

## Norwegian Fjords Cruise 8 days

Norwegian Cruise 7nts

### Daywise Itinerary:

#### Day 01 LONDON - SOUTHAMPTON EMBARKATION

Board the coach from London to Southampton pier for embarkation of the cruise at about 13:00Hrs. Set sail at about 16:00Hrs. Enjoy the cruise facilities this evening.

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



#### Day 02 BRUGES, (ZEEBURGE), BELGIUM (DOCKED 07:00 TO 15:00)

Gracefully combining past and present, as well as Flemish and French, Bruges offers a little something for everyone. Linked by the Baudouin Canal, this medieval town is the stuff of fairy tales and storybooks. Cobblestone streets, old, historic churches and a dreamy landscape make this a very sought after destination -- especially during the summer months. Stroll through the Market, a bustling plaza where the rhythmic beat of horse-drawn carriages echoes off a soaring belfry tower. Immerse yourself in a rich art history, best reflected in the paintings of Bruges' own Jan Van Eyck, one of the most significant Renaissance artists of the 15th century. Spend a delightful day on the medieval streets of this city with a seemingly endless supply of charm, culture, and beauty. Foodies will revel in the eclectic dining options at local bistros. Dig into sweet Belgian waffles and stop by the renowned chocolate boutiques on your cruise to Bruges. Take a scenic cruise through the medieval city of Ghent, Belgium and discover important landmarks, including Chinese Teahouses, 13th-century monasteries and castles of the Counts.

[Y] Breakfast [Y] Lunch [Y] Dinner



#### Day 03 CRUISE: RELAXING DAY AT SEA

Day at leisure. While at sea, take the time to recharge before the next adventure. Lounge by the pool, be spoiled at the spa, taste the delicacies or explore the venues on-board, until we arrive at the next amazing destination.

[Y] Breakfast [Y] Lunch [Y] Dinner



#### Day 04 FLAM, NORWAY (DOCKED 08:00 – 18:00)

The town of Flam, Norway is nestled in a tributary of the world's longest and deepest fjord. Surrounded by steep mountainsides, roaring waterfalls, and deep valleys, you'll experience a one-of-a-kind encounter with nature on your Flam cruise. Today take an optional dizzying train ride to Myrdal. Climb aboard the Flam Railway for the world's steepest train ride and rumble 2,800 feet up the wilds of Norway.

[Y] Breakfast [Y] Lunch [Y] Dinner



#### Day 05 OLDEN, NORWAY (DOCKED 09:00 TO 19:00)

Arrive this morning, at the picturesque town at the tip of the Nordfjord of Olden. The town looks as though it is straight out of 17th century, with many historic sites like Olden Old Church, built in 1759 on the site of the original stave church dating back to the 14th century, and the Singer Home, former residence of American painter William Singer. If you are a nature lover, explore the lush, verdant scenery of Lake Olden and experience its tranquillity on a relaxing sightseeing cruise. Take an optional excursion to Loen Skylift with an aerial cable car to the top of Mount Hoven, above the Nordfjord. A spectacular view of the Nordfjord.

[Y] Breakfast [Y] Lunch [Y] Dinner



#### Day 06 BERGEN, NORWAY (DOCKED 07:00 TO 14:00)

Bergen a former Capital of Norway was a Viking stronghold, girded by deep fjords, towering mountains, and sweeping glaciers. It is a gateway to the Fjords. Take an optional city tour to visit Bryggen Wharf, where you can strike a bargain in one of the many artisans' workshops. Visit the old wharf town of Bryggen, a UNESCO World Heritage Site, where winding cobblestone alleys transport you back through 400 years of Hanseatic domination. Take the city's funicular tram to Mt Floyen at some 1,000 feet above sea level for an aerial view of Bergen city and harbour.

[Y] Breakfast [Y] Lunch [Y] Dinner

**Day 07 CRUISE: RELAXING DAY AT SEA**

Day at leisure to experience and participate in different activities on board the cruise.

[Y]Breakfast [Y]Lunch [Y]Dinner

**Day 08 ARRIVE AT SOUTHAMPTON (DOCKED 06:00) - JURASSIC COAST**

On disembarkation we head to Bournemouth. Enjoy free time on the seaside of the Jurassic coast. Later in the afternoon drive back to London.

[Y] Breakfast [x] Lunch [x] Dinner



**Return with the Happy Memories of the Tour!!!**

**Departures:**

**2024 Tour Departures:**

June	08
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**Tour Cost:**

**Departures:** 08/06/2024

**Title:** From London

Passengers	Rates		Sharing
	Outside Cabin	Balcony Cabin- No Flights	
	GBP	GBP	
Per Adult	1,580.00	1,980.00	Twin Room
Per Adult	1,580.00	1,980.00	Double Room
Child 2-11 yrs	1,410.00	1,580.00	1st Child(with Bed) when 2 adults paying
Per Adult	2,900.00	3,700.00	Single Room

**Inclusions:**

- \* All nights in the cruise will be in Inside Cabins and on full board basis.
- \* Meal plans as indicated in the itinerary
- \* Executive coach transportation
- \* Premium services of Bi-lingual Tour Director / Escort / Leader / Manager (when minimum numbers of passengers reached)

**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 91 days prior to departure date 50% of Total Holiday Cost for Cruise Tours
- \* 90 -70 days prior to departure date 75% of Total Holiday Cost for Cruise Tours
- \* 69 -0 days prior to departure date 100% of Total Holiday Cost for Cruise Tours

## Terms & Conditions :

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

## FAQ :

### Can I join the tour from any part of the world?

**A:** Yes, you can fly to London (UK), our first point in the tour preferably a day earlier. Please do inquire in the office to arrange your logistics for both arrival and departure. Meeting point is the hotel on the first night of the tour.

### 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](http://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 these countries. (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:** We suggest waterproof jacket and pair of sunglasses.

**A:** During the holiday most of the dressing is casual attire. Please carry a few smart casuals / evening wear for a few evenings while on the cruise.

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

**A:** We suggest trainers, walking shoes, sandals, chappals or similar. At least one pair of evening dress shoes.

### 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 Resident:** [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

**For USA Resident:** [travel.state.gov/content/travel.html](http://travel.state.gov/content/travel.html)

#### 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.

**Non-British passport holders:** Please do check with the relevant commission or 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:** On this tour you will be travelling to Europe.

**Belgium:** Euro

**Norway:** Norwegian Krone

#### 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 do not 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, please be aware that locally exchange rate may vary

**Health (Medication); Welfare & Travel Insurance**

**Q. Do I need any vaccinations?**

**A:** For further information on vaccinations please check with your medical doctor for recent updates or go on the following website:

[www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/](http://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/)

or contact your medical doctor for recent updates.

**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/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:** Sonatours does not provide special tours for the disabled. Our coaches do not have wheelchair excess. It is possible to bring along a folding type of 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/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.

**A:** The cabins on the ship while on cruise are not able to accommodate three adults. They can only accommodate one child with 2 adults.

Sona Tours 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. Is early check - in available?**

**A:** Early check in not normally available. Sonatours can on your request enquire with the accommodation on the availability and the charges applicable for an early check in.

**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.

**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.

**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 rooms.

**A:** While on cruise WIFI is chargeable and can be purchased prior to departure. Please contact the office for details.

**Q. Do all rooms have air-condition?**

**A:** Most hotels rooms in these countries 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.**

**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 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 Flights:** Different airlines will have different requirements on the weight allowance. It can range 20-30kgs for your main luggage and 5kg for hand luggage.

**Internal Flights:** Where applicable the baggage allowance is strictly 15 Kg in soft luggage.

We do advise you to travel light. This information will be on your e-ticket once the tickets have been issued.

**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. Coaches in these countries do not have emergency WC facilities. Frequent comfort stops are being 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.

**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 will 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/local guides throughout the tour. 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 facilitates 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 25 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.

**A:** On the cruise the gratuities are included.

**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 some walking (normally 5 -6 hours a day, not all at one stretch).

**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.



**sonatours**  
*more choice • more quality • more fun*



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

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