Scandinavia

Why Go?
Effortlessly chic cities and remote forests; rocking festivals and the majestic aurora borealis; endless day and perpetual night: Scandinavia’s menu is anything but bland.

Stolid Nordic stereotypes dissolve completely in the region’s vibrant capitals. Crest-of-the-wave design can be seen across them all, backed up by outstanding modern architecture, excellent museums, acclaimed restaurants and a sizzling nightlife.

The great outdoors is rarely greater than in Europe’s big north. Epic expanses of wilderness and intoxicatingly pure air mean that engaging with nature is an utter pleasure. It’s rare to find such inspiring landscapes that are so easily accessible.

Despite the scary subzero winter temperatures, there’s still a wealth of things to do: skiing, sledding behind huskies or reindeer, taking snowmobile safaris, spending romantic nights in snow hotels, visiting Santa Claus and gazing at the soul-piercing Northern Lights.

Explosive summer’s long days are filled with festivals, beer terraces and wonderful boating, hiking and cycling.

Fast Facts

Capitals Copenhagen (Denmark), Stockholm (Sweden), Helsinki (Finland), Oslo (Norway), Reykjavík (Iceland)
Emergency 112
Currency krone (Dkr, Denmark), krona (Skr, Sweden), euro (€, Finland), krone (Nkr, Norway), króna (Ikr, Iceland)
Languages Danish, Swedish, Finnish, Norwegian, Icelandic, Sámi languages
Time Zone Central European (Denmark, Sweden, Norway: UTC/GMT plus one hour), Eastern European (Finland: UTC/GMT plus two hours), Western European (Iceland: UTC/GMT)
Country Codes 🇩🇰 (Denmark), 🇸🇪 (Sweden), 🇫🇮 (Finland), 🇳🇴 (Norway), 🇮🇸 (Iceland)
Population 5.6 million (Denmark), 9.6 million (Sweden), 5.4 million (Finland), 5.1 million (Norway), 332,500 (Iceland)
Scandinavia Highlights

1. **Copenhagen**
   Shop, nosh and chill in Scandinavia’s capital of cool. (p150)

2. **Stockholm**
   Tour urban waterways, explore museums and wander the Old Town of Sweden’s capital. (p161)

3. **Helsinki**
   Immerse yourself in harbourside Helsinki, for the latest in Finnish design and nightlife. (p172)

4. **Rovaniemi**
   Cross the Arctic Circle, hit the Arktikum museum and visit Santa in his grotto in Finnish Lapland. (p183)

5. **Kiruna**
   Hike wild reindeer-filled landscapes, explore Sámi culture and sleep in the world-famous Icehotel in Jukkasjärvi. (p170)

6. **Lofoten**
   Head for the Arctic Ocean and arguably Europe’s most beautiful archipelago. (p194)

7. **Hurtigruten**
   Journey Norway’s peerless coast on the characterful, spectacular Hurtigruten ferry. (p191)

8. **Fjordland**
   From Bergen, Norway’s most attractive city, explore the south-western fjords. (p188)

9. **Vatnajökull National Park**
   Discover Skaftafell glacier and the icebergs at nearby Jökulsárlón. (p205)

10. **Reykjavik**
    Party till dawn on the weekend pub crawl djammið in Iceland’s lively capital, then hit museums, shops and cafes. (p197)