

Scandinavian Capitals 7 Days

Helsinki Ints, Silja Cruise HEL STK Ints, Stockholm Ints, Copenhagen Ints, DFDS Cruise to Oslo Ints, Oslo Ints

Itinerary Brief:

Visit the Viking world of wonders by sailing through the amazing Norwegian fjords crossing the Baltic Sea in the highly entertaining cruise ship to wonderful Helsinki and shopping at Stockholm.

Daywise Itinerary:

Day 01 HELSINKI (FINLAND)

Board your flight to Helsinki. Depending on your arrival time, transfer to hotel (check in after 3pm) or dinner.

[X] Breakfast [X] Indian Lunch [Y] Indian Dinner



Day 02 HELSINKI - SIBELIUS PARK - OVERNIGHT CRUISE TO STOCKHOLM (SWEDEN)

This morning, have a guided morning tour of Helsinki. You have an orientation tour with photo stops to see all famous sights including the Senate House, the Finlandia Hall (from outside), the Sibelius Park with its monument, and entry to the amazing underground Rock church. Later you have some time to purchase some souvenirs. Early afternoon we will be transferred to the port to board the Silja Line cruise ferry to Stockholm. Dinner and overnight on board the cruise liner.

[Y] Breakfast [X] Indian Lunch [Y] Dinner



Day 03 STOCKHOLM CITY TOUR

Upon arrival into Stockholm, enjoy a guided walking tour of Stockholm and visit the City Hall with its famous Blue and Golden Halls, where the Nobel Prize Banquet is held each year. Later walk to the old city of Stockholm to visit the beautiful city palace to see the Royal chair. Afternoon you have some free time to have an orientation tour to view some of the many museums from outside like Vasa Museum, ABBA Museum or the Stockholm Palace.

[Y] Breakfast [X] Indian Lunch [Y] Indian Dinner



Day 04 STOCKHOLM - COPENHAGEN (DENMARK) (670 KM)

Today you take a train through the countryside of Southern Sweden to Copenhagen. The train takes us across the Oresund Bridge to Denmark, and arrive early evening into Copenhagen. Upon arrival walk to your hotel to check in. This evening walk to the restaurant for dinner. Later enjoy an optional walk to visit to the famous Tivoli Gardens (entrance not included).

[Y] Breakfast [X] Indian Lunch [Y] Indian Dinner

Day 05 COPENHAGEN CITY TOUR - LITTLE MERMAID - OVERNIGHT CRUISE TO OSLO (NORWAY)

This morning, enjoy a guided tour of the city; visiting all the famous sights (from outside) including, the Amalienborg Palace, Christiansborg Palace, the old Nyhavn harbour and of course the famous Little Mermaid. Afternoon, you will be transferred by coach to the DFDS Seaways terminal for your overnight cruise to Oslo. Enjoy a delicious buffet dinner as you cruise gently up the Kattegat. Tonight there is some entertainment on board. Overnight on board the cruise liner.

[Y] Breakfast [X] Indian Lunch [Y] Dinner



Day 06 OSLO CITY TOUR - VIKING MUSEUM - VIGELAND SCULPTURE PARK (100KM)

After disembarkation you will enjoy a guided tour of Oslo and later drive along to see the world-famous Viking Museum to see the Polar Exploration ship Fram. Then continue to explore the famous circle of life Vigeland Sculpture Park (walking tour). In the afternoon, you drive on to Holmenkollen Ski Jump (from outside) for a bird's eye view of the city and on a clear day you can also see the fjord far down below. Later enjoy an Indian dinner before going on to your overnight hotel.

[Y] Breakfast [X] Indian Lunch [Y] Indian Dinner



Day 07 OSLO - FLY OUT

This morning, depending on your time of your return flight, you will be transferred to the airport, where you board your flight back to the UK.

[Y] Breakfast [X] Indian Lunch [X] Indian Dinner



Return with the Happy Memories of the Tour!!!

Departures:

2023 Tour Departures:	
April	24
May	29
June	19
July	10, 24
August	14, 28
September	18

Tour Cost:

Departures: 24/04/2023, 29/05/2023, 19/06/2023, 18/09/2023

Title: Ex. London

Passengers	Rates		Sharing
	With Flight From UK	Without Flight	
	GBP	GBP	
Per Adult	1,870.00	1,520.00	Twin Room
Per Adult	1,870.00	1,520.00	Double Room
Per Adult	1,870.00	1,520.00	Triple Room
Child 2-11 yrs	1,520.00	1,220.00	1st Child(with Bed) when 2 adults paying
Child 2-11 yrs	1,450.00	1,150.00	2nd Child(without Bed) when 2 adults paying
Infant 0-23 Months	500.00	400.00	Infant
Per Adult	2,110.00	1,760.00	Single Room

Departures: 10/07/2023, 24/07/2023, 14/08/2023, 28/08/2023

Title: Ex. London

Passengers	Rates		Sharing
	With Flight From UK	Without Flight	
	GBP	GBP	
Per Adult	1,890.00	1,520.00	Twin Room
Per Adult	1,890.00	1,520.00	Double Room
Per Adult	1,890.00	1,520.00	Triple Room

UNITED KINGDOM 718 KENTON ROAD, KINGSBURY CIRCLE, HARROW, MIDDLESEX, HA3 9QX, UK
Call: +44 (0) 2089510111 Email: info@sonatours.co.uk

Child 2-11 yrs	1,540.00	1,220.00	1st Child(with Bed) when 2 adults paying
Child 2-11 yrs	1,470.00	1,150.00	2nd Child(without Bed) when 2 adults paying
Infant 0-23 Months	520.00	400.00	Infant
Per Adult	2,130.00	1,760.00	Single Room

Travel Mode:

From	Via	To	By
Uk		Helsinki	Flight
Helsinki		Stockholm	Cruise
Stockholm		Copenhagen	Train
Copenhagen		Copenhagen	Cruise
Oslo		UK	Flight

Inclusions:

- * All nights in 3* / 4* star hotels with breakfast
- * 2 nights in cruise liners with breakfast and dinner
- * Meal plans as indicated in the itinerary
- * Entrances to sightseeing's and excursions as per the itinerary
- * All transportation in executive coaches, cruise liners, trains and some places in A/C Cars
- * Only Driver Tips included
- * Premium services of Bi-lingual Tour Director / Escort / Leader / Manager (when minimum numbers of passengers reached)
- * Return flights from one of these airports depending on availability of flights: London Heathrow / Gatwick / Stanstead / Luton / London City Airport

Exclusions:

- * Travel insurance
- * Visa charges
- * Items of personal nature viz. telephone calls, drinks (beverages), laundry, other meals, potter service, other personal expenses, etc..
- * Any cost of beverages, alcohols with the set meals.
- * Other services not listed in inclusive item & the itinerary

Cancellation Policy:

- * More than 42 days prior to departure date 50% of Total Holiday Cost for Europe Flight Tours
- * 41 - 28 days prior to departure date 75% of Total Holiday Cost for Europe Flight Tours
- * 27 - 0 days prior to departure date 100% of Total Holiday Cost for Europe Flight Tours

Services:

Optional Excursions costs

Tivoli Gardens- Copenhagen, Denmark (payable to tour manager)

Tivoli Garden is the 2nd oldest operating amusement park and pleasure garden in the world located in Copenhagen city since 1843. Open till midnight on weekends. The scenery is beautiful with exotic architecture, historic buildings and lush green gardens. The Roller coaster is Tivoli's oldest and most popular ride. Duration: approx. 90 minutes

Adult (7+years) €20

Child (3-7years) €10

Notes to Optional Excursions:

- Optional excursion is only offered if time permitting and minimum numbers of travellers opt for it along with the feasibility. This additional excursion is not compulsory.
- Optional excursions cost covers the extra hours for the Tour Manager and the Coach driver plus any additional cost to cover coach costs (fuel, road tolls, parking etc.) and any entrances charges if included.
- Some of the Optional Excursions can only be booked on the tour with the Tour Manager(subject to availability) on CASH payment & some tours pre-paid at the time of booking with Sona Tours office. (Kindly Check with our Sales consultant at the time of booking)
- The Duration of the tour is subject to change depending on the traffic and distance of travel from the city hotel.
- Terms & conditions apply.

Important Notes:

The distances mentioned on the itinerary are approximate travelling in coach per day.

This itinerary is subject to change in reverse order. However you'll not miss out on any excursions.

This tour can also be conducted for private groups based on minimum 15 passengers. For further enquiry please contact the office.

Terms & Conditions :

* Please refer to the full Terms and Conditions on our website

FAQ :

Can I join the Scandinavian Capitals tour from any part of the world?

A: Yes, you can fly over to Helsinki (Finland), our first point in the tour preferably a day earlier. Please do inquire the office to arrange your logistics for both arrival and departure.

Weather & Essential to carry

Q. How can I check the local weather?

A: You can check the local weather to your destinations here: www.accuweather.com

Q. What is the best time to travel?

A: Every effort has been made to select date where the weather is moderate to ensure your best experience of Scandinavian Capitals. (Kindly note due to changing weather conditions globally, Sonatours is not liable for weather variations).

Q. What clothes shall I wear or pack?

A: During the lovely summer months, it is advisable to wear light garments during the day but keep a light jacket or sweater in your hand luggage as evenings can get chilly.

A: It is recommended a family sized umbrella, rain wear, pair of sunglasses.

A: During the holiday most of the dressing is casual attire. Should you independently wish to visit Casino or Nightclub, evening wear is required.

Q. What kind of footwear will I need on the trip?

A: We suggest trainers, walking shoes, sandals, chappals or similar.

Passport; Immigration & Visa

Q. Do I need to carry a passport?

A: Yes, all passengers must travel with their passport if traveling outside the country you live in. We request you to see the following websites for the latest updates on travel to your destinations.

For UK Residents: www.gov.uk/foreign-travel-advice

For USA Resident: travel.state.gov

Q. How long should the passport be valid?

A: Please ensure you have a passport that is valid for at least 6 months from the date of completing your tour.

Q. What are the Visa Requirements?

A: You are responsible to ensure that you have correct documentation.

British passport holders: Do **NOT** require a visa to travel to Scandinavian Capitals. (visa updates to follow), or contact the office.

Non British passport holders: Please do check with the relevant Embassy in country of your residence.

Sonatours is not responsible or liable in any way should you be denied travel due to incorrect documentation.

Q. What happens to me if I am stopped at custom and immigration?

A: Sonatours cannot be held responsible if passengers are stopped or held by any government departments, e.g. Police, Customs, Immigration or any other authorities. We are sorry to say that the tour will continue and no financial or any other kind of responsibility will be accepted by Sonatours.

Money Matters

Q. What is the currency used?

A: The currency used in Finland is Euro (€). When travelling to rest of the Scandinavian countries, currency used is Krone (kr) Denmark (DKK), Norway (NOK) & Sweden (SEK)

Q. Can I use my Credit/Debit cards there?

A: We recommend that you take a credit or debit card on holiday with you, as it provides extra financial flexibility. Major international credit cards, such as Visa or MasterCard are accepted by many restaurants, shops and hotels.

Most countries are using chip and pin. In cases where chip and pin not used please be cautious when handing your debit/credit card.

Q. Are ATM machines available?

A: Major cities will have cash/ATM machines where cash can be withdrawn with your credit or debit card, though this might incur a fee charged by your card provider. Advise your bank which countries you are visiting prior to travel so that you don't run the risk of your card being refused and subsequent expensive phone calls to unlock it.

Q. Where can I exchange my money?

A: Money can be exchanged at Airports, Banks, Exchange Bureaus and at the hotels. You may also need your passport for identification as you would for traveller's cheques, please be aware that locally exchange rate may vary.

Health (Medication); Welfare & Travel Insurance

Q. Should I bring all my medication with me?

A: Please travel with all your necessary medication for the duration of your trip including your prescription/doctors report confirming the medication.

Q. Do I need to declare any special medical condition and requirements prior to booking the tour?

A: Should you have pre - existing medical conditions or requirements (e.g. oxygen during flight or sleeping, colostomy bags, etc). Kindly advise the office at the time of booking.

Q. What happens if I am unwell during the tour?

A: Should you feel unwell during the trip, kindly contact the Hotel Reception, Tour Manager or your Local Guide. We regret that no refunds can be made for absences from a trip, including experiences such as missed meals or sightseeing. Strongly recommend to have personal travel insurance to cover these mishaps.

Q. What happens if an accident occurs while on the tour?

A: Should you be involved in an accident (minor or major), please contact your Tour Manager / Local Guide. Unfortunately, no refunds can be made for absences from a trip, including experiences such as missed meals or sightseeing.

Q. What should I do if there is an incident?

A: Sonatours makes every effort to keep your health and safety in mind. However, should an unforeseen incident occur please contact your tour manager/ local guide/hotel reception for immediate assistance.

Q. Do you facilitate clients with disability?

A: Sona Tours does not provide special tours for the disabled. Our coaches do not have wheelchair excess. It is possible to bring along a folding type wheelchair which may be kept in the baggage hold of the coach. The driver will load and unload the wheelchair from the coach for the passenger

however they will need to be physically fit enough to be able to embark and disembark the coach on their own. On the tour it is also essential that a capable person is accompanying such a passenger on the tour to push their wheelchair.

Q. What happens if I have lost or left something in the hotel?

A: Kindly note that you are responsible for looking after your valuables and property when on vacation. If an item has been left in a hotel you will need to call the hotel and arrange with them directly for the return of your item, there might be charges involved.

A: You are advised not to carry unnecessary valuables and to be vigilant, as tourist spots are well known targets for pickpockets. In case of theft you will need to advise your Tour Director immediately and report the theft to the police. This should provide you with a police report or crime reference number.

Q. Do I need travel insurance?

A: We strongly recommend you travel with Travel and Medical Insurance from your country of residence. Kindly ensure you get the correct insurance for the tour.

Q. Can Sonatours provide travel insurance?

A: There are various travel insurance providers in the market, however Sonatours does not provide Travel Insurance.

Accommodation & Transport

Q. How are rooms allocated?

A: Each hotel checks their bookings and room inventory in the morning and pre-assigned the rooms. Sonatours have no control over room allocations.

Q. Can you guarantee rooms together?

A: Room allocation is done by the hotels. Rooms together only be requested but not guaranteed.

Q. What facilities are there in the room?

A: Facilities vary from Hotel to Hotel and include en-suite bathrooms, generally TV, safe box, telephone, mini bar, room service (use of some of the services are chargeable and to be settled by yourself at the time of checkout). Hotels may require your credit card to cover your extras or cash deposits.

A: Average hotel room sizes will be as per European Standards and varies from hotel to hotel and also within the same hotel.

Q. Will the room have walk in shower?

A: Not all hotel rooms have walking showers.

Q. Does my room have Tea & Coffee making facilities?

A: Please note that not all hotels provide tea/coffee in the room. If hot water is required, kindly request the hotel reception for assistance.

Q. Is smoking allowed in the hotels/rooms?

A: Hotels do not allow smoking in the rooms. However, designated smoking areas are provided. Please check with the hotel reception.

Q. Is WIFI freely available?

A: Most hotels will have WIFI available in the public areas. Please check with hotel reception for WIFI information in the the rooms.

Q. Do all rooms have air-condition?

A: Most hotels rooms in Europe offer air-conditioners or fans.

Q. Will all hotels have lifts?

A: Most of the hotels worldwide will have lifts. However, at some places Heritage Hotels or Resorts are used In such cases lifts cannot be guaranteed.

Q. What time do I need to be at the airport?

A: All flight tours originating in the UK require that you be at the airport for your flight at least 3 hours prior to your flight time. Your final itinerary confirmation will confirm the time you need to be at the airport. Should you miss your flight Sonatours will not be liable for any costs incurred for you to join the tour. The office will make every effort to assist you in such circumstances.

If you have booked the tour without flights, please meet the group at the hotel. Details will be sent to you at a later date. Please do check with the office as you might need to book a hotel before the tour starts and after it finishes.

Please be on time as we cannot be held responsible or liable for any loss or expense suffered if you miss the flight or coach.

Q. Are flights upgrades available?

A: On long haul flight tours upgrade to your flights is possible. Please advise the office at the time of booking to get the best possible price.

Q. Can I select my seats on the airplane?

A: International and Internal flight booking are booked as a group and the airlines will allocate the seats. Should you have a specific request it will be forwarded to the airline but cannot be guaranteed.

Q. What are the luggage requirements on the airplane?

A: International: Different airlines will have different requirements on the weight allowance. It can range 20-30kgs for your main luggage and 5kg for hand luggage. We do advise you to travel light. This information will be on your e-ticket once the tickets have been issued.

Q. What other transport is there in this tour?

A: In this tour we have following transport:

Cruise: Helsinki to Stockholm, Copenhagen to Oslo

Train: Stockholm to Copenhagen

Q. What type of coach will I be travelling in?

A: We use the finest fleet of fuel-efficient coaches. Most coaches will have armrests & are fully air-conditioned or air-cooled – all with reclining seats. There are no emergency WC facilities in internal coaches. Frequent comfort stops are been made for your convenience. The high vantage point from your coach's windows means you can take in all the glorious scenery, whether it's a vast-rural landscape or an urban city center. On a touring holiday there are some long journeys which are unavoidable especially what travelling from city to city.

Q. Can I select my seats on the coach?

A: We have a strict seat rotation policy when travelling by coaches on all our international tours.

Q. What is the smoking and alcohol policy while travelling by coach?

A: There is a strict policy of "no smoking, no alcohol and no smelly food" on all our coaches. We do, however, make plenty of comfort stops.

Food Matters

Q. Can I request my flight meal and is it guaranteed?

A: Meal request should be advised at the time of your booking; Sonatours will request on your behalf, but we cannot guarantee the request. Sonatours are not liable in case the requested flight meal cannot be fulfilled. Please be advised that complimentary meals are not available on the internal flights.

Q. What meal options are available to me while on tour?

A: Sonatours can cater for a range of Asian Vegetarian (e.g. Jain, Swaminarayan) as well as Asian Non-Vegetarian (Halal). Kindly advise your meal preference/allergies at the time of your booking. In areas where Indian is not available local cuisine will be provided.

Q. Where will I have my daily meals?

A: On all tours breakfast is at the hotel and dinners is at various restaurants or hotels.

Q. Should I carry dry snacks?

A: Dry snacks can be carried, provided they are pre-packed, and all the ingredients are clearly listed on the packaging.

Q. What is the cost of a local meal?

A: On an average local meal costs about £15-£20 per person per meal. This estimated price varies from city to city and country to country.

Miscellaneous

Q. Will I travel with people from other countries?

A: Sonatours have offices in Kenya, India, USA and UK. The beauty of taking a guided holiday with us is you'll have the opportunity to meet and travel with people from all over the globe.

Q. Is there a tour director on the tour?

A: Escorted tours are accompanied by professional tour director or/and local guides throughout the y. A number of itineraries include flights, rail journeys or cruises; Tour Director may not accompany during these journeys. In such situations, your Tour Director will meet you on arrival at your first destination. It may be necessary that your Tour Director may change whilst on tour; this is usually due to operational reasons or utilizing local guides for their wealth of experience.

Please ensure you provide your mobile number that you will be carrying with you while on the tour when making the booking. This facilities the tour director to contact you should the needs arise while on the tour.

If minimum number of passengers has not been achieved, we will have a local guide. Sonatours provides services of local tour guides to make sure you will get an unforgettable experience.

Q. How many people will be on my trip?

A: Average group size are between 15 to 50 passengers but it may vary from departures to departures.

Q. Are tips included?

A: On all our group tours, only tips for the driver are included. However, should you wish to tip separately to driver and tour manager, you are welcome to do so at your discretion.

Q. When does my day start?

A: The day usually starts between 8 & 9am. Further instructions you will be given the night before. However, this may differ depending on the activity of the day or when having an early flight.

Q. How much walking is involved per day for the duration of the tour?

A: This tour involves a certain amount of walking (normally 5 to 6 hours a day however, the walking is not all at one time.).

Q. Will I have free time?

A: Each itinerary offers the perfect balance of downtime and discoveries. We also give you the opportunity to tailor your trip with optional experiences. If you decide to venture on your own during your free time, preferably you go in a group, keep the guide contact and the hotel address handy. Please do inform the tour director. We recommend you download an offline map too.

Q. Do I need to get a local SIM card?

A: Usually it is not necessary, should you require one kindly speak to your Tour manager/Local guide for assistance

Q. Should I bring any electric outlet adapter and charger for my electronics?

A: Electrical currents vary Globally. We recommend that you carry a universal adapter and your electronic charges for your convenience and comfort.

Europe: Electricity supply is between 220 and 240 volts. Travel adaptor is type C, the plug which has two round pins.