

12天9晚

北欧精选之旅

赫尔辛基, 斯德哥尔摩, 厄勒布鲁, 哈马尔, 洛姆, 海尔西特, 盖朗厄尔峡湾, 斯特林, 布里克斯达尔冰川, 松达尔, 曼赫勒, 福德内斯, 弗诺姆, 米达尔, 沃斯, 卑尔根, 奥斯陆, 哥本哈根

Tour Code: 12 EHC



芬兰



瑞典



挪威



丹麦



布吕根 (码头)



克里斯蒂安堡皇宫



盖费昂喷泉



斯德哥尔摩老城



乌斯别斯基大教堂



议院广场



骑士岛教堂



精简行程



遗产



文化



家庭



风景



休闲



购物

第一天 吉隆坡 - 赫尔辛基 (15小时++) (机上用餐)

第二天 赫尔辛基 - 斯德哥尔摩 (夜宿豪华游船-双人间) (12小时) (晚餐)

- 赫尔辛基大教堂 (拍照)
- 岩石教堂 (拍照)
- 议院广场 (拍照)
- 乌斯别斯基大教堂 (拍照)
- 市集广场 (拍照)
- 西贝里纪念碑 (路途经过)
- 赫尔辛基音乐中心 (路途经过)

第三天 斯德哥尔摩 (早/午/晚餐)

- 斯德哥尔摩市政厅 (参观含门票)
- 瓦萨沉船博物馆 (参观含门票)
- 斯德哥尔摩王宫 (路途经过)
- 骑士岛教堂 (路途经过)
- 斯德哥尔摩老城 (步行游览)

第四天 斯德哥尔摩 - 厄勒布鲁 (200公里 2小时20分钟) - 哈尔马尔 (356公里 4小时40分钟) (早/午/晚餐)

- 厄勒布鲁城堡 (拍照)
- 维纳恩湖 (路途经过)
- 米约萨湖 (路途经过)
- 哈尔马尔老城 (路途经过)

第五天 哈尔马尔 - 洛姆 (275公里 3小时55分钟) - 海勒叙尔特 (180公里 2小时45分钟) - 盖朗厄尔峡湾 (乘坐渡轮) (1公里 1小时15分钟) (早/午/晚餐)

- 尤通黑门山脉 (路途经过)
- 木板教堂 (路途经过)
- 盖朗厄尔峡湾游船 (路途经过)
- 七姐妹瀑布 (路途经过)
- Vikafjell Mountain (路途经过)

第六天 盖朗厄尔峡湾 - 海尔西特 (乘坐渡轮) (1公里 1小时15分钟) - 斯特林 (51公里 1小时) - 布里克斯达尔冰川 (39公里 1小时) - 松达尔 (155公里 2小时25分钟) (早/午/晚餐)

- 布里克斯达尔冰川 (安排返回吉普车)

第七天 松达尔 - 曼赫勒 (20.9公里 50分钟) - 福德内斯 (乘坐渡轮) (11公里 10分钟) - 弗诺姆 (50.7公里 50分钟) - 米达尔 (17公里 1小时) - 沃斯 (乘坐火车) (80公里 1小时45分钟) - 卑尔根 (106公里 2小时) (早/午/晚餐)

- 卑尔根鱼市 (步行游览)
- 卑尔根城堡 (路途经过)

第八天 卑尔根 - 奥斯陆 (乘坐火车) (477公里 8小时30分钟) (早/午/晚餐)

- 布吕根 (码头) (步行游览)
- 国王礼堂 (步行游览)
- 市集广场 (步行游览)
- 卑尔根大教堂 (路途经过)
- 风景列车路线 (单程火车票)

赫尔辛基

- **赫尔辛基大教堂** - 又称白教堂。它位于议会广场，建于1852年，是一座路德派教堂。建筑以白色为主，配以淡绿色的圆顶。
- **议院广场** - 是赫尔辛基著名的景点之一，由德国建筑大师卡尔·恩格尔设计。四周古老而宏伟的建筑，彰显出一种雄伟壮丽的气势。
- **乌斯别斯基大教堂** - 是北欧最大的东正教堂，建于1862至1868年间，外观的金绿圆顶和红砖墙，具有俄罗斯的建筑风格。
- **西贝柳斯纪念碑** - 为纪念作曲家西贝柳斯而建造的，公园内绿荫成林，青翠欲滴。
- 世界上唯一一座建在**岩石中的教堂**位于赫尔辛基市中心，岩石教堂卓越的设计极为新颖巧妙，完成于1969年，是斯欧马拉曼兄弟的精湛杰作。
- **赫尔辛基音乐中心** - 芬兰地业的音效是世界音乐厅里闻名的。RSO (Radio Symphony Orchestra) 赫尔辛基广播交响乐团演奏的西贝柳斯也是芬兰味浓厚。悦目——是因为芬兰地业大厦的建筑本身就是一件艺术品。

斯德哥尔摩

- **斯德哥尔摩王宫** - 位于斯德哥尔摩老城北部的瑞典王宫。斯德哥尔摩王宫的历史始于中世纪，虽然现时王室已经搬出到郊外的卓宁霍姆宫，但斯德哥尔摩王宫仍是瑞典国王的官方居所。
- **斯德哥尔摩老城区** - 建立于13世纪，官方名称为[桥间之城]。老城保存完好，非常值得花点时间漫步在悠长悠长的鹅卵石小巷和古式的建筑的老城街道。
- **骑士岛教堂** - 是斯德哥尔摩最著名的教堂之一，也是斯德哥尔摩最古老的建筑之一。骑士岛教堂是瑞典君主的葬礼教堂，目前仅用于埋葬和纪念用途。
- **斯德哥尔摩市政厅** - 是瑞典斯德哥尔摩议会的建筑物位于国王岛。这是诺贝尔奖宴会的场地，是斯德哥尔摩的主要旅游景点之一。
- **瓦萨沉船博物馆** - 位于动物园岛上，主要展示沉船瓦萨号——世界上唯一保存完好的17世纪沉船。1628年春天完工后，8月进行首航，但航行中却遇上大风浪翻覆，到了1961年瑞典当局才下令打捞。这座海事博物馆是斯堪的纳维亚地区最受欢迎的博物馆之一。
- **厄勒布鲁城堡** - 位于厄勒布鲁市中心，建造于瓦萨时期。建议游客到它的古代地牢和皇家刑讯室里参观。
- **维纳恩湖** - 位于瑞典中部，是瑞典第一大湖泊，亦是全欧洲第三大湖。

哈尔马尔

- **米约萨湖** - 是挪威最大的湖，位于首都奥斯陆约100公里以北的挪威中南部。这是在挪威第四最深的湖泊。
- **尤通黑门山脉** - (挪威语: Jotunheimen) 意为“巨人国度”，是斯堪的纳维亚山脉中最高的一条支脉，位于挪威中南部，主峰格利特峰海拔2472米、加尔赫峰海拔2469米，为挪威最高峰。



霍尔门科伦



斯德哥尔摩王宫



风景列车进路

第九天

奥斯陆 - 哥本哈根 (夜宿豪华游船 - 双人间) (17小时)

(早/午/晚餐)

- 弗鲁格纳公园和维格兰雕塑 (步行游览)
- 维京海盗博物馆 (参观含门票)
- 卡尔约翰斯 (路途经过)
- 霍尔门科伦 (路途经过)
- 奥斯陆皇宫 (路途经过)
- 阿克码码头 (路途经过)
- 阿斯楚普费恩利现代艺术博物馆 (路途经过)
- 奥斯陆市政厅 (路途经过)
- 阿克什胡斯城堡 (路途经过)
- 奥斯陆国家剧院 (路途经过)

第十天

哥本哈根

(早/午/晚餐)

- 嘉士伯 (视工厂操作日, 参观含门票)
- 盖费昂喷泉 (拍照)
- 小美人鱼雕像 (路途经过)
- 旧股票交易中心 (路途经过)
- 克里斯蒂安堡皇宫 (拍照)
- 阿美琳堡宫 (路途经过)

第十一天

哥本哈根 - 吉隆坡

(15小时++)

(早/机上用餐)

第十二天

抵达家园

★★★★★ 旅游亮点 ★★★★★

- ✓ 世界上纬度最高的首都, 因濒临波罗的海而被称为 -- “波罗的海的女儿”
- ✓ 斯德哥尔摩也有“北方威尼斯”之称的都市
- ✓ 被列入世界文化和自然遗产的盖朗厄尔峡湾是挪威西部最壮美的峡湾
- ✓ 欣赏北欧最美丽的鱼港-布吕根
- ✓ 有北欧小巴黎之美誉-哥本哈根

★★★★★



四★级酒店或同级 (7晚+2夜宿游船)

- ✓ 夜宿游船赫尔辛基前往斯德哥尔摩 x1晚
- ✓ 斯德哥尔摩 x1晚
- ✓ 哈马尔 x1晚
- ✓ 盖朗厄尔 x1晚
- ✓ 松达尔 x1晚
- ✓ 夜宿游船从奥斯陆前往哥本哈根 x1晚
- ✓ 卑尔根 x1晚
- ✓ 奥斯陆 x1晚
- ✓ 哥本哈根 x1晚

★★★★★



- ✓ 9早餐/7午餐/9晚餐
- ✓ 西餐和中餐

- **木板教堂** - 是中世纪木基督教建筑在西北欧。两个相关的教堂建筑类型也被命名为他们的结构元素, 后堂和栅栏教会, 往往也被称为“木板教堂”。
- **达尔斯尼拔观景台** - 在精灵之路的南端, 位于海平面1500米的山顶, 距离盖朗厄尔小镇21公里。这段公路只在5月到9月间开放。这里可以提供绝佳的视角俯瞰整个峡湾和托罗尔斯蒂根山道。
- **盖伦格峡湾** - 又称盖朗厄尔峡湾, 是挪威默勒-鲁姆斯达尔郡最南部南默勒地区的一个峡湾。该峡湾是挪威最受欢迎的旅游地之一, 2005年与纳柔依峡湾一起被联合国教科文组织列为世界遗产。
- **七姐妹瀑布** - 是盖朗厄尔峡湾中最亮眼的明星。七条明显的瀑布从250米的空中一起飞流而下, 像是一起舞蹈的姐妹们。七姐妹瀑布的对面, 就是求婚者瀑布(Frieren), 永不停歇的对七姐妹展开追求。这些瀑布在5月至7月间最为壮观。
- **国王礼堂** - 是一座位于Bergenhus堡垒中的中世纪石头礼堂, 建于13世纪中期国王Håkon Håkonsson统治期间, 是挪威现存的最大的中世纪建筑。如今国王礼堂由卑尔根博物馆管理, 定期在此举办音乐会, 官方晚宴等。
- **布吕根** - (Bryggen, 意为码头), 是排列在挪威卑尔根峡湾东侧的一系列汉萨同盟商业建筑。布吕根自1979年被联合国教科文组织列为世界文化遗产。
- **弗鲁格纳公园** - 是挪威奥斯陆西北的一个著名的观光景点。公园因原本属于“弗鲁格纳庄园”而得名。公园中心为著名的维格兰雕塑公园, 众多的雕塑由挪威雕塑家古斯塔夫·维格兰设计。
- **挪威皇宫** - 是现在挪威王室的居所和办公地方, 建于在19世纪上半叶国王查理三世。挪威王室会在皇宫内举办国宴, 招待重要的贵宾和各国领导人, 国王还会召开国务会议。
- **阿克什胡斯城堡** - 是位于挪威首都奥斯陆的一座中世纪城堡。它的主要用途是保卫奥斯陆, 但同时也是一座监狱。游客在这里可以感受奥斯陆的历史, 登高处还可以俯瞰Aker Bryggen 的海港, 景色十分优美。
- **维京海盗船博物馆** - 是最受欢迎的旅游胜地之一。博物馆展品是从奥斯陆峡湾地区维京人墓穴中发现的。海盗博物馆内有海盗船和许多维京人的出土用品。

哥本哈根

- **旧股票交易中心** - 是丹麦哥本哈根市中心城堡岛的一座建筑, 建于1619年至1640年。克里斯蒂安四世的雄心把哥本哈根变成一个金融和贸易中心。
- **克里斯蒂安堡宫** - 位于丹麦哥本哈根, 是中央政府的办公处, 议会所在地, 和最高法院都设在宫内。这里同时也是一座博物馆, 它经常开放供人参观。
- **嘉士伯** - 是公司的主要啤酒品牌, 始建于1847年, 是世界第四大啤酒制造商。其中JC雅各布森酿造的第一嘉士伯啤酒, 还有啤酒背后的历史。
- **小美人鱼雕像** - 由新嘉士伯啤酒公司的创始人卡尔雅格布森出资建造, 雕刻家艾瑞克森进行雕刻。现位于丹麦哥本哈根长堤公园的港口岩石上。这座以安徒生童话《海的女儿》为蓝本的青铜雕塑是哥本哈根乃至丹麦的标志。
- **阿美琳堡王宫** - 于十八世纪中叶建造, 位于哥本哈根市区东部, 与小美人鱼的位置距离不远, 是王室的主要宫殿。王宫位于八角广场四周, 由四座完全一样的宫殿组成。广场中间是纪念性的马术雕像: 人物是阿马林城堡的建立者腓特烈五世。

12D9N SCANDINAVIA FJORD EXPLORER

HELSINKI, STOCKHOLM, OREBRO, HAMAR, LOM, HELLESYLT,
 GEIRANGER, STRYN, BRIKSDALBREEN, SONGDAL, MANNHELLER,
 FODNES, FLAM, MYRDAL, VOSS, BERGEN, OSLO, COPENHAGEN

Tour Code: 12 EHC



FINLAND



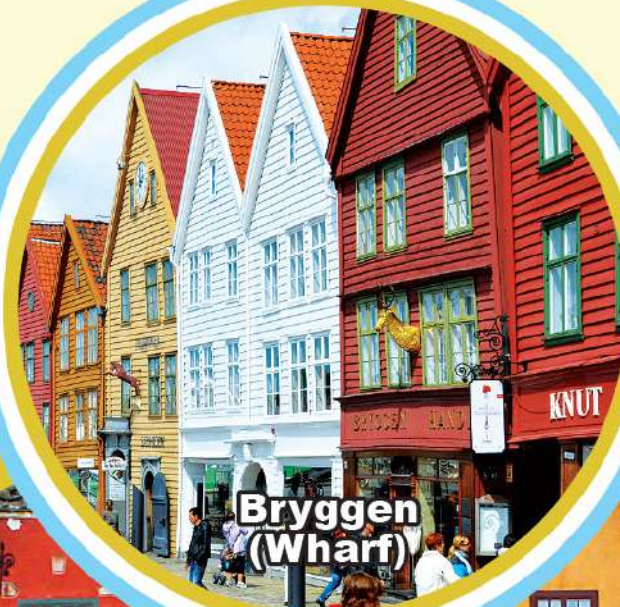
SWEDEN



NORWAY



DENMARK



Bryggen
 (Wharf)



Christiansborg
 Palace



Gefion
 Fountain



Gamla Stan



Uspenski Cathedral



Senate Square



Riddarholm Church



SCHEDULE



HERITAGE



CULTURE



FAMILY



SCENIC



LEISURE



SHOPPING

D1

KUALA LUMPUR – HELSINKI
(15H++) (MOB)

D2

HELSINKI – STOCKHOLM
(BOARD OVERNIGHT CRUISE – 2
BERTH INSIDE CABIN) (12H) (D)

- Helsinki Cathedral (Photo Stop)
- Temppelaukio Church (Photo Stop)
- Senate Square (Photo Stop)
- Uspenski Cathedral (Photo Stop)
- Market Square (Photo Stop)
- Sebelius Monument (Drive Pass)
- Finlandia Hall of Congress Concert Centre (Drive Pass)

D3

STOCKHOLM (B/L/D)

- Stockholm City Hall (Visit With Entrance)
- Vasa Ship Museum (Visit With Entrance)
- Royal Palace (Drive Pass)
- Riddarholm Church (Drive Pass)
- Gamla Stan (Old Town) (Walking Tour)

D4

**STOCKHOLM - ÖREBRO (200KM
2H20M) – HAMAR (356KM 4H40M)**
(B/L/D)

- Örebro Castle (Photo Stop)
- Lake Vanern (Drive Pass)
- Lake Mjosa (Drive Pass)
- Hamar Old Town (Drive Pass)

D5

**HAMAR – LOM (275KM 3H55M) –
HELLESYLT (180KM 2H45M) – (B/L/D)
GEIRANGER (BY FERRY) (1KM 1H15M)**

- Jotunheimen Mountain (Drive Pass)
- Stave Church (Drive Pass)
- Geirangerfjorden (Drive Pass)
- Seven Sister Waterfall (Drive Pass)
- Vikafjell Mountain (Drive Pass)

D6

**GEIRANGER – HELLESYLT (BY
FERRY) (1KM 1H15M) –STRYN (51KM
1H) – BRIKSDALBREEN (39KM 1H) –
SOGNDAL (155KM 2H25M) (B/L/D)**

- Brikdalsbreen (Return Jeep arrange)

D7

**SOGNDAL – MANNHELLER (20.9KM
50M) – FODNES (BY FERRY) (11KM 10M) –
FLAM (50.7KM 50M) – MYRDAL (17KM 1H) –
VOSS (BY TRAIN) (80KM 1H45M) –
BERGEN (106KM 2H) (B/L/D)**

- Fish Market (Walking Tour)
- Bergenhus Castle (Drive Pass)

D8

BERGEN – OSLO (BY TRAIN)
(477KM 8H30M) (B/D)

- Bryggen (Wharf) (Walking Tour)
- Haakon's Hall (Walking Tour)
- Market Square (Walking Tour)
- Bergen Cathedral (Drive Pass)
- Scenic Train Route (One way train ticket)

HELSINKI

- **Helsinki Cathedral** - located in the neighbourhood of Kruunuhaka in the centre of Helsinki. The church was originally built from 1830-1852 as a tribute to the Grand Duke of Finland, Tsar Nicholas I of Russia.
- **Senate Square** - is a famous tourist attractions where presents by Carl Ludvig Engel's architecture in the centre of Helsinki, Finland. Senate Square and its surroundings make up the oldest part of central Helsinki.
- **Uspenski Cathedral** - is claimed to be the largest orthodox church in Western Europe. The cathedral was built 1862–1868.
- **Sibelius Monument** - is dedicated to the Finnish composer Jean Sibelius. The monument is located at the Sibelius Park in the district of Töölö in Helsinki, the capital city of Finland.
- **Tempelaukio Church** - is a Lutheran church in the Töölö neighborhood of Helsinki. The church was designed by architects and brothers Timo and Tuomo Suomalainen and opened in 1969.
- **Finlandia Hall** - is a congress and event venue in the centre of Helsinki on the Töölönlahti Bay. Every year, Finlandia Hall hosts many of the world's most well known and acclaimed music performers and ensembles.

STOCKHOLM

- **Stockholm Palace** - or The Royal Palace is the official residence and major royal palace of the Swedish monarch. The palace is used for representative purposes by the King whilst performing his duties as the head of state.
- **Gamla Stan (Old Town)** - until 1980 officially Staden mellan broarna (The Town between the Bridges), is the old town of Stockholm, Sweden.
- **Riddarholm Church** - is the burial church of the Swedish monarchs. Today the church is used only for burial and commemorative purposes. It has been discontinued as a royal burial place in favor of the Royal Cemetery.
- **Stockholm City Hall** - is the building of the Municipal Council for the City of Stockholm in Sweden. It is the venue of the Nobel Prize banquet and is one of Stockholm's major tourist attractions.
- **Vasa Ship Museum** - is a maritime museum in Stockholm, Sweden. Located on the island of Djurgården, the museum displays the only almost fully intact 17th century ship that has ever been salvaged, Vasa that sank on her maiden voyage in 1628. According to the official web site, Vasa Museum is the most visited museum in Scandinavia.
- **Örebro Castle** - is a medieval castle fortification in Örebro, Närke, Sweden. The castle lies on an island in river Svartån. This tower was added to in the 14th century to make a larger stronghold, and towards the end of the 16th century most of the impressive castle we see today was built.
- **Lake Vänern** - is the largest lake in Sweden, the largest lake in the European Union and the third-largest lake entirely in Europe after Ladoga and Onega in Russia.

HAMAR

- **Lake Mjosa** - is Norway's largest lake, as well as one of the deepest lakes in Norway and in Europe. It is the fourth deepest lake in Norway.



Holmenkollen



Stockholm Palace



Scenic Train

D9

OSLO - COPENHAGEN (BOARD OVERNIGHT CRUISE - 2 BERTH INSIDE CABIN) (17H) (B/L/D)

- Frogner Park & Vigeland Sculpture (Walking Tour)
- Viking Ship Museum (Visit With Entrance)
- Karl Johans (Drive Pass)
- Holmenkollen (Drive Pass)
- Royal Palace (Drive Pass)
- Aker Brygge (Drive Pass)
- Astrup Fearnley Museum (Drive Pass)
- City Hall (Drive Pass)
- Akershus (Drive Pass)
- Opera House (Drive Pass)

D10

COPENHAGEN

(B/L/D)

- Carlsberg Visitors Centre (Subject to opening, Visit With Entrance)
- Gefion Fountain (Drive Pass)
- Little Mermaid (Photo Stop)
- The Old Stock Exchange (Drive Pass)
- Christiansborg Palace (Photo Stop)
- Amalienborg Palace (Drive Pass)

D11

COPENHAGEN - KUALA LUMPUR (15H+) (B/MOB)

D12

ARRIVAL HOME



HIGHLIGHTS

- ✓ The World's Highest Capital Latitude, Baltic Sea also known as the "Daughter of the Baltic"
- ✓ Visit "Venice of the North" Stockholm
- ✓ World Cultural and Natural Heritage of Geirangerfjord is the Most Magnificent Fjords of Western Norway
- ✓ Northern Europe's Most Beautiful Fishing Port - Bryggen
- ✓ Nordic Little Paris - Copenhagen



4★ Hotels or Similar (7 Nights + 2 Overnight Cruise)

- ✓ Overnight Cruise from Helsinki to Stockholm x 1 Night
- ✓ Stockholm x 1 Night
- ✓ Hamar x 1 Night
- ✓ Geiranger x 1 Night
- ✓ Sogndal x 1 Night
- ✓ Overnight Cruise from Oslo to Copenhagen x 1 Night
- ✓ Bergen x 1 Night
- ✓ Oslo x 1 Night
- ✓ Copenhagen x 1 Night



- ✓ 9 Breakfast / 7 Lunch / 9 Dinner
- ✓ Mix Western Meals and Chinese Meals

- **Jotunheimen** - is a mountainous area of roughly 3,500 km² in southern Norway and is part of the long range known as the Scandinavian Mountains. The 29 highest mountains in Norway are all in Jotunheimen, including the very highest - Galdhøpiggen (2469 m).
- **Stave church** - is a medieval wooden Christian church building once common in north-western Europe. Two related church building types also named for their structural elements, the post church and palisade church, are often also called 'stave churches'.
- **Dalsnibba** - is a mountain in Stranda Municipality in More og Romsdal county, Norway. Dalsnibba offers a very good view and is therefore a very popular tourist destination. Dalsnibba is often covered by snow even in the summer.
- **The Geiranger Fjord** - is a fjord in the Sunnmøre region of More og Romsdal county, Norway. The fjord is surrounded by wild waterfalls and is one of the Norway's most visited tourist sites. In 2005, it was listed as a UNESCO World Heritage Site.
- **The Seven Sisters** - is the 39th tallest waterfall in Norway. The waterfall consists of seven separate streams, and the tallest of the seven has a free fall that measures 250 metres. It is part of the Geiranger World Heritage Site.
- **Briksdalsbreen** - is one of the most accessible and best known arms of the Jostedalsglaciar.
- **Haakon's Hall** - is a medieval stone hall located inside the fortress. It is the largest building of the royal palace and also largest secular medieval building in Norway.
- **Bryggen** - the old wharf of Bergen is not only a World Heritage Site but also serves as an important reminder to the town's importance in playing a role for the Hanseatic League's trading empire.
- **Frogner Park** - contains, in its present centre, the world famous Vigeland installation, a permanent sculpture installation created by Gustav Vigeland. Although sometimes incorrectly referred to in English as the "Vigeland (Sculpture) Park," the Vigeland installation is not a separate park, but the name of the sculptures within Frogner Park.
- **The Royal Palace of Oslo** - is the residence of French-born King Charles III of Norway, who reigned as king of Norway and Sweden.
- **Akershus Fortress** - or Akershus Castle is a medieval castle that was built to protect Oslo, the capital of Norway. It has also been used as a prison. Tourists can enjoy the panoramic view at port of Aker Brygge.
- **The Viking Ship Museum** - is part of the Museum of Cultural History of the University of Oslo, and houses archaeological finds from Tune, Gokstad, Oseberg and the Borre mound cemetery.

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- **The Old Stock Exchange Building** - was built by the ambition of King Christian IV to turn Copenhagen into a financial and trade centre.
- **Christiansborg Palace** - is a palace and also government building in central Copenhagen. It is the seat of Danish Parliament, the Prime Minister's Office and also the Supreme Court of Denmark. Several parts of the palace are open to the public.
- **Carlsberg Factory** - The beer factory introduces where J.C. Jacobsen brewed the very first Carlsberg beer and also features the history behind it all.
- **Little Mermaid** - is a bronze statue by Edvard Eriksen, depicting a mermaid. The sculpture is displayed on a rock by the waterside at the Langelinie promenade in Copenhagen, Denmark.
- **Amalienborg** - is the winter home of the Danish royal family, and is located in Copenhagen, Denmark. It consists of four identical classical palace façades with rococo interiors around an octagonal courtyard; in the centre of the square is a monumental equestrian statue of Amalienborg's founder, King Frederick V.