



# 3 SCANDINAVIAN CAPITALS

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**Choose any date of travel (this is an individual itinerary, not a group trip).**

Gluten Free Travel-Us has unveiled a fabulous new itinerary in collaboration with Nordic Destinations. It will take you to Denmark, Norway, and Sweden -- and their vibrant capitals. You'll visit historical sites, explore charming neighborhoods, witness unique beauty, and enjoy wonderful gluten free meals throughout your journey. The **itinerary below** can be tweaked based on your desired length of stay, budget, and interests. Each season of the year presents unique charms for all of these cities.

As with all Ellen's itineraries, you can travel at any time of the year and with whomever you choose. It is **NOT** a group tour. She has worked with Nordic Destinations to **vet all hotels and restaurants for gluten free meal safety**, so you will rest well knowing your dietary needs are well cared for. When meals are not provided (and vetted) as part of the itinerary detailed below, she will provide suggestions for restaurants that are safe for Celiacs.



Photo Credit: Firsthotels

## SUGGESTED ITINERARY:

### **Day 1: Arrive in Stockholm, Sweden**

Upon arrival in Sweden, you will enjoy a private taxi transfer from the airport to your hotel. You will have the remainder of the day to relax and explore the area. Sightseeing suggestions will be provided, if desired. **You will stay for three nights in a 4-star hotel vetted for being able to accommodate gluten free travelers.**

### **Day 2: Stockholm**

Walk or take a taxi to the the meeting point for your **Royal cruise and tour of Drottningholm Palace**. Enjoy a wonderful boat ride through the scenic Lake Malaren to Drottningholm Palace. The castle area was laid out in the 1600s and 1700s and became a UNESCO World Heritage Site in 1991. Besides the Royal Palace and the theater, you will also visit the Chinese Pavilion at Ekero. Cruise back to the city later in the afternoon. Enjoy the evening in the city.



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## Day 3: Stockholm on your own

Enjoy all of what the city has to offer, using your Stockholm City Card. This gives you free entrance to more than **60 of the city's most popular attractions**, including public transportation. Be sure to visit



the Royal Palace and the Vasa Ship. The world-famous Vasa ship capsized and sank in Stockholm in 1628. After 333 years on the sea bed the mighty warship was salvaged. Today Vasa is the world's only preserved 17th century ship and the most visited museum in Scandinavia. Also, be sure to visit Skansen Open Air Museum, Skyview, and Gamla Stan (Old Town) with charming narrow cobblestone streets and colorful historic buildings.

## Day 4: Stockholm to Copenhagen, Denmark

Walk or taxi to the Central Train Station for a **very scenic train ride from Stockholm to Copenhagen**. Enjoy the comfortable train as you pass through a beautiful area crossing the bridge from Sweden and arriving in Denmark in the afternoon. Walk or taxi to your hotel. Enjoy the rest of the afternoon and evening at your leisure. Sightseeing suggestions will be provided. You will spend this night and the following two in a 4-star gluten-free friendly hotel in Copenhagen.

## Day 5: Copenhagen

You will be picked up at your hotel by a private guide, who will show you **Danish History at its best: A walking tour of the oldest parts of Copenhagen, dating back to the year 1160**. You will walk around the inner parts of the city and slowly work your way up through the centuries. The tour includes Rosenborg Castle, The Round Tower, Amalienborg Castle, The Stock exchange, Christiansborg





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Castle, Nyhavn, The Kings Garden, and much more. Your guide will provide the historic context of the buildings, while at the same time giving an overview of Danish history. (Other tours are available, too, including a guided bicycle tour.)

## **Day 6: Copenhagen on your own**

Using your Copenhagen City Card, begin your independent sightseeing. Highlights include castles, a canal tour, the national museum, Nyhavn marina, The Little

Mermaid sculpture, the famous pedestrian street "Stroget" (pronounced: stroy-eth). In the afternoon or evening (or both!) visit beautiful Tivoli Gardens park with hundreds of thousands of lights illuminating the famous amusement park, which is the second oldest in the world. Be sure to also try some real Danish (gluten free!) pastries from a local bakery.

## **Day 7: Copenhagen to Oslo, Norway**

You'll have the morning to do a little shopping, relaxing or sightseeing. Then taxi on your own to the harbor for your **overnight cruise from Copenhagen to Oslo, Norway**. Enjoy your Commodore Cabin onboard, which has a balcony, as you say your goodbyes to wonderful Copenhagen. A dinner reservation awaits in the "7 Seas" restaurant onboard, which includes one drink per person and gluten free meal selections.







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## Day 8: Arriving in Oslo, Norway

Enjoy breakfast onboard, while you sail into the **harbor of Oslo, Norway**. Once here, taxi independently to your hotel. You have arrived early, so leave your luggage with the hotel reception, while you either relax in the cozy hotel lounge or explore the area on your own. Sightseeing suggestions and ideas will be provided. You will stay at this hotel for a total of two nights.

## Day 9: Oslo Exclusive Tour

After a wonderful breakfast, you will walk to meet up with a guide for your tour. Embark on this **All Inclusive and exclusive tour and explore all the “must see” attractions in Oslo**. Experience the cozy atmosphere in the city center, admire stunning views over Oslo fjord from Holmenkollen ski jump, and marvel at more than 200 sculptures designed by the most prolific Norwegian sculptor, as you walk through Vigeland Sculpture Park together with the guide (45 minutes). On Bygdoy Peninsula, you can choose to visit either Fram Museum or Kon-Tiki Museum and then enhance your Oslo experience by visiting the Norwegian Folk Museum with its iconic stave church, famous world-wide.



## Day 10: Departure from Oslo

Depending on your flight schedule, you may have time to relax this morning. Then you'll take a private taxi transfer to the airport for your **flight home**.



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## Your Trip Includes the Following:

- Arrival via taxi service in Stockholm (airport to hotel)
- **3 night accommodation** at centrally located 4-star hotel in **Stockholm**, including breakfast & tax
- Roundtrip Cruise & Tour to Drottningholm Palace, including entrance, and Chinese Palace
- Two 24-hour Stockholm City Passes for independent city sightseeing
- Train in 2nd or 1st class from Stockholm to Copenhagen
- **3 night accommodation** at centrally located 4-star hotel in **Copenhagen**, including breakfast & tax
- Private guided tour of Copenhagen (options available – see itinerary)
- Two 24-hour Copenhagen City Cards for independent city sightseeing
- **Overnight cruise from Copenhagen to Oslo**, Commodore cabin (2 persons per cabin) with balcony, including table reservation at “7 Seas Restaurant”, dinner with 1 drink and breakfast
- **2 night accommodation** at centrally located hotel in **Oslo**, including breakfast, evening meal, tax
- Exclusive day tour of Oslo by coach, including 45 minute walk in Vigeland Park, as per itinerary
- Departure taxi service to Oslo airport
- Detailed sightseeing suggestions & **restaurant recommendations in all cities**
- Detailed Travel Document package

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