



Your exploration of the Nordic way of life begins in the capital of Finland, which is celebrated as the happiest country on earth. Known for its functional design, excellent food, and numerous saunas, Helsinki is the perfect starting point for gaining insight into Finnish culture. Continue then to Lapland, the region above the Arctic Circle, rich in indigenous Sami culture.

Known to the locals as the time of 'ruska', autumn in northern Finland is an exciting time of change. This phenomenon starts when the days get shorter and the weather gets colder. The birch turns a gentle shade of yellow, aspen turns bright gold, and the leaves of blueberry and lingonberry shrubs turn deep red. Add the magic of the Northern Lights at night, and you have an unforgettable autumn experience above the Arctic Circle.

From Finland, we continue along the Norwegian Coast on board a Havila ship. Experience the natural, unspoiled beauty of Norway's coastline. These postal ships call at over 30 ports as part of their support to the isolated Norwegian communities, and you can be part of their voyage.

Finally, in Bergen, get to know the Capital of the Fjords before making your way amidst the fjords, and experience the Flåm Railway, one of the most incredible train journeys in the world, before ending your Nordic Adventure in Oslo.

For More information, visit us at www.uaf.edu/summer/travel

Important note: Travel insurance is always recommended for any travel out of the United States. There are several ways to purchase coverage. Some credit card companies insure trips that are purchased with their card. Another option is to check with a local travel agency.

Note about Mobility: Our tours are designed for people who are able to walk comfortably for up to 3 miles per day, sometimes on uneven terrain, as well as handle stairs easily. If you have any concerns about this tour, please contact Summer Sessions.

Tour Dates:

Oct 2 – Oct 15, 2023

Tour Cost:

\$8,900.00

Single supplement:
\$2,200.00

Inclusions

- 24/7 Tour Director/Guide
- Accommodations
- Ground transportation
- In country air transfers
- Entry fees
- Three meals per day
- Transfer to and from the airport
- Gratuities

Transportation costs to Finland and from Norway are NOT included in this tour price. All travelers must arrange their own transportation to and from the starting and ending cities.

Day 1, Oct 2: Helsinki

- Welcome orientation and introduction to Helsinki and Finland at the hotel with our local guide. Learn about the history and politics of Finland on this introductory welcome event.
- Welcome dinner

Day 2, Oct 3: Helsinki & Porvoo

- Explore Helsinki with local guide. The highlights in Helsinki include Cathedral of Helsinki on the Senate Square, Parliament buildings, Temppeliaukio Rock Church and the Sibelius Monument. Visit Helsinki University and tour the main building and the Sciences Library Kaisa-talo.
- Afternoon tour of Porvoo; explore the cobbled streets, admire its pastel-painted cottages and enter Porvoo Cathedral. Taste the traditional liquorice and "kinuski" fudge candies in Brunberg, a local chocolate factory shop.



Day 3, Oct 4: Helsinki - Ivalo

- Early morning transfer by air to Ivalo.
- After breakfast, visit to Sajos, the Sámi Parliament in Inari. The Sámi Parliament is the supreme political body of the Sámi in Finland representing the Sámi both nationally and internationally.
- Continue with a guided tour at the Siida Museum. Siida is a central meeting place in Inari, the heart of the Sámi Area in Finland. It is a window on Sámi culture and the diverse nature of Northern Lapland.
- Guided nature-walk with a local guide along the hiking paths near Inari village. The route is relatively easy and in September, there might be a possibility to pick berries and mushrooms along the way. A picnic snack by the blazing campfire is included in the tour.
- Dinner in your hotel at the Restaurant Aanaar, one of Finland's best restaurants. The focus is on local, nature-based ingredients.

Day 4, Oct 5: Ivalo

- Full day trip to Lemmenjoki, approximately a 40 minute drive away from Inari to visit the Paltto Family.
- First, visit to the felt maker Kaija Paltto's studio where you will hear how felted items have been made of lambswool for various purposes in the course of thousands of years. You will have opportunity to try felt making yourself.
- Travel by riverboat deep into the national park along the beautiful Lemmenjoki River, about 20 km to reach the historic gold sites. On the way, you'll see astonishing mountains rising from the river canyon. Pan for gold and learn about the gold claims of the area.
- After visiting the park, gather around a fire for soup and coffee while listening to traditional Sámi yoik and learning about the life of a reindeer herder. Then back in Lemmenjoki, you will meet reindeer at old Sámi surroundings.





Day 5, Oct 6: Ivalo – Kirkenes

- Transfer by road to Kirkenes and board a Havila ship.
- Havila travels Norway's historic public coastal route transporting both passengers and goods. You'll be on one of the newest, most eco-friendly ships on the Norwegian coastal route. You can view the Northern Lights and the midnight sun while seated in a comfortable lounge chair under the glass roof. Or perhaps you'd prefer to enjoy the views from a jacuzzi that is heated from surplus heat?
- All meals will be on board Havila. Breakfast and lunch is served in a buffet, whereas dinners vary between 3-course meals and buffets.



Day 6, Oct 7: Hammerfest

- Arrive in Hammerfest and take a short orientation walk in town with your tour escort. Hammerfest is the northernmost town in the world, and one of the main attractions is the UNESCO World Heritage listed Meridian Column. Hammerfest is also home to the Polar Bear Society, where the free exhibition highlights traditions with fishing and hunting in arctic conditions.

Day 7, Oct 8: Svolvær

- Evening stop in Svolvær, in the Lofoten Archipelago. Enjoy the picturesque setting of Svolvær, the administrative center of the region, nestled among mountain peaks and seaside views.



Day 8, Oct 9: Brønnøysund

- Afternoon stop in Brønnøysund, orientation walk in town with your tour escort. The small coastal town of 5,000 inhabitants is centered on the narrow, but strategically situated harbor, which caters to many industries. It is a vibrant little town with an attractive visitors' marina.
- Visit the center of town and Brønnøy Church, a stone church in the Neo-Gothic style dating back to 1870. Parts of the choir and entrance walls were built in medieval times.



Day 9, Oct 10: Trondheim

- Early morning stop in Trondheim, with a short orientation walk to the city center for the early birds. A large city by Norwegian standards, Trondheim has still managed to preserve the charm and intimacy of a small town. Trondheim is best known for Nidaros Cathedral, the world's northernmost cathedral, and Norway's national sanctuary. Construction began in 1070 over the shrine of Saint Olav. Nidaros was an important Christian pilgrimage site during the Middle Ages. Norway's coronation regalia are displayed in the Archbishop's Palace.

Day 10, Oct 11: Bergen

- Afternoon arrival into Bergen, check in at hotel and orientation tour of the town.

Day 11, Oct 12: Bergen

- Morning tour of Bergen and surroundings along the way to Troidhaugen, the home of Edvard Grieg (1843-1907), one of the leading Romantic era composers. Troidhaugen became a museum in 1928 and includes Grieg's Villa, the composer's hut, and the Grieg couple's gravesite, as well as a modern museum building and concert hall.

- Lunchtime concert at the Troldsalen. A chamber music hall seating 200 people is the center of the museum's extensive concert activities and has excellent acoustics.

- Afternoon visit to Fantoft Stave Church before returning to Bergen for a ride on the Fløibanen funicular to the top of Mount Fløyen.

Day 12, Oct 13: Bergen - Flåm - Oslo

- Scenic drive from Bergen to Gudvangen, to board the scenic fjord cruise from Gudvangen to Flåm through the narrow Nærøyfjord and idyllic Aurlandsfjord.

- In Flåm, continue the journey on the world re-known Flåm Railway. The Flåm Railway is one of the steepest standard-gauge railway lines in the world, with 80% of the journey at a gradient of 5.5%. The train runs through spectacular scenery, alongside the Rallar Road, vertiginous mountainsides, foaming waterfalls and through 20 tunnels.

Day 13, Oct 14: Oslo

- Morning tour of Oslo including the City Hall, the site of the annual Nobel Peace Prize ceremony, Vigeland Park, a sculpture park, and a museum.

- Drive to Hadeland for guided tour of the Hadeland Glass Museum, and visit to the Kistefos Museum and The Twist, an Art Gallery. The building is a museum, sculpture and bridge all in one and was designed by world-renowned architects Bjarke Ingels Group (BIG).

- Farewell dinner in Bergen.

Day 14, Oct. 15: Oslo

- Breakfast at hotel.

- Depart for airport and return home.

