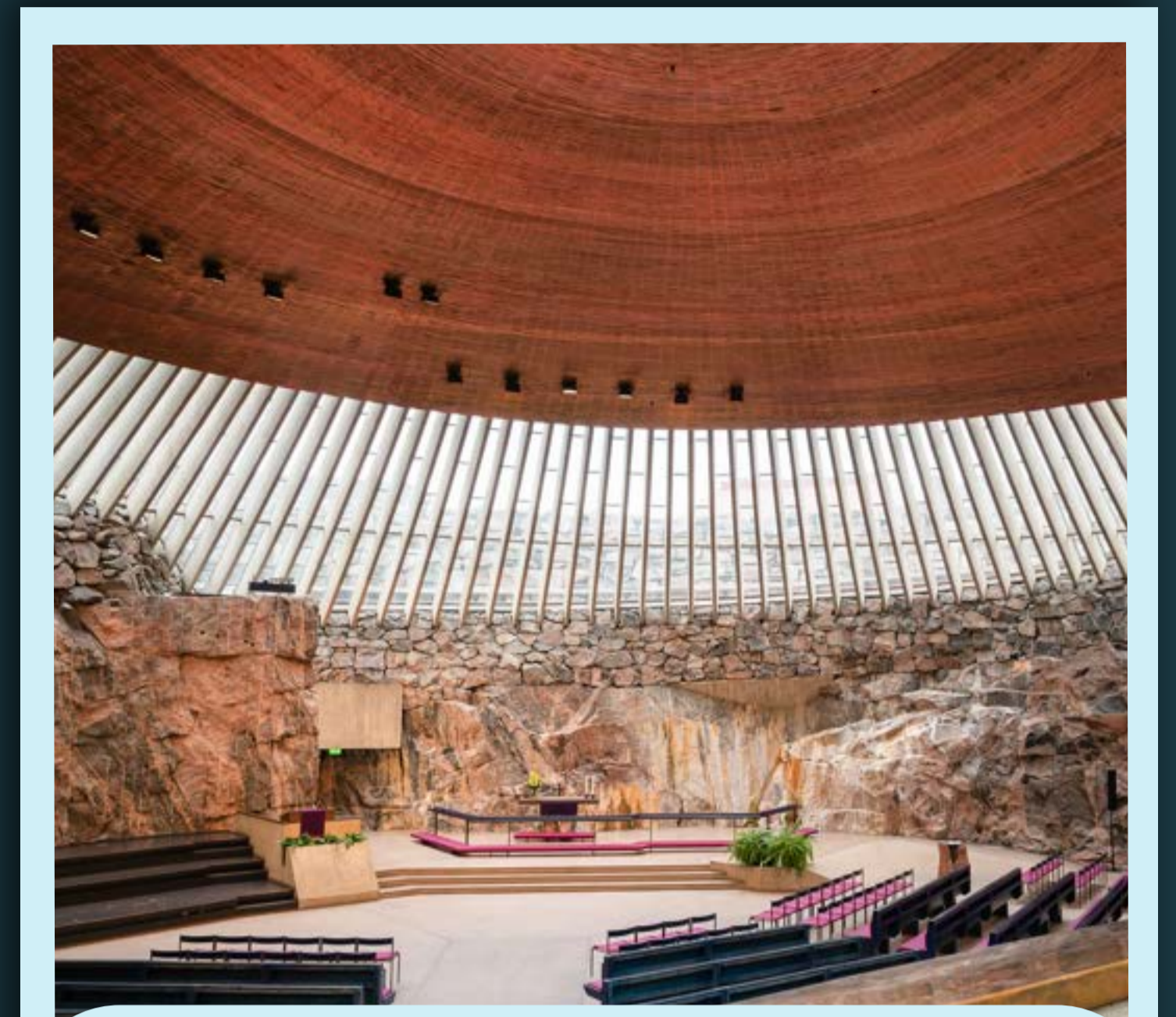
Located in the neighbourhood of Kruununuhaka in the centre of Helsinki. The church was originally built from 1830-1852 as a tribute to the Grand Duke of Finland, Tsar Nicholas I of Russia.

#### Tempelaukio Church

A Lutheran church in the Töölö neighborhood of Helsinki. The church was designed by architects and brothers Timo and Tuomo Suomalainen and opened in 1969.

#### Uspenski Cathedral

Claimed to be the largest orthodox church in Western Europe. The cathedral was built 1862–1868.



Tempelaukio Church

**DAY 04** Stockholm (B/L/D)

Stockholm City Hall - Vasa Ship Museum - Royal Palace - Riddarholm Church - Gamla Stan (Old Town)

#### Stockholm Palace

Or The Royal Palace is the official residence and major royal palace of the Swedish monarch. The palace is used for representative purposes by the King whilst performing his duties as the head of state.

#### Riddarholm Church

The burial church of the Swedish monarchs. Today the church is used only for burial and commemorative purposes. It has been discontinued as a royal burial place in favor of the Royal Cemetery.

#### Gamla Stan (Old Town)

Until 1980 officially Staden mellan broarna (The Town between the Bridges), is the old town of Stockholm, Sweden.



Riddarholm Church

**DAY 05** Stockholm - Orebro - Hamar (B/L/D)

Orebro Castle - Lake Vanern - Lake Mjosa - Hamar Old Town

#### Orebro Castle

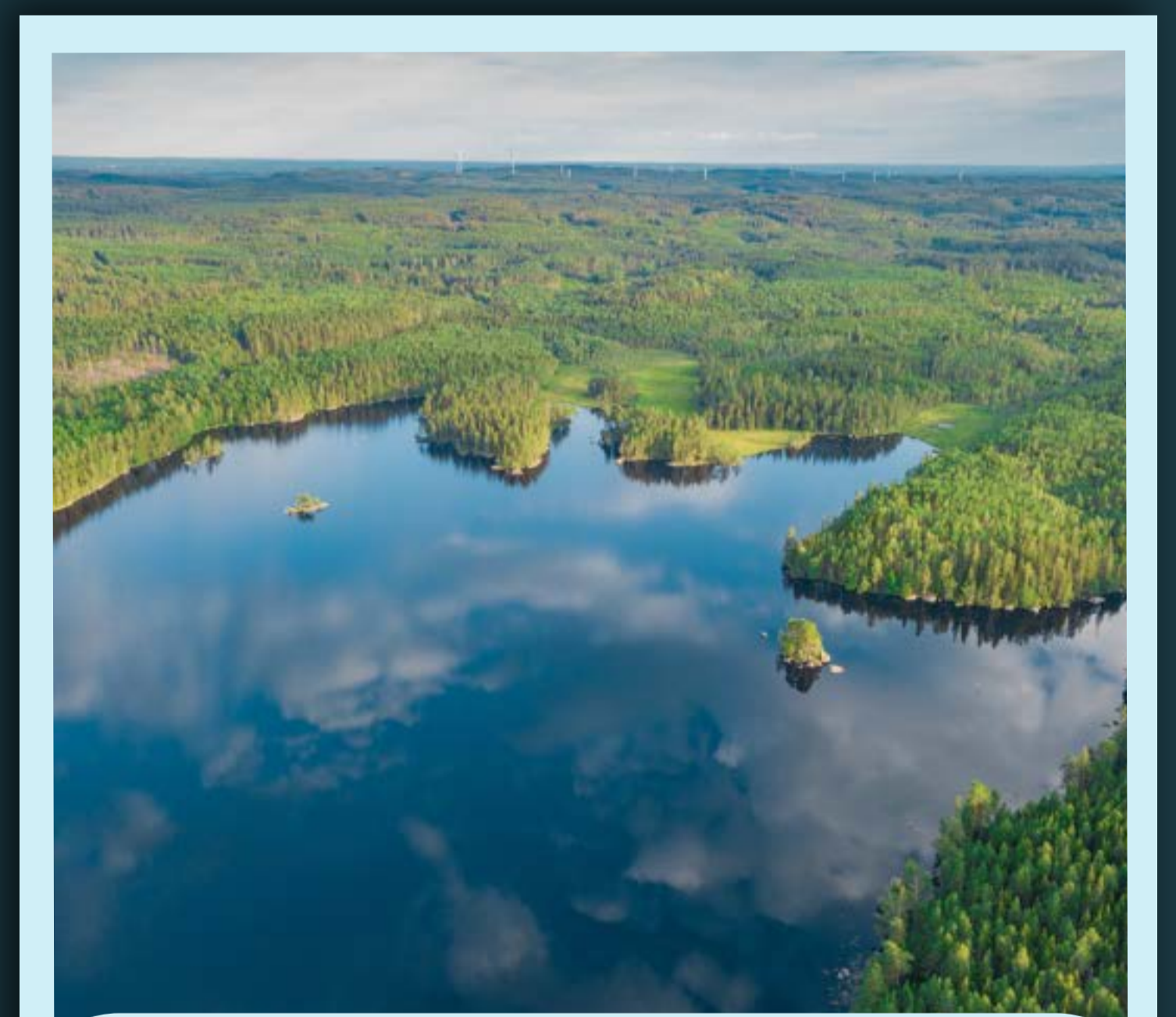
A medieval castle fortification in Örebro, Närke, Sweden. The castle lies on an island in river Svartån. This tower was added to in the 14th century to make a larger stronghold, and towards the end of the 16th century most of the impressive castle we see today was built.

#### Lake Vanern

The largest lake in Sweden, the largest lake in the European Union and the third-largest lake entirely in Europe after Ladoga and Onega in Russia.

#### Lake Mjosa

Norway's largest lake, as well as one of the deepest lakes in Norway and in Europe. It is the fourth deepest lake in Norway.



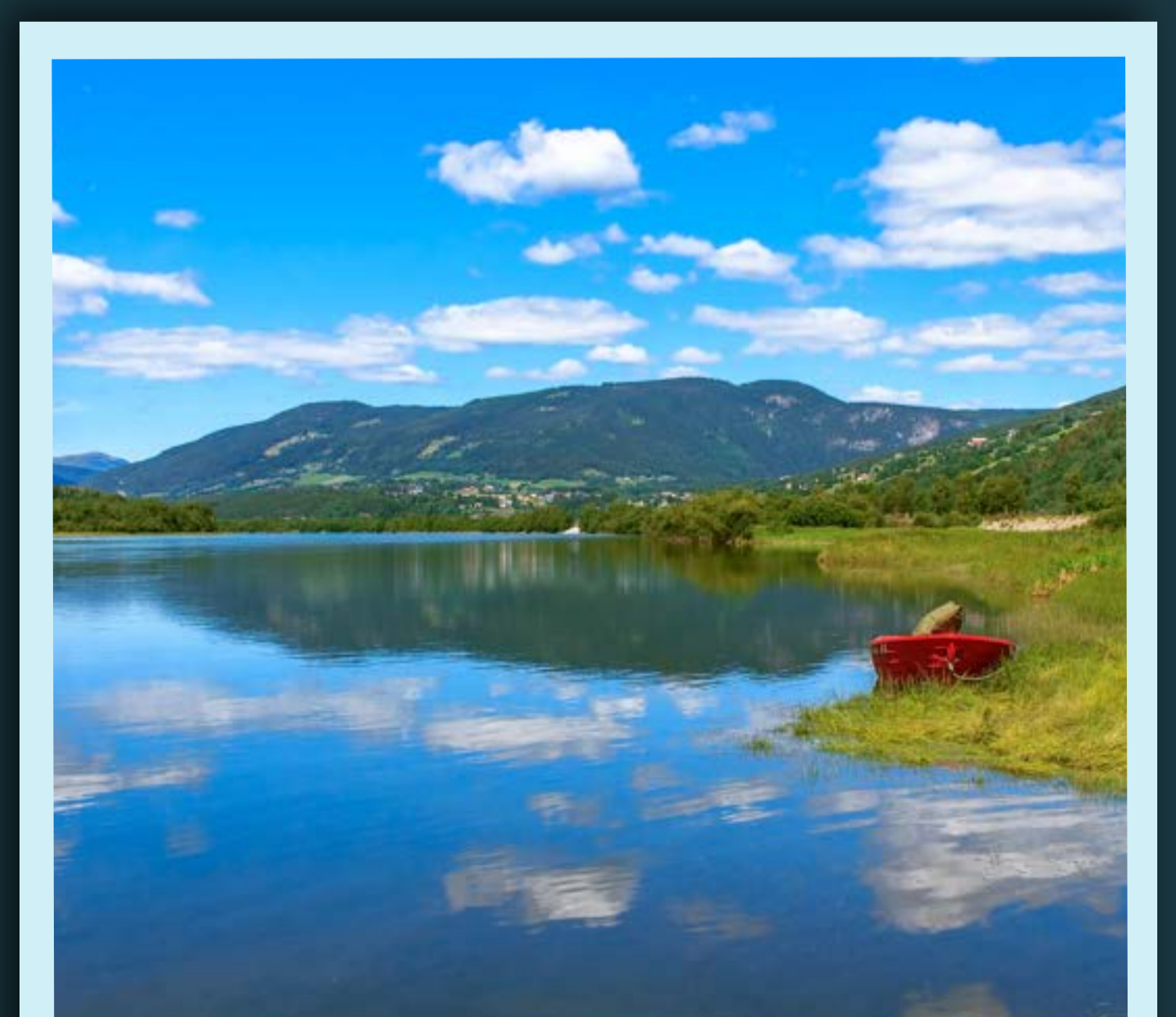
Lake Vanern

**DAY 06** Hamar - Lom - Hellesylt - Geiranger (B/L/D)

Stave Church - Geirangerfjorden - Seven Sister Waterfall

#### Stave Church

A medieval wooden Christian church building once common in north-western Europe. Two related church building types also named for their structural elements, the post church and palisade church, are often also called 'stave churches'.



Lake Mjosa

# ITINERARY

DAY  
07

Geiranger - Hellesylt (by Ferry) - Stryn - Briksdalbreen - Sogndal (B/L/D)

Briksdalbreen (Return Jeep Arrange)  
\*Subject to Weather Conditions

DAY  
08

Sogndal - Mannheller - Fodnes (by Ferry) - Flam - Myrdal - Voss (by Train)  
- Bergen (B/L/D)

Fish Market - Bergenhus Castle

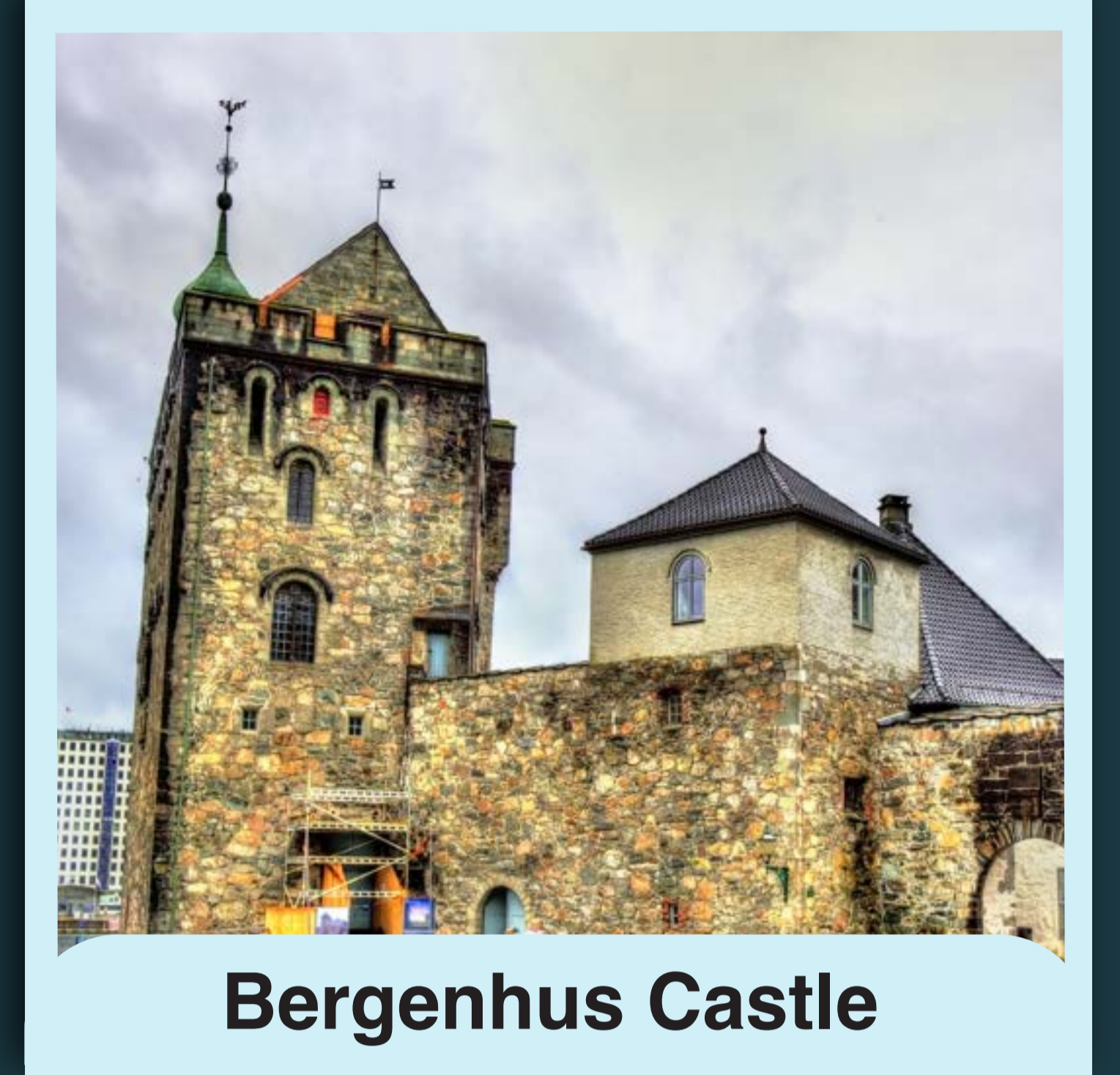
DAY  
09

Bergen - Oslo (by Bus) (B/-/D)

Bryggen (Wharf) - Haakon's Hall - Market Square - Bergen Cathedral - Scenic Route

#### Bryggen

The old wharf of Bergen is not only a World Heritage Site but also serves as an important reminder to the town's importance in playing a role for the Hanseatic League's trading empire.



Bergenhus Castle

DAY  
10

Oslo - Gothenburg (B/L/D)

Frogner Park & Vigeland Sculpture - Viking Ship Museum - Karl Johans - Holmenkollen - Royal Palace - Aker Brygge - Astrup Fearnley Museum - City Hall - Akershus - Opera House

#### Frogner Park

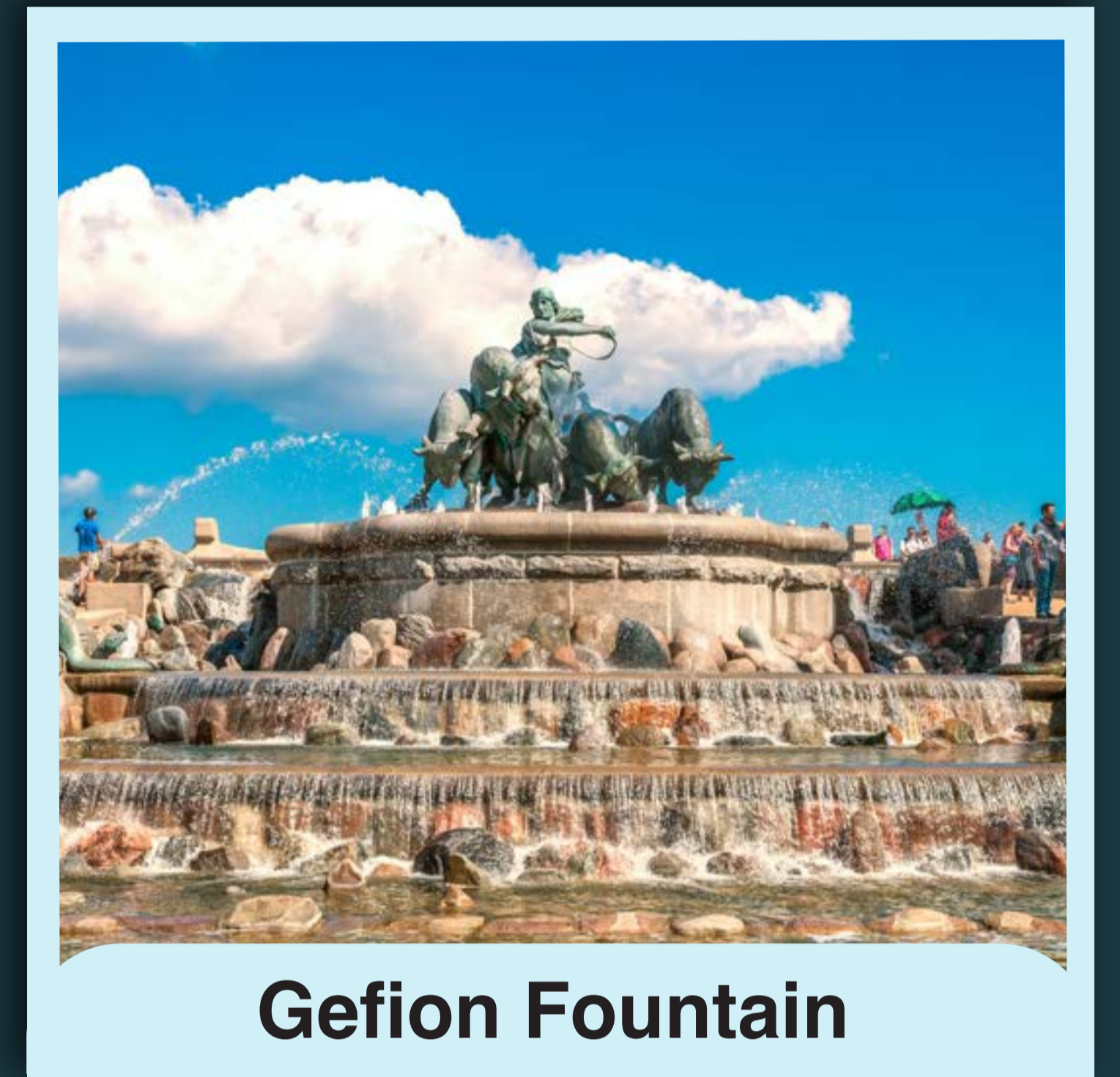
Contains, in its present centre, the world famous Vigeland installation, a permanent sculpture installation created by Gustav Vigeland. Although sometimes incorrectly referred to in English as the "Vigeland (Sculpture) Park," the Vigeland installation is not a separate park, but the name of the sculptures within Frogner Park.

#### The Viking Ship Museum

Part of the Museum of Cultural History of the University of Oslo, and houses archaeological finds from Tune, Gokstad, Oseberg and the Borre mound cemetery.

#### The Royal Palace of Oslo

The residence of French-born King Charles III of Norway, who reigned as king of Norway and Sweden.



Gefion Fountain

DAY  
11

Gothenburg - Copenhagen (B/L/D)

Gefion Fountain - Little Mermaid - The Old Stock Exchange - Christianborg Palace - Amalienborg Palace

#### Little Mermaid

A bronze statue by Edvard Eriksen, depicting a mermaid. The sculpture is displayed on a rock by the waterside at the Langelinie promenade in Copenhagen, Denmark.

#### Christiansborg Palace

A palace and also government building in central Copenhagen. It is the seat of Danish Parliament, the Prime Minister's Office and also the Supreme Court of Denmark. Several parts of the palace are open to the public.



Amalienborg Palace

DAY  
12

Copenhagen ✈️ Malaysia (B/MOB)

DAY  
13

Arrive Malaysia



# MAP

# Travel Information

## Sweden's Countries Weather

### Spring

Mar: -3°C ~ 5°C  
Apr: 1°C ~ 11°C  
May: 5°C ~ 16°C

### Summer

Jun: 10°C ~ 20°C  
July: 13°C ~ 23°C  
Aug: 12°C ~ 22°C

### Autumn

Sept: 8°C ~ 17°C  
Oct: 4°C ~ 10°C  
Nov: 0°C ~ 5°C

### Winter

Dec: -3°C ~ -2°C  
Jan: -5°C ~ 1°C  
Feb: -5°C ~ 1°C

## Norway's Countries Weather

### Spring

Mar: 1°C ~ 7°C  
Apr: 4°C ~ 11°C  
May: 7°C ~ 15°C

### Summer

Jun: 10°C ~ 18°C  
July: 12°C ~ 20°C  
Aug: 12°C ~ 19°C

### Autumn

Sept: 10°C ~ 16°C  
Oct: 6°C ~ 12°C  
Nov: 3°C ~ 8°C

### Winter

Dec: 1°C ~ 5°C  
Jan: 1°C ~ 5°C  
Feb: 0°C ~ 5°C

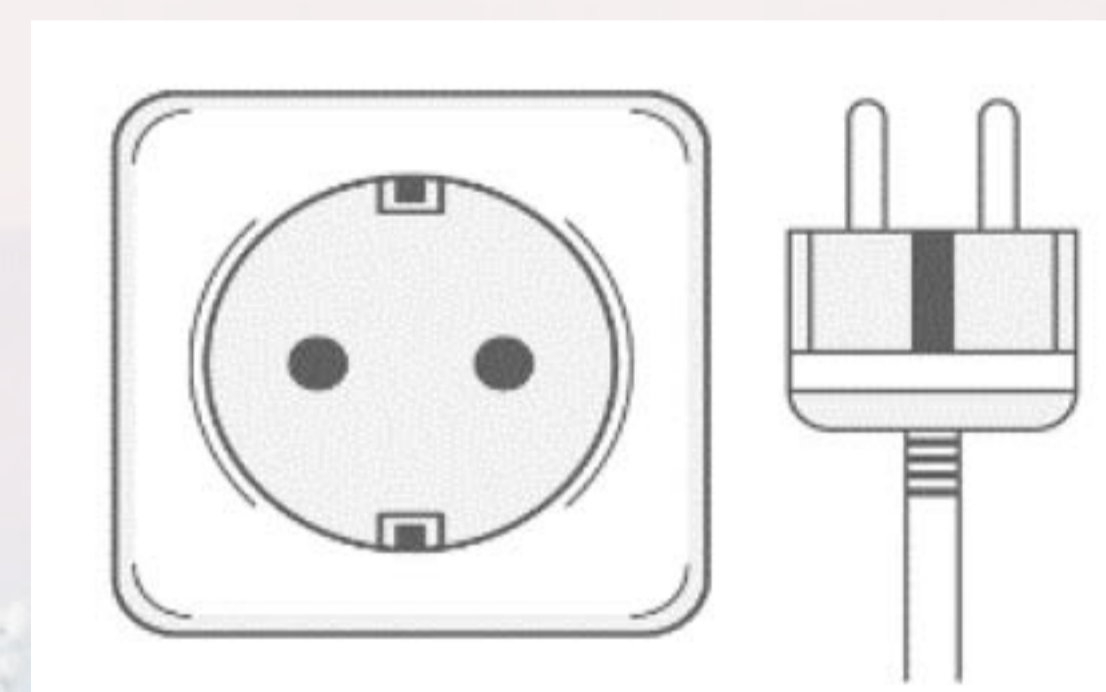
## Currency

Euro

## Time Zone

Sweden (GMT+2)  
Norway (GMT+2)

## Travel Adapter



## Tour Packages Included

- Return international flight tickets  
Baggage not exceed 20kg  
Handcarry 32cm(h) x 42cm(w) x 25cm(d)  
\*\* due to the special geology & weather, it is very dangerous for overweight transport to travel and the local government is very strict about it.
- Accommodation (Twin sharing basis)
- Meals as per itinerary
- All sightseeing main entrance ticket as per itinerary
- Private air-conditioned coach
- Full guided-tour

## Tour Packages Excludes

- × Personal travel insurance
- × Excess Baggage Charge
- × Extra tipping for all services as option
- × Own expenses (Laundry Fees, Corkage Fees, Extra Meal etc.)
- × Any attraction tickets out from itinerary
- × Recommended Optional Tours



### Beautiful Planet Holiday Tour & Travel Sdn. Bhd. (58352M) KPL 5634

Penang Branch: 27A, Jalan Angsana, Bandar Baru Air Itam, 11500 Ayer Itam, Penang, Malaysia. Tel:+604-835 0096

HQ: 394A, 1st Floor, Wayton Court, Jalan Burmah, 10350 Penang, Malaysia. Tel: +604-226 8121

KL Branch: B1-33A-7, Jalan Perak, Kuala Lumpur, Wilayah Persekutuan 50450, Malaysia. (SOHO KLCC) Tel:+603-2181 6286

### (ICELAND) N66 Ehf (Kt. 541216 1700)

35 Hverfisgata, 101 Reykjavik, Iceland. Tel: +354-857 0646 Website: www.n66.is

### (THAILAND) Pristina Tours

HQ: 34/8 Thanon Thep Kasatri, Phuket 83200, Thailand. Tel: +86-076 377918 Website: www.pristinatours.com

Bangkok Branch: 273, Soi Ramkhamheng 21 (Soi Nawa Si), Phlap Phla, Wang Thongland, Bangkok 10310, Thailand. Tel: +86-02 3185280

(5月-8月)

13天10夜

瑞典+挪威

+芬兰+丹麦



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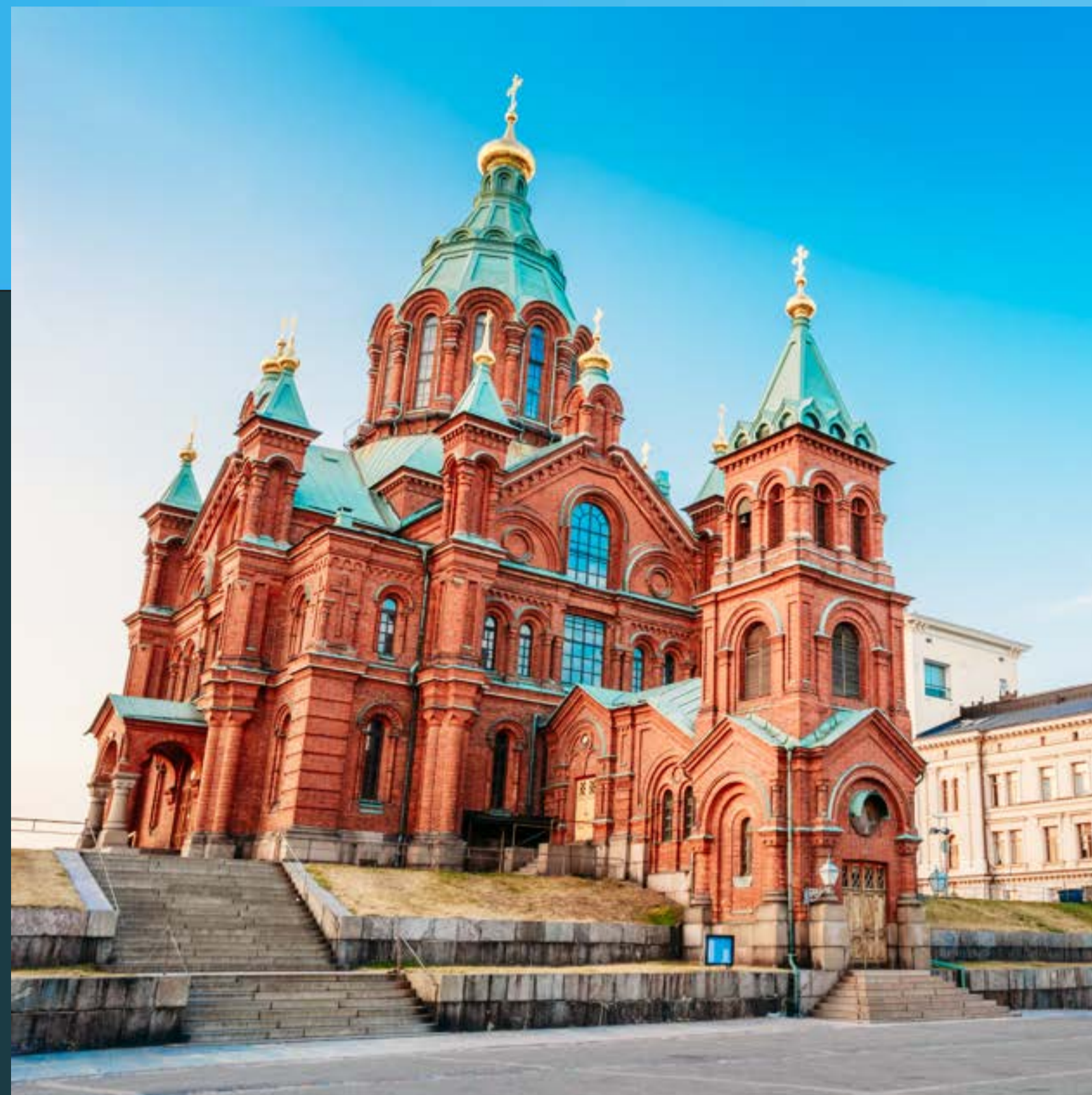
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# 13天10夜 - 北欧之旅

在穿越丹麦、瑞典和挪威的旅程中探索北欧仙境——凝视冰川，观看维京船只，饱览壮丽的山景，探索中世纪的港口，参观木板教堂、丹麦宫殿、蒂沃利公园和哥本哈根、斯德哥尔摩等永恒的城市和奥斯陆。



赫尔辛基大教堂



乌斯别斯基大教堂



斯德哥尔摩王宫



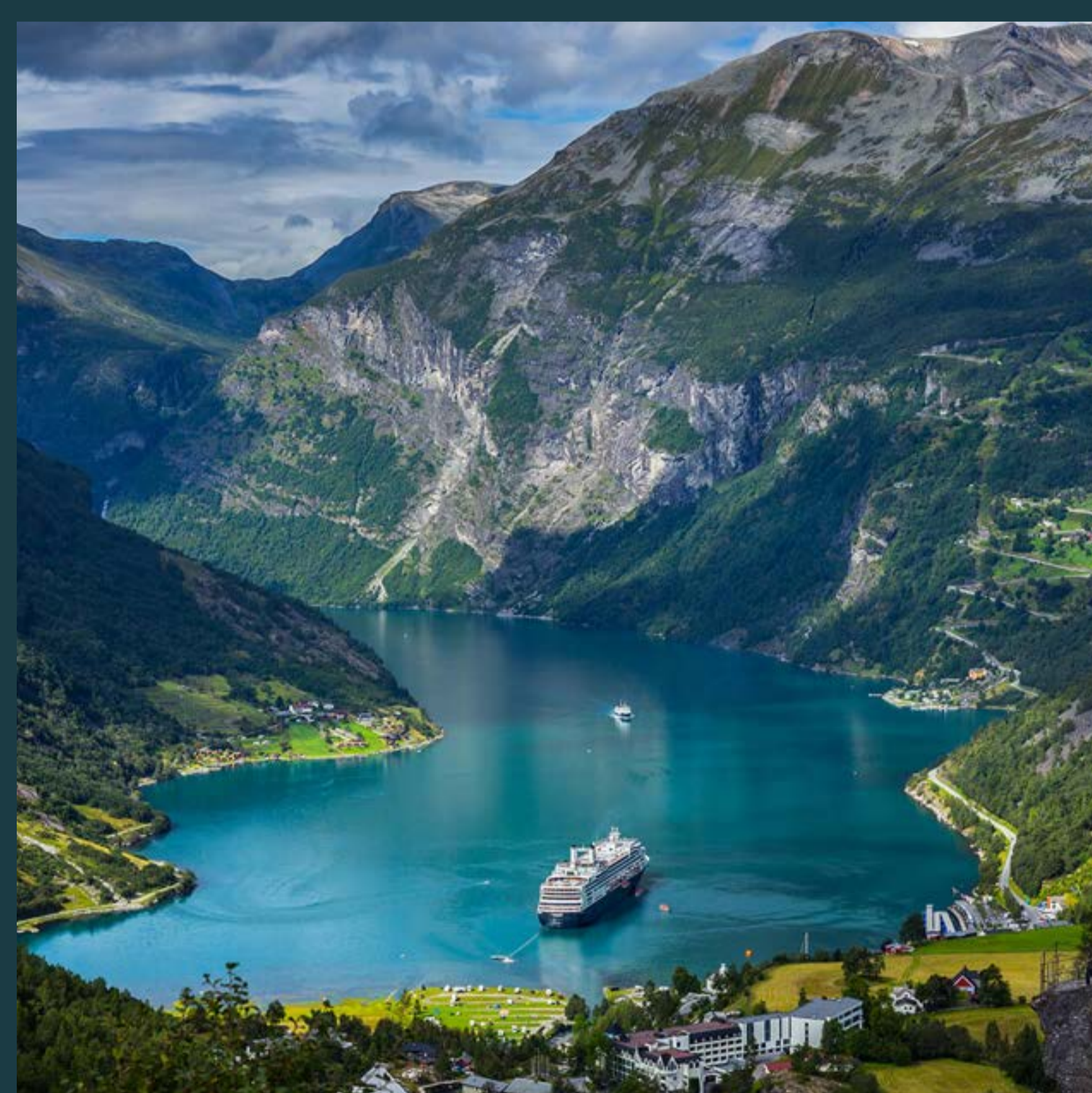
斯德哥尔摩老城



厄勒布鲁城堡



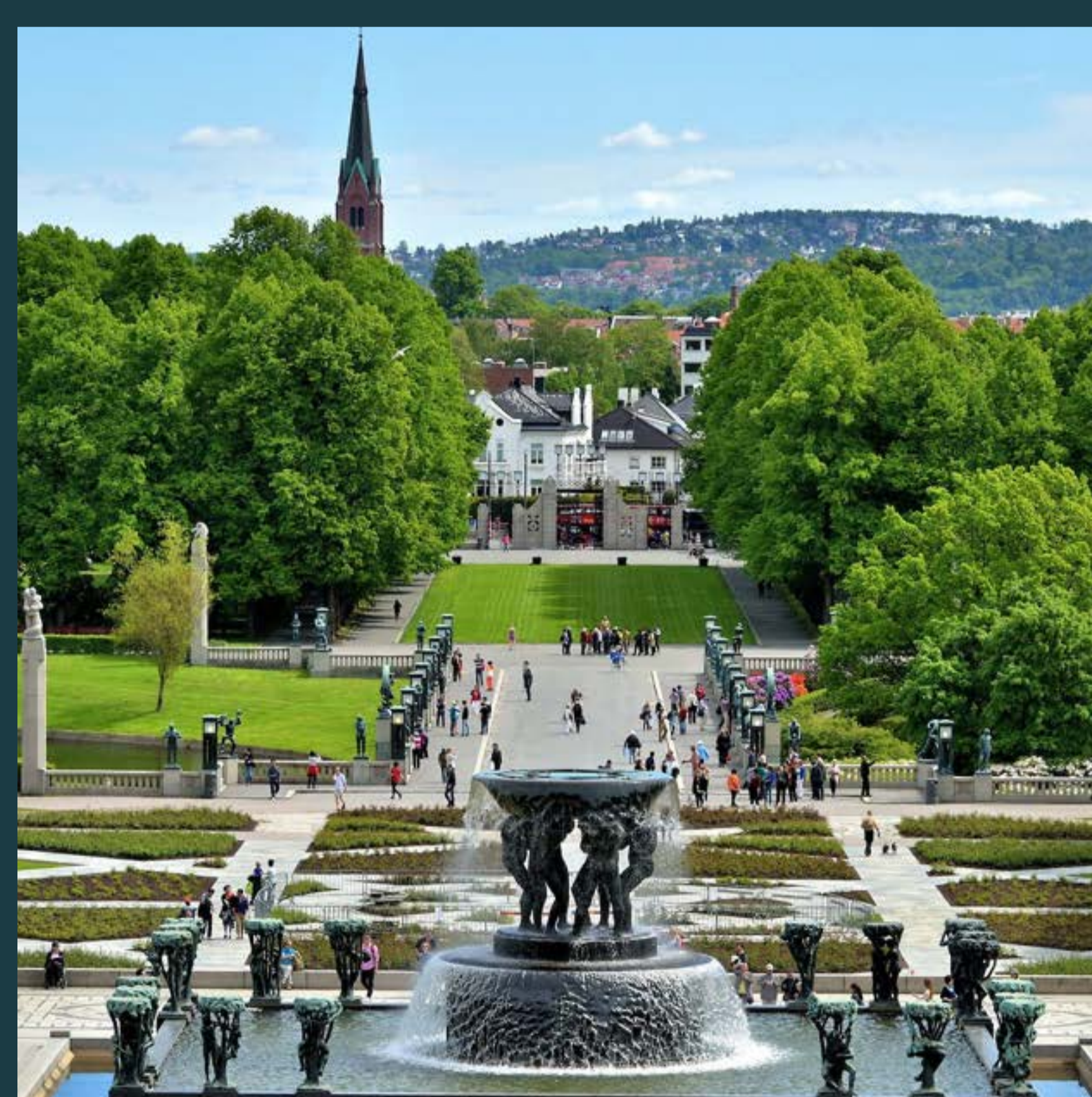
木板教堂



盖朗厄尔峡湾



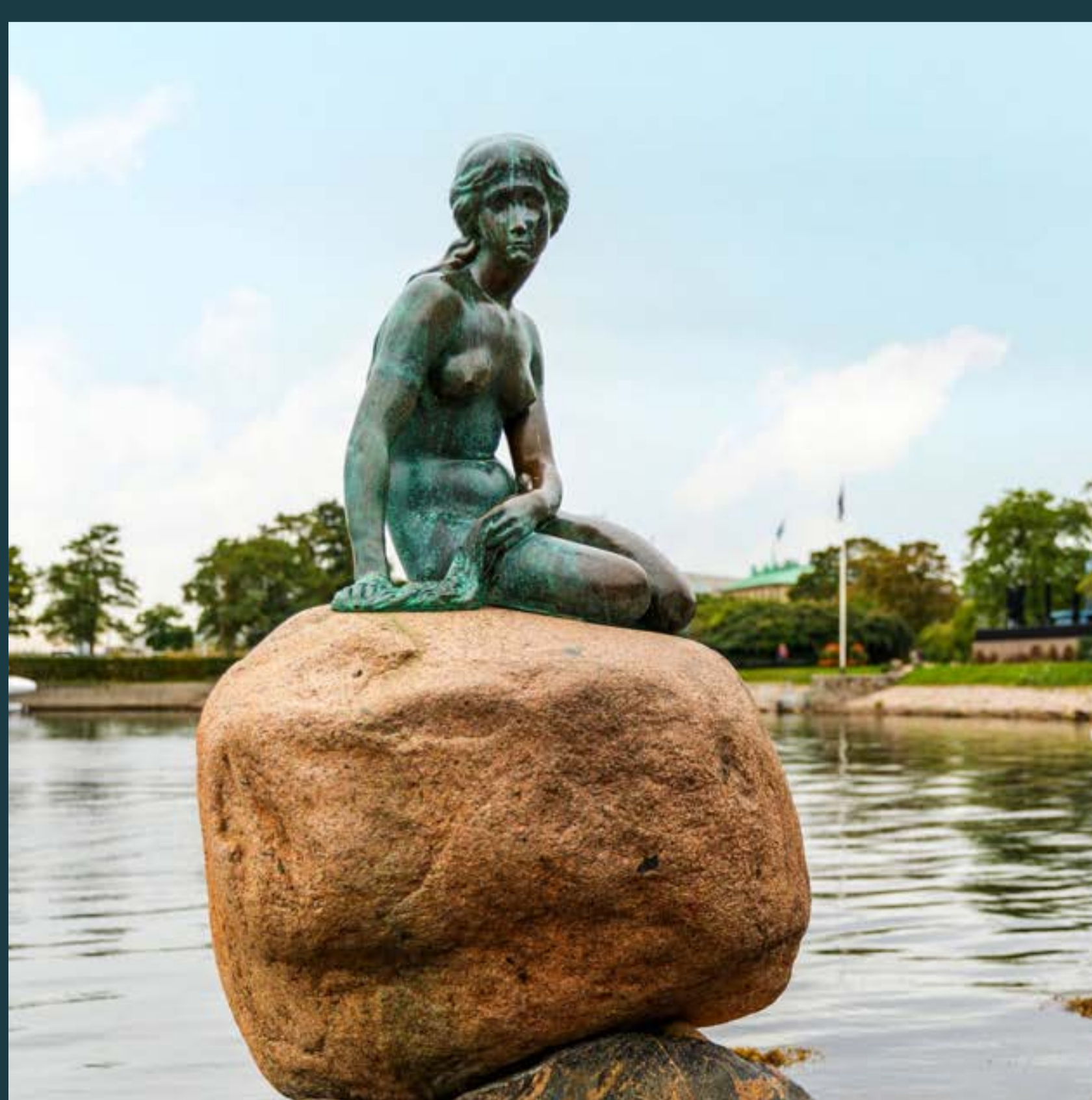
布吕根



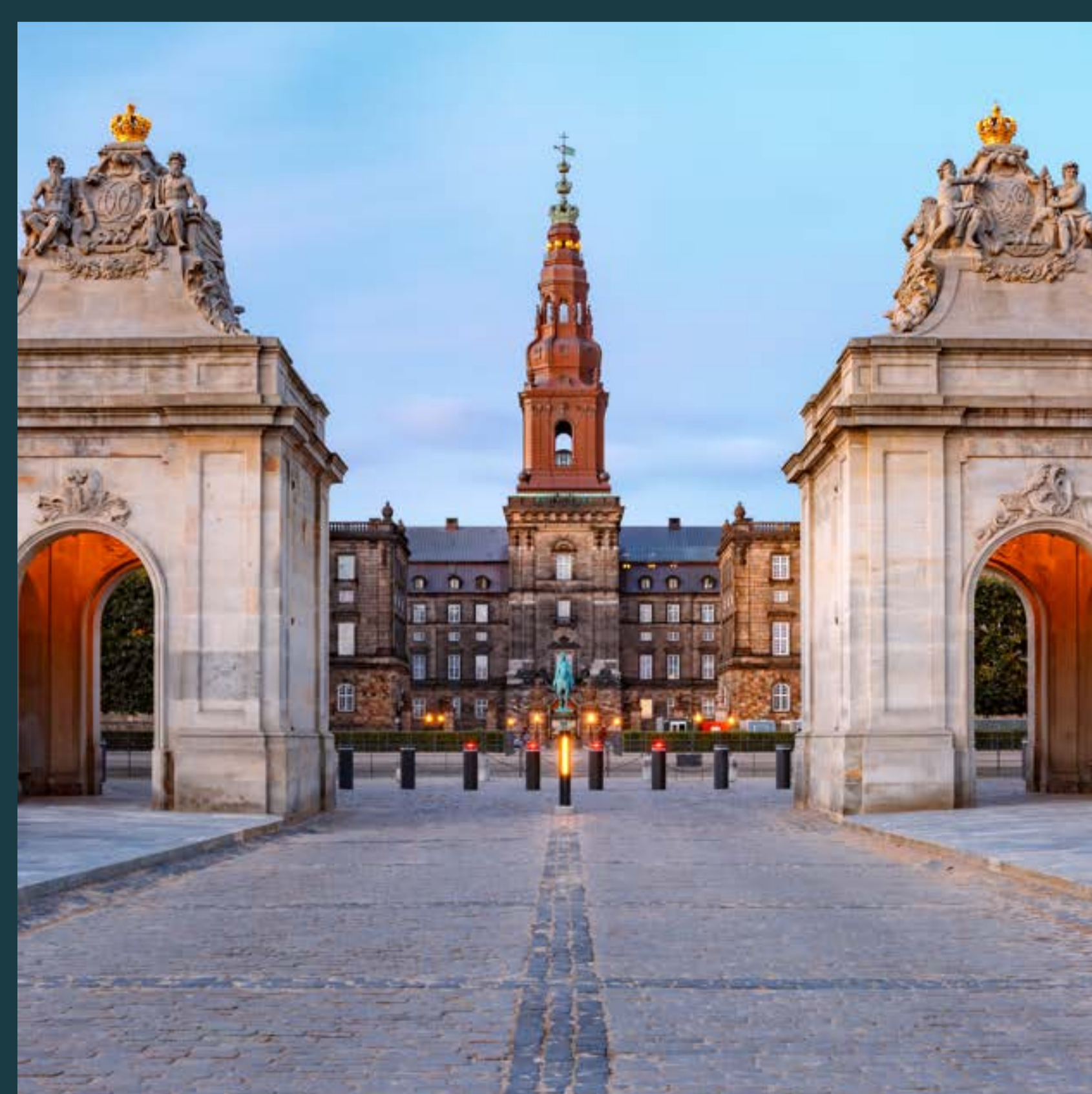
弗鲁格纳公园



维京海盗博物馆



小美人鱼雕像



克里斯蒂安堡皇宫

# 行程

DAY 01 马来西亚 ✈️ 赫尔辛基 (飞机餐)

DAY 02 赫尔辛基 (晚)

入住酒店

DAY 03 赫尔辛基 - 斯德哥尔摩 (夜宿豪华游船 - 双人间) (12小时) (早/午/晚)

赫尔辛基大教堂 - 岩石教堂 - 议院广场 - 乌斯别斯基大教堂 - 市集广场 - 西贝里斯纪念碑 - 赫尔辛基音乐中心

**赫尔辛基大教堂**

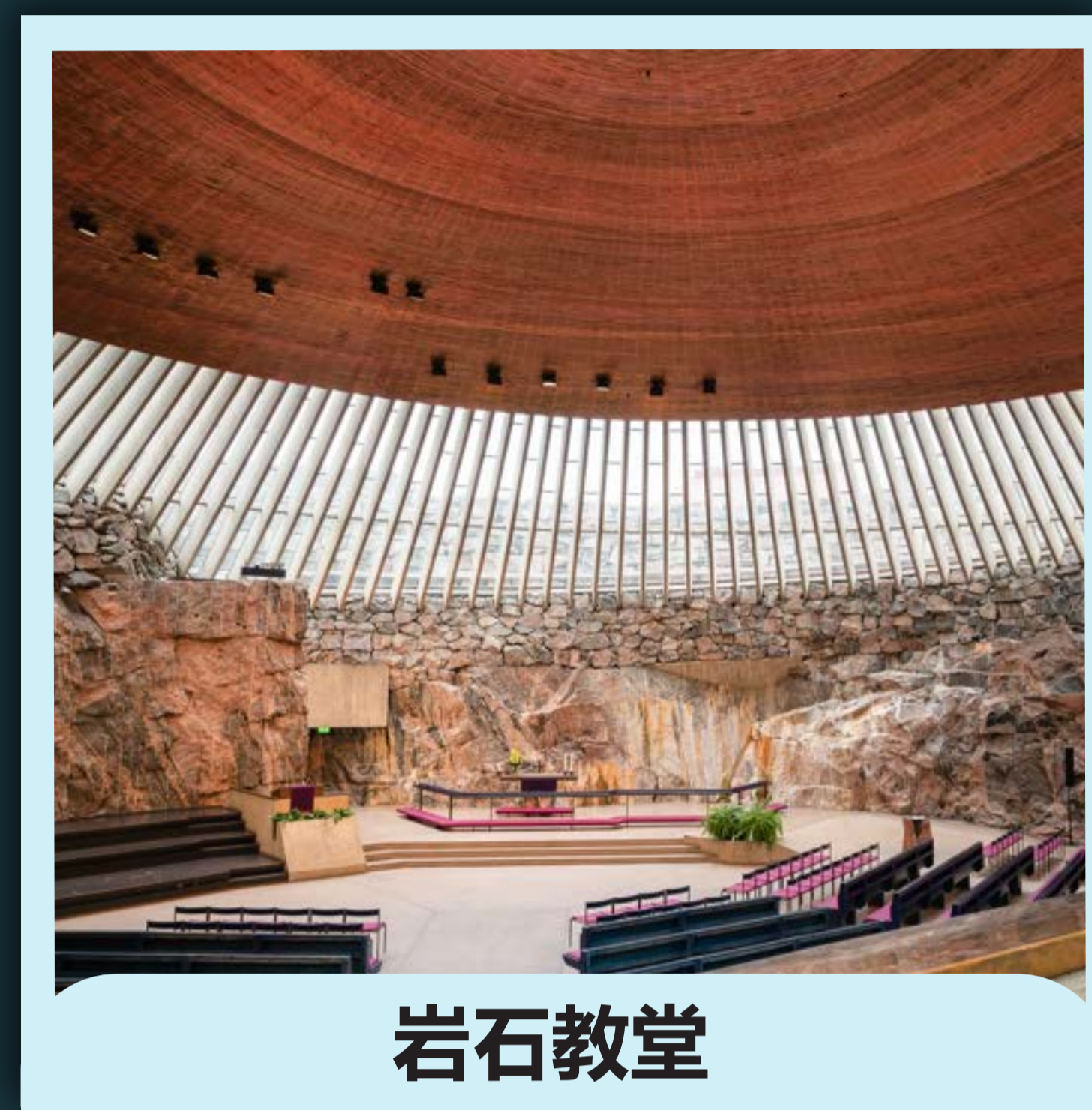
又称白教堂。它位于议会广场，建于1852年，是一座路德派教堂。建筑以白色为主，配以淡绿色的圆顶。

**岩石教堂**

世界上唯一一座建在岩石中的教堂位于赫尔辛基市中心，岩石教堂卓越的设计极为新颖巧妙，完成于1969年，是斯欧马拉聂兄弟的精新杰作。

**乌斯别斯基大教堂**

北欧最大的东正教堂，建于1862至1868年间，外观的金绿圆顶和红砖墙，具有俄罗斯的建筑风格。



岩石教堂

DAY 04 斯德哥尔摩 (早/午/晚)

斯德哥尔摩市政厅 - 瓦萨沉船博物馆 - 斯德哥尔摩王宫 - 骑士岛教堂 - 斯德哥尔摩老城

**斯德哥尔摩王宫**

位于斯德哥尔摩老城北部的瑞典王宫。斯德哥尔摩王宫的历史始于中世纪，虽然现时王室已经搬出到郊外的卓宁霍姆宫，但斯德哥尔摩王宫仍是瑞典国王的官方居所。

**骑士岛教堂**

斯德哥尔摩最著名的教堂之一，也是斯德哥尔摩最古老的建筑之一。骑士岛教堂是瑞典君主的葬礼教堂，目前仅用于埋葬和纪念用途。

**斯德哥尔摩老城区**

建立于13世纪，官方名称为[桥间之城]。老城保存完好，非常值得花点时间漫步在悠长悠长的鹅卵石小巷和古式的建筑的老城街道。



骑士岛教堂

DAY 05 斯德哥尔摩 - 厄勒布鲁 - 哈马尔 (早/午/晚)

厄勒布鲁城堡 - 维纳恩湖 - 米约萨湖 - 哈马尔老城

**厄勒布鲁城堡**

位于厄勒布鲁市中心，建造于瓦萨时期。建议游客到它的古代地牢和皇家刑讯室里参观。

**维纳恩湖**

位于瑞典中部，是该国第一大湖泊，亦是全欧洲第三大湖。

**米约萨湖**

挪威最大的湖，位于首都奥斯陆约100公里以北的挪威中南部。这是在挪威第四最深的湖泊。



维纳恩湖

DAY 06 哈马尔 - 洛姆 - 海勒叙尔特 - 盖朗厄尔峡湾 (早/午/晚)

木板教堂 - 盖朗厄尔峡湾游船 - 七姐妹瀑布

**木板教堂**

中世纪木基督教堂建筑在西北欧。两个相关的教堂建筑类型也被命名为他们的结构元素，后堂和栅栏教会，往往也被称为“木板教堂”。



米约萨湖



# 行程

**DAY 07** 盖朗厄尔峡湾 - 海尔西特 (乘渡轮) - 斯特林 - 布里克斯达尔冰川 - 松达尔 (早/午/晚)  
 布里克斯达尔冰川 (安排返回吉普车)  
 \*视天气而定

**DAY 08** 松达尔 - 曼赫勒 - 福德内斯 (乘渡轮) - 弗诺姆 - 米达尔 - 沃斯 (乘火车) - 卑尔根 (早/午/晚)  
 卑尔根鱼市 - 卑尔根城堡

**DAY 09** 卑尔根 - 奥斯陆 (乘坐巴士) (早/-/晚)  
 布吕根 (码头) - 国王礼堂 - 市集广场 - 卑尔根大教堂 - 风景路线  
 布吕根  
 (Bryggen, 意为码头), 是排列在挪威卑尔根峡湾东侧的一系列汉萨同盟商业建筑。布吕根自1979年被联合国教科文组织列为世界文化遗产。

**DAY 10** 奥斯陆 - 哥德堡 (早/午/晚)  
 弗鲁格纳公园和维格兰雕塑 - 维京海盗博物馆 - 卡尔约翰斯 - 霍尔门科伦 - 奥斯陆皇宫 - 阿克尔码头 - 阿斯楚普费恩利现代艺术博物馆 - 奥斯陆市政厅 - 阿克什胡斯城堡 - 奥斯陆国家剧院

**弗鲁格纳公园**  
 挪威奥斯陆西北的一个著名的观光景点。公园因原本属于“弗鲁格纳庄园”而得名。公园中心为著名的维格朗雕塑公园, 众多的雕塑由挪威雕塑家古斯塔夫·维格朗设计。

**维京海盗船博物馆**  
 最受欢迎的旅游胜地之一。博物馆展品是从奥斯陆峡湾地区维京人墓穴中发现的。海盗博物馆内有海盗船和许多维京人的出土用品。

**挪威皇宫**  
 现在挪威王室的居所和办公地方, 建于在19世纪上半叶国王查理三世。挪威王室会在皇宫内举办国宴, 招待重要的贵宾和各国领导人, 国王还会召开国务会议。

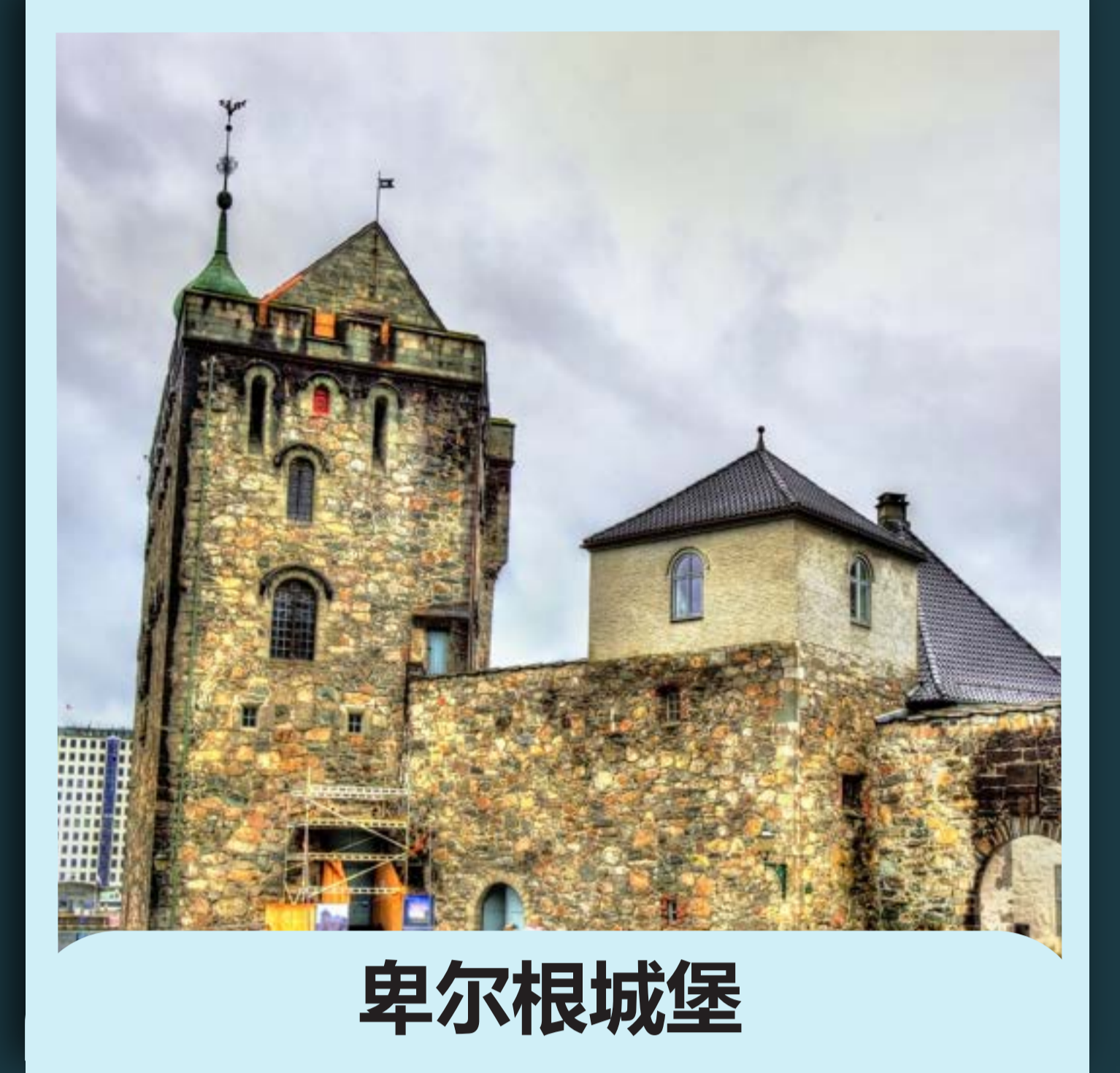
**DAY 11** 哥德堡 - 哥本哈根 (早/午/晚)  
 盖费昂喷泉 - 小美人鱼雕像 - 旧股票交易中心 - 克里斯蒂安堡皇宫 - 阿美琳堡宫

**小美人鱼雕像**  
 由新嘉士伯啤酒公司的创始人卡尔雅格布森出资建造, 雕刻家艾瑞克森进行雕刻。现位于丹麦哥本哈根长堤公园的港口岩石上。这座以安徒生童话《海的女儿》为蓝本的青铜雕塑是哥本哈根乃至丹麦的标志。

**克里斯蒂安堡宫**  
 位于丹麦哥本哈根, 是中央政府的办公处, 议会所在地, 和最高法院都设在宫内。这里同时也是一座博物馆, 它经常开放供人参观。

**DAY 12** 哥本哈根 ✈️ 马来西亚 (早/飞机餐)

**DAY 13** 抵达马来西亚



卑尔根城堡



盖费昂喷泉



阿美琳堡宫



# 地图

# 旅游信息

## 瑞典国家天气

### 春天

三月: -3°C ~ 5°C  
四月: 1°C ~ 11°C  
五月: 5°C ~ 16°C

### 夏天

六月: 10°C ~ 20°C  
七月: 13°C ~ 23°C  
八月: 12°C ~ 22°C

### 秋天

九月: 8°C ~ 17°C  
十月: 4°C ~ 10°C  
十一月: 0°C ~ 5°C

### 冬天

十二月: -3°C ~ 2°C  
一月: -5°C ~ 1°C  
二月: -5°C ~ 1°C

## 挪威国家天气

### 春天

三月: 1°C ~ 7°C  
四月: 4°C ~ 11°C  
五月: 7°C ~ 15°C

### 夏天

六月: 10°C ~ 18°C  
七月: 12°C ~ 20°C  
八月: 12°C ~ 19°C

### 秋天

九月: 10°C ~ 16°C  
十月: 6°C ~ 12°C  
十一月: 3°C ~ 8°C

### 冬天

十二月: 1°C ~ 5°C  
一月: 1°C ~ 5°C  
二月: 0°C ~ 5°C

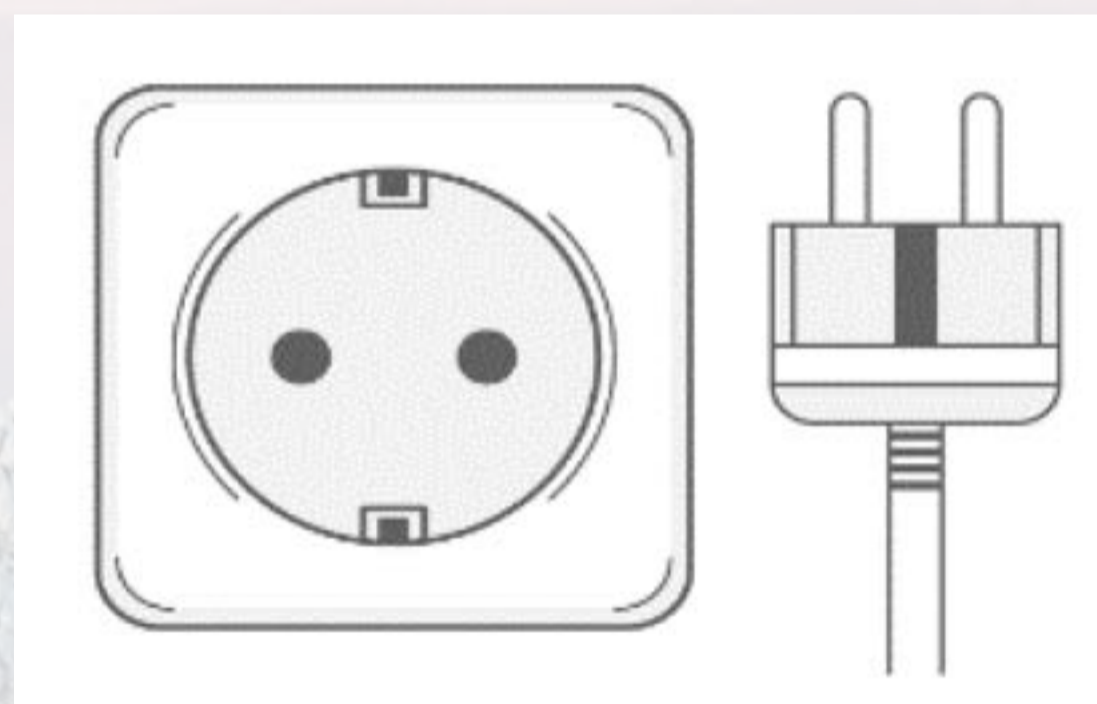
## 货币

欧元

## 时差

瑞典 (GMT+2)  
挪威 (GMT+2)

## 当地插座



## 配套包含

- 往返国际机票  
托运行李不超过20kg  
手提行李 32cm高 X 42cm宽 X 25cm深  
注意: 由于地质特殊, 交通工具超重行驶非常危险, 当地政府一律严禁。
- 住宿(双人房标准)
- 部分膳食
- 行程单上所有景点大门票
- 全程冷气旅游巴士
- 全程导游跟团

## 配套不包含

- × 个人旅游保险
- × 行李超重/超大费用自理
- × 酒店/游船洗衣服务, 自备酒瓶开塞费, 增加餐等费用自理
- × 行程单以外景点门票
- × 额外服务小费随意
- × 推荐自费项目