



Scandinavia

Includes ➔

DENMARK	150
Copenhagen	150
SWEDEN	161
Stockholm	161
FINLAND	172
Helsinki	172
NORWAY	185
Oslo	185
ICELAND	197
Reykjavik	197

Best Places to Eat

- ➔ Noma (p155)
- ➔ Oli Nico (p159)
- ➔ Hietalahden Kauppahalli (p174)
- ➔ Baklandet Skysstasjon (p193)
- ➔ Þrír Frakkar (p201)

Best Places to Sleep

- ➔ Icehotel (p171)
- ➔ Dream Hostel (p179)
- ➔ Svinøya Rorbuer (p195)
- ➔ Generator Hostel (p151)
- ➔ Odense City B&B (p157)

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 ☎45 (Denmark), ☎46 (Sweden), ☎358 (Finland), ☎47 (Norway), ☎354 (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

Discover Skaftafell glacier and the icebergs at nearby Jökulsárlón. (p205)

10 Reykjavík

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

