

## Scandinavia With Norwegian Fjords 11 Days

Helsinki 1nts, Stockholm 1nts, Stockholm 1nts, Copenhagen 1nts, Bergen 2nts, Loen 1nts, Geiranger 1nts, Oslo 2nts

### 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 – OLYMPIC STADIUM - 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 the famous sights including the Senate House, the Finlandia Hall (from outside), the Helsinki Lutheran Cathedral, the Sibelius Park with its monument, and entry to the amazing underground Rock church. Later visit the visitor centre at the Olympic Stadium. If time permits, you can climb the Olympic tower (not included). 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] Continental 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. Visit the Sky View (entrance included), top of the Globe Arena for a panoramic view of Stockholm and stroll around the Waterfront area.

[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 - FLY TO BERGEN (NORWAY)

This morning, enjoy a guided tour of the city; visiting all the famous sights (from outside) including, the Amalienborg Palace, Christiansborg Palace, the Opera House, the old Nyhavn harbour and of course the famous Little Mermaid. Later take a flight to Bergen (Norway). The gate way to the Norwegian Fjords.

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

#### Day 06 BERGEN CITY TOUR - FLOYEN FUNICULAR RIDE - FJORD CRUISE

Today we have an orientation city tour of Bergen. View the Bryggen wooden warehouses. We take a Floibanen: a funicular tram to Mt Floyen for an aerial view of Bergen city and harbour. In the afternoon we drive to Gudvangen. Here, take a boat cruise from Gudvangen to Flam, on some of the best fjords of Norway. We sail along the Naeroyfjord and the Aurlandsfjord, both branches of the Sognefjord: largest fjord in Norway.

[Y] Breakfast [x] Indian Lunch [Y] Continental Dinner



#### Day 07 FLAM RAILWAYS - LOEN

This morning we take a return journey on the Flam railway to Myrdal. One of the most beautiful train journeys in the world and one of the leading tourist attractions in Norway. Afternoon we head

towards Loen. Along the way we stop at various viewpoint of the Fjaerlands Fjord (branch of the Sognefjord), Boyagreen Glacier viewpoint, viewpoint of the inlet of Kjosnesfjorden, Bakkane Viewpoint to see the Innvikfjord a branch of the Nordfjord. Arrive at town of Loen.

**[Y] Breakfast [x] Indian Lunch [Y] Continental Dinner**



**Day 08 LOEN SKYLIFT - ORNESVIGEN VIEWPOINT - GEIRANGER**

Start the day with an aerial cable car to the top of Mount Hoven, above the Nordfjord. A spectacular view of the Nordfjord. Later drive to Ornesvingen viewpoint, from here you will see an astonishing view of the majestic Geirangerfjord. Afternoon free time to explore the town or take optional boat tours on the Fjord.

**[Y] Breakfast [x] Indian Lunch [Y] Continental Dinner**

**Day 09 GEIRANGER - LILLEHAMMER - OSLO**

This morning we drive to Oslo via Lillehammer. We stop at Lillehammer, known for the 1994 Olympic Winter Games. We visit the Norwegian Olympic Museum. Thereafter continue our drive to Oslo.

**[Y] Breakfast [x] Indian Lunch [Y] Indian Dinner**

**Day 10 OSLO CITY TOUR - VIGELAND SCULPTURE PARK**

Today you will enjoy a guided tour of Oslo 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. Have a photo stop at the Opera House.

**[Y] Breakfast [x] Indian Lunch [Y] Indian Dinner**

**Day 11 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 home.

**[Y] Breakfast**



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

**Departures:**

**2024 Tour Departures:**

May	21
June	11
July	16
August	13

**Tour Cost:**

**Departures:** 21/05/2024, 11/06/2024, 16/07/2024, 13/08/2024

**Title:** From London

Passengers	Rates		Sharing
	With Flight From UK	Without Flight	
	GBP	GBP	
Per Adult	3,050.00	2,650.00	Twin Room
Per Adult	3,050.00	2,650.00	Double Room
Per Adult	3,050.00	2,650.00	Triple Room
Child 2-11 yrs	2,370.00	2,020.00	1st Child(with Bed) when 2 adults paying
Child 2-11 yrs	2,350.00	2,000.00	2nd Child(without Bed) when 2 adults paying
Infant 0-23 Months	300.00	200.00	Infant
Per Adult	3,550.00	3,150.00	Single Room

**Inclusions:**

- \* All nights in 3\* / 4\* star hotels with breakfast
- \* Meal plans as indicated in 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:**

- \* Items of personal nature viz. telephone calls, drinks (beverages), laundry, other meals, porter service, other personal expenses, etc..
- \* Visa charges
- \* Any cost of beverages, alcohols with the set meals.
- \* Travel insurance
- \* 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

#### 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 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](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 Portugal. (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](http://www.gov.uk/foreign-travel-advice)

For USA Resident: [travel.state.gov](http://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 Portugal. (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:** 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 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 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. 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. 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. 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.



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**Q. Is specific child meals or baby food available during the tour?**

**A:** Sonatours do not provide specific child meals during the Tour. As dietary requirements vary for every individual infant / child, please carry your baby's food. However, there will be no reduction in rates for meals.

**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 tour. 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. 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 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. Can I travel with my child or infant?**

**A:** Sonatours welcomes children and infants. The rates for children and infants for all the tours are available in the brochure and on the website. If your child requires a booster/child seat, please carry one.

**Q. Can I carry buggies and car seat during the tour?**

**A:** Yes, you can carry foldable buggies and if your child requires a booster/child seat, please carry your own.

**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 certain amount of walking per day. In your tour approximate walking is 5-6hrs (approx) per 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?**





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**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.

