

IVV OLYMPIAD 2025 – CANADA’S WALKING CLUB – TOUR OF SWEDEN, DENMARK, AND NORWAY

16 days

August 18-September 2, 2025

Price per person in CAD – \$5800 CAD in twin room (based on two people sharing a room)
+\$2500 single supplement

*Note that pricing is based on a minimum of 35 people travelling, maximum 48.

**Single supplement will be mandatory in the case of nobody to share with.

***Single cabin unavailable on Hirtshals-Bergen ferry, singles will be partnered with another solo traveller of the same gender

Tampere Hotel Add-On: (Example hotels - Scandic Tampere City, Lapland Hotels Tampere)
Note that this tour is a POST-OLYMPIAD TOUR.

Canada’s Walking Club suggests booking August 13-18 to cover the Olympiad.

Twin share price – \$175 per person, per night (must have designated share partner)

Single – \$330 per person, per night

Booking conditions:

\$500 deposit taken at the time of booking.

Additional \$500 deposit at the time the tour becomes guaranteed.

Final payment is due 90 days prior to departure.

If by 90 days prior to departure we don’t have the necessary numbers, we can either a) cancel the tour and refund the deposit or b) propose an additional surcharge to run the trip, if everyone agrees to the surcharge we go ahead.

Cancellation – Deposit is non-refundable and non-transferable. If one cancels outside of 120 days prior to departure, however, the deposit can be transferred to another tour for a \$100 fee.

Includes:

- All accommodation in hotels mentioned or equivalent standard
- Breakfast daily
- Other meals as stated in itinerary
- Services of an Adventures Abroad tour leader (if the group surpasses 35, an additional leader or support guide will be added)
- Services of English-speaking guides for all guided tours of sites, towns, etc, mentioned in itinerary
- All local gratuities to wait staff, local guides, drivers, etc.
- All transport necessary to fulfil itinerary including large comfortable coach, ferries, train tickets, public transport

- Entrance fees for visits mentioned in the itinerary

Excludes:

- International air
- Arrival and departure airport transfers (included with international air if booked with us)
- Gratuity to the Adventures Abroad tour leader
- Items of a personal nature
- Meals not mentioned
- Drinks
- Travel insurance
- Visa costs
- Photo/video fees

HOTELS: (subject to availability at the time the tour is confirmed, replacement hotel of same standard)

Stockholm – Clarion Hotel Sign
Jönköping – Elite Stora Hotellet Jönköping
Malmö – Scandic Triangeln
Copenhagen – Scandic Copenhagen
Hirtshals – Montra Skaga Hotel
Bergen – Hotel Norge by Scandic
Oslo – Thon Hotel Opera

ITINERARY:

August 18, Day 1 Tampere – Turku

Pick up in Tampere, Finland and transfer to Turku.

Turku (Åbo) is the oldest city in Finland, and a former center of commerce going back as far as the 13th century. Turku was the capital of Finland until 1812, when the Russian emperor decided to move the capital to Helsinki, closer to Russia. Turku is the residence of the Archbishop of the Evangelical Lutheran church.

Overnight ferry to Stockholm, departing 22:55, arriving 7:30am.

(Overnight ferry journeys on this tour will include economy standard inside cabins with ensuite facilities based on two people sharing a cabin, those paying the single supplement will have a solo cabin except on the Hirtshals-Bergen ferry where solo travellers will be partnered with a traveller of the same gender)

Overnight on ferry to Stockholm.
Included Meal(s): None.

August 19, Day 2 Stockholm City Tour

Upon arrival in Stockholm embark upon a full-day city tour with Drottningholm.

Start with a walking tour of Stockholm Old Town or Gamla Stan is centuries old and the actual heart of Stockholm. While it has been there since the 13th century, many of the buildings seen today are from the 18th and 19th centuries. It has everything that a charming old town would have – cozy houses, warm alleys, cobbled streets, and more.

In the afternoon, boat ride to Drottningholm Palace, a little outside of Stockholm city center. Drottningholm Palace is Sweden's best-preserved royal palace constructed in the seventeenth century, the permanent residence of the royal family, and one of Stockholm's three World Heritage Sites.

The palace was constructed according to a French prototype by the architect Nicodemus Tessin the Elder, by the commission of Queen Hedvig Eleonora. Many royal personages have left their mark on the palace since then. The palace features magnificent salons from the seventeenth, eighteenth, and nineteenth centuries, a beautiful park, a unique palace theater, and a Chinese Pavilion. The imposing Baroque garden was laid out at the beginning of 1681 according to drawings by Nicodemus Tessin the Younger. The palace and the park are mostly open to visitors year-round.

Overnight in Stockholm.
Included Meal(s): Breakfast

August 20, Day 3 Vasa – Björnö

In the morning, visit the Vasa Ship museum (no guiding needed). An entire intact warship that sank in the harbor in the 1600's and that was salvaged centuries later is on display with related artifacts.

Alternatively, visit Skansen, Sweden's outdoor folk museum, which comprises historical exhibits transported from throughout the country, offering a sampling of "Sweden in Miniature" with many interesting curios.

In the afternoon, we have a guided excursion to the small island of Björnö which is about 40 min by car south of Stockholm. The island has everything – beach, forests, viewpoints, etc. And it is still easy for all fitness levels. A packed lunch will be prepared for us that we will bring with us from the hotel.

Overnight in Stockholm.

Included Meal(s): Breakfast and lunch.

August 21, Day 4 Stockholm Archipelago – Finnhamn

Travel by ferry through the archipelago to the beautiful island of Finnhamn (approximately 2 hours by boat, going through the archipelago with stops, great way to see the area). Time to walk the trail there and have lunch in the charming local krog (pub). Return to Stockholm.

Overnight in Stockholm.

Included Meal(s): Breakfast

August 22, Day 5 Stockholm to Jönköping

Jönköping is a city on the shores of Lake Vättern, in southern Sweden. It's known for its long lakeside beach, Vätterstranden. In the center is the 19th-century Sofia Church, with its neo-Gothic design and towering spire. Nearby, the Jönköping County Museum is home to artworks by local fairy-tale illustrator John Bauer.

Recommended visit: Swedish Match Museum.

Free time for exploring the city or to enjoy trails around Jönköping.

Overnight in Jönköping.

Included Meal(s): Breakfast

August 23, Day 6 Helsingborg – Malmö

Continue to Helsingborg. Here we can walk a nice trail that runs through the city, total 14kms.

The bus will pick up the group at the agreed upon point and continue to Malmö.

Overnight in Malmö.

Included Meal(s): Breakfast

August 24, Day 7 Malmö-Area Exploration – Øresund Bridge – Copenhagen

Time to explore Malmö today before going on to Copenhagen.

Meet with your guide for a walk along the water front with a very good view of Øresund Bridge, while it is not possible to have a facility tour of the Øresund Bridge, your guide will provide some history about the bridge.

Time-permitting, 30 minutes outside of Malmö, there is a beech tree forest nature reserve where we can stop for a short walk.

Continue to Copenhagen.

Overnight in Copenhagen.

Included Meal(s): Breakfast

August 25, Day 8 Copenhagen Sightseeing

Morning walking tour of Copenhagen. Walk to Amalienborg Palace to witness the changing of the guard. Continue to at Nyhavn, a picturesque harbor with colorful buildings. Visit the iconic Little Mermaid statue, a short walk from Nyhavn.

Afternoon visit to Kronborg Fortress. Kronborg is a coastal castle and stronghold in the town of Helsingør, Denmark. Immortalized as Elsinore in William Shakespeare's play Hamlet, Kronborg is one of the most important Renaissance castles in Northern Europe and was inscribed on the UNESCO's World Heritage List in 2000. See the impressive ballroom and the casemates.

Overnight in Copenhagen.

Included Meal(s): Breakfast

August 26, Day 9 Copenhagen Continued

Today we have a walking tour to the Forgotten Giants. Dambo is an artist who specializes in reclaimed and recycled materials, and the Forgotten Giants are no exception to this method, created from scrap wood collected from old, demolished buildings and felled trees. The sculptures were deliberately placed off the beaten track, and each is accompanied by a poem engraved on a nearby stone that gives hints about where it is hidden.

Overnight in Copenhagen.

Included Meal(s): Breakfast

August 27, Day 10 Copenhagen to Hirtshals, Food Tour in Aarhus

Today we have a food tour in Aarhus: (4hours/4kms approx.)

This 4-hour culinary walking tour is an exciting way of seeing the "City of the smile" Aarhus. You will taste amazing food when visiting unique gems that are all part of the current food scene in Aarhus. You will explore traditional Danish food and drinks, but also visit some of the most trendy places and neighbourhoods in the city.

The tour will begin at the farmers market on Ingerslevs Boulevard, and then move closer to Aarhus most vibrant and interesting neighborhoods Jægergaardsgade and The Latin Area.

The delicious food tasted along the route will amount to the same as a full meal. So arrive hungry – no big breakfast when going on this tour.

Overnight in Hirtshals.

Included Meal(s): Breakfast

August 28, Day 11 Hirtshals – Overnight Ferry to Bergen, Norway (depart 20:00, stops at Stavanger 6:30-7:00, arrive Bergen 12:30)

Today explore the Grenen area, an amazing place where two seas meet. Enjoy a 3.2 km out and back train near Lønstrup, North Denmark. At the end, you can see the Rubjergs lighthouse that is unique due to the fact that it has moved 70m inland since October 2019.

<https://www.visit-nordvestkysten.com/northwest-coast/inspiration/rubjerg-knude-lighthouse>

Transfer to overnight ferry to Norway in the evening.

*****Single cabin unavailable on Hirtshals-Bergen ferry, singles will be partnered with another solo traveller of the same gender**

Overnight on ferry.

Included Meal(s): Breakfast

August 29, Day 12 Bergen

Bergen is widely regarded as one of the more beautiful cities of Norway, and is an ancient city that looms large in Viking sagas. Until the 14th century, it was the seat of the medieval kingdom of Norway. Later the Hanseatic merchants established a major trading post here, holding sway until the 18th century, when the locals reclaimed their trading rights. Bergen has survived many disasters, including several fires and the explosion of a Nazi ship during World War II. It is a town with important traditions in shipping, banking, and insurance, and its modern industries are expanding rapidly. The oldest part of town overlooks the busy harbour; along the harbour's edge are myriad shops, boutiques and the famous open-air fish market.

In the afternoon, have a walking tour of Bergen. Our tour starts in the center of town at Torget, also called Fisketorget or the fish market, where fishermen and farmers deal their goods. Next we walk over to Bryggen, the wharf on the northeast side of Bergen's harbour. The gabled wood warehouses lining the docks mark the site of the city's original settlement. We take time to walk the narrow passageways between buildings; shops and galleries are hidden among the wooden facades.

Our walk continues down the wharf, past the historic buildings to the end of the Holmen promontory and to Bergenhus festning (Bergenhus Fort), which dates from the 13th century; the nearby Rosenkrantzarnet is a 16th century tower residence. Bergen's oldest cathedral is located behind the fort, the 12th century church called Mariakirken. Walking around the back

of the church down four blocks to Floybanen, the funicular that runs up and down Floyen, one of the city's most popular hiking mountains -- the view is like no other. At the base of the funicular is an area of crooked streets and hodgepodge architecture where you'll find most of Bergen's antiques shops.

Overnight in Bergen.

Included Meal(s): Breakfast

August 30, Day 13 Hardangerfjord

This day trip lasts for about 9 hours, and will take you through beautiful scenery with views of majestic mountains, roaring waterfalls, and idyllic orchards. During the tour, delight in an express cruise through the spectacular Hardangerfjord, and marvel at the breathtaking Vøringsfossen waterfall. If Sognefjord is the king of the fjords, then Hardangerfjord is the queen. Stretching for 179 kilometers (111 miles), it is the second-largest fjord in Norway and the fourth-largest in the world. Surrounded by towering cliffs, snow-capped mountains, and blossoming fruit trees, this part of Norway is a masterpiece of spellbinding nature, even for the most seasoned traveler. From an open-deck catamaran, admire the natural beauty and breathtaking scenery this area offers. Depart from the charming village of Norheimsund and journey to Eidfjord through a landscape full of historic villages, waterfalls, and orchards. Make sure to have your camera ready! In the distance, see Folgefonna glacier and national park, the third largest glacier in Norway. On the way, the boat stops in Herand, Utne, Lofthus, Kinsarvik, and Ulvik. Upon arrival in Eidfjord, continue by car up 700 meters (almost 2,300 feet) to Vøringsfossen waterfall. See the landscape open up before you as you make your way up, and take a minute to really appreciate the view once you reach the top. Step forward, if you dare, and watch the raging water hit the valley 182 meters (597 feet) below. From Vøringsfossen, take a scenic drive back toward Bergen, passing Hardangerfjord Bridge and Voss town on the way.

Overnight in Bergen.

Included Meal(s): Breakfast

August 31, Day 14 Bergen – Sognefjord – Flam Raiway – Oslo

Travel by coach to Gudvangen to board the fjord cruise to Flam along the two branches of Sognefjord. Enjoy a fjordcruise along the two branches of Sognefjord: Naeroyfjord and Aurlandsfjord for two hours.

Spend some time in Flam before continuing your way to Oslo by The Flam Railway train. The spectacular Flåmsbana offers panoramic views of wild and magnificent nature, and has been named "the world's most beautiful train ride". The Bergen Railway takes you on a comfortable journey, where you can relax and enjoy the fjord- and highland landscape passing by your window. Then meet up with the coach in Myrdal and continue on to Oslo.

Overnight in Oslo.

Included Meal(s): Breakfast

September 1, Day 15 Oslo Sightseeing

Start your day by exploring the Akershus Fortress, a medieval castle with panoramic views of Oslo and the harbor. Take a stroll around the fortress grounds and enjoy the historical architecture.

City Hall (Radhuset): Head towards Oslo City Hall, known for its distinctive architecture and the Nobel Peace Prize ceremony held annually. You can explore the interior and admire the impressive murals that depict Norwegian history.

The National Gallery: Take a short walk to the National Gallery, home to Edvard Munch's famous painting "The Scream" and a remarkable collection of Norwegian and international art.

Vigeland Park: End your day at Vigeland Park, the world's largest sculpture park made by a single artist, Gustav Vigeland. The park is a beautiful green space adorned with over 200 sculptures depicting the human experience.

Overnight in Oslo.

Included Meal(s): Breakfast

September 2, Day 16 Depart

Transfer to airport for your onward flights.(transfers are included when doing air with us, otherwise your tour leader can help you make local arrangements)

Included Meal(s): Breakfast