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PLAN YOUR TRIP

YOUR PLANNING TOOL KIT

Photos, itineraries, lists and suggestions to help you put together your perfect trip

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Welcome to Scandinavia

need to know

When to Go

Set Your Budget

Budget-Low £140
 • 10 days in Scandinavia
 • 10 days in Scandinavia
 • 10 days in Scandinavia

Midrange £140-250
 • 10 days in Scandinavia
 • 10 days in Scandinavia
 • 10 days in Scandinavia

High £250+
 • 10 days in Scandinavia
 • 10 days in Scandinavia
 • 10 days in Scandinavia

Top Events

- 1 Midwinter
- 2 Day Sailing and Ice
- 3 Bookish Festival
- 4 Aurora Watching
- 5 Christmas

January

It's not too cold and, very nice. But this is the beginning of the winter season. Snow is falling and it's starting to get very cold. The weather is unpredictable and it's best to be prepared for anything. The weather is unpredictable and it's best to be prepared for anything.

February

It's not too cold and, very nice. But this is the beginning of the winter season. Snow is falling and it's starting to get very cold. The weather is unpredictable and it's best to be prepared for anything.

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April

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September

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October

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November

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December

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Finland

Hiking & Winter Activities

Finland's vast forests and lakes offer endless opportunities for hiking and winter sports. The country is a paradise for nature lovers, with its stunning landscapes and clean air.

Wild Nature

Finland's vast forests and lakes offer endless opportunities for hiking and winter sports. The country is a paradise for nature lovers, with its stunning landscapes and clean air.

Historic Jewel

A short trip across the frozen Baltic Sea reveals the island of Suomenlinna, a UNESCO World Heritage site. This island fortress is a testament to Finnish military history and offers a unique perspective on the country's past.

Active Winters

Finland's winter season is a time of incredible beauty and adventure. From cross-country skiing to ice skating, there are endless opportunities to enjoy the season. The country's vast forests and lakes offer a unique and unforgettable experience.

Traditional Culture

Experience the rich traditions of Finland, from its folk music to its traditional crafts. The country's history is a blend of nature and culture, offering a unique and unforgettable experience.

month by month

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SURVIVAL GUIDE

VITAL PRACTICAL INFORMATION TO HELP YOU HAVE A SMOOTH TRIP

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Language

This chapter offers basic vocabulary to help you get around Scandinavia. It includes essential phrases and words for everyday situations. The guide is designed to be easy to use and understand, with clear instructions and examples. It's a vital tool for anyone traveling to Scandinavia.

Start your search

Find the words you need to know for your trip. The guide is designed to be easy to use and understand, with clear instructions and examples. It's a vital tool for anyone traveling to Scandinavia.

Do you speak English?

Learn the words you need to know for your trip. The guide is designed to be easy to use and understand, with clear instructions and examples. It's a vital tool for anyone traveling to Scandinavia.

Accommodation

Find the words you need to know for your trip. The guide is designed to be easy to use and understand, with clear instructions and examples. It's a vital tool for anyone traveling to Scandinavia.

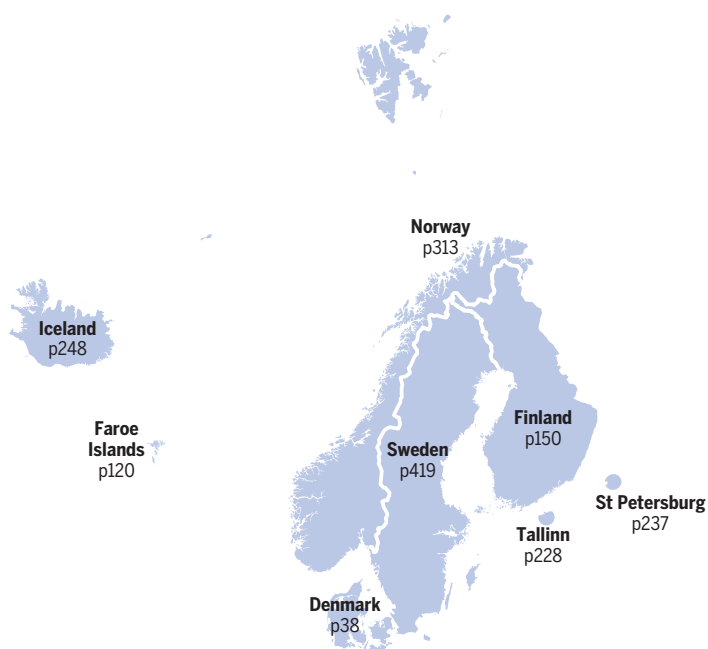
ISBN 978-1-74179-680-3



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THIS EDITION WRITTEN AND RESEARCHED BY

Andy Symington

Carolyn Bain, Cristian Bonetto, Mark Elliott, Anthony Ham

Becky Ohlsen, Fran Parnell, Simon Richmond



Look out for these icons:



Our author's recommendation



A green or sustainable option



No payment required

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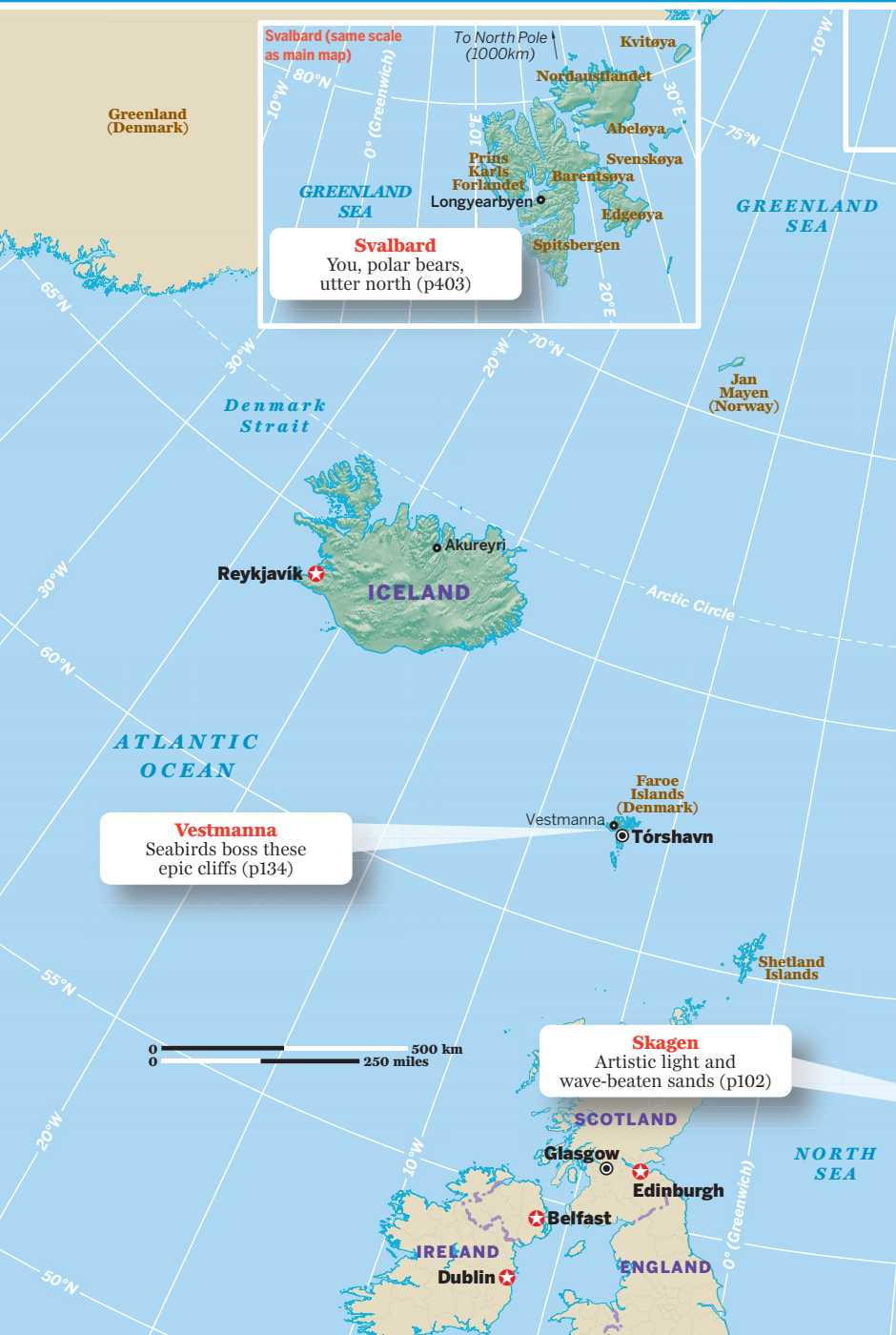
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Scandinavia



Svalbard (same scale as main map)

To North Pole (1000km)

GREENLAND SEA

Svalbard
You, polar bears, utter north (p403)

Greenland (Denmark)

Denmark Strait

Reykjavik

ICELAND

Akureyri

ATLANTIC OCEAN

Vestmanna
Seabirds boss these epic cliffs (p134)

Vestmanna
Tórshavn

Faroe Islands (Denmark)

Jan Mayen (Norway)

Arctic Circle

Shetland Islands

0 500 km
0 250 miles

Skagen
Artistic light and wave-beaten sands (p102)

SCOTLAND

Glasgow

Edinburgh

Belfast

IRELAND

Dublin

ENGLAND

NORTH SEA

Top Experiences >



Lofoten Islands

Epic rock, timeless fishing communities (p387)

Hermitage, St Petersburg

One of the world's great galleries (p238)

Fjords

Investigate these awesome geological serrations (p340)

Novaya Zemlya (Russia)

Svalbard (Norway)

See Svalbard inset

BARENTS SEA

NORWEGIAN SEA

Lofoten Islands

Nordkapp

Varde

Murmansk

Tromsø

Kiruna

Rovaniemi

Bodø

Narvik

Kiruna

RUSSIA

Investigate these awesome geological serrations (p340)

NORWAY

SWEDEN

FINLAND

Trondheim

Östersund

Umeå

Vaasa

Kuopio

Jyväskylä

Lappeenranta

Ålesund

Galdhøpiggen (2469m)

Lillehammer

Tampere

Turku

Helsinki

Tallinn

St Petersburg

Lake Ladoga

Lake Peipsi

Lake Peipsi

ESTONIA

RUSSIA

Tallinn

Evocative medieval city centre (p228)

Riga

LATVIA

Vilnius

LITHUANIA

Minsk

RUSSIA

BELARUS

DENMARK

Esbjerg

Copenhagen

Odense

Funen

Bornholm

Århus

Helsingør

Helsingør

Malmö

Örebro

Västerås

Uppsala

Stockholm

Norrköping

Linköping

Jönköping

Göteborg

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Itineraries

Scandinavia in a Nutshell

One or Two Weeks

For those short on time, this is a quick hop around the classic sights of southern Scandinavia. With just a week, it's essentially one city in each of Denmark, Sweden and Norway; extra time allows more detailed exploration and side trips.



- » Start in **Copenhagen** (p41), admiring the waterfront and museums, and enjoying the lights of Tivoli at night.
- » Take a day trip to the cathedral and Viking Ship Museum at **Roskilde** (p62) or 'Hamlet's' castle at **Helsingør** (p59).
- » Next, take the train to **Stockholm** (p422) and get into the design scene, as well as admire the stately, watery centre of town.
- » An overnight train takes you to **Oslo** (p315), where you can check out much of Munch's work.
- » From Oslo, a long but very scenic day includes the rail trip to **Flåm** (p365) and a combination boat/bus journey along the Sognefjord to **Bergen** (p340), Norway's prettiest city.

- » Out of time? Fly out from Bergen or back to Copenhagen.
- » Otherwise, head to **Kristiansand** (p331), where there's a ferry to **Hirtshals** (p104).
- » Nose on down to **Arhus** (p86) – don't miss the ARoS art museum. From here, it's an easy train ride to Copenhagen.
- » Extra days? A side trip from Stockholm on a Baltic ferry could take you to **Helsinki** (p153) or picturesque **Tallinn** (p228).
- » Other stops could include **Göteborg** (p465) or **Kalmar** (p483); more fjord-y Norwegian experiences at **Fjærland** (p369) and **Geiranger** (p371); or extra Danish time at **Odense** (p75)

Clockwise from top left

1. Ice skating in Oslo 2. Stockholm's Gamla Stan 3. Tivoli, Copenhagen



2



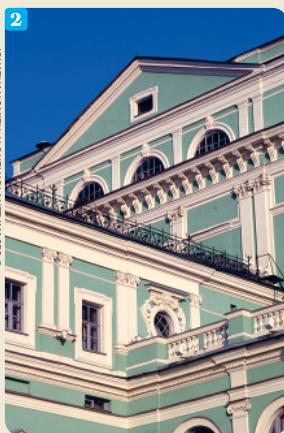
3

Finland and the Baltic

Two to Three Weeks

Starting in Stockholm, this itinerary follows the old trading routes around the Baltic and covers plenty of Finland, including the capital, Helsinki, and beautiful Lakeland, also taking in the sumptuous Baltic cities of Tallinn and St Petersburg.

CHRIS FERRIS/USE / LONELY PLANET IMAGES ©



- » Kick things off in **Stockholm** (p422), for centuries a Baltic trading powerhouse.
- » From here, take advantage of the cheap, luxurious overnight ferries to Finland. Disembark in **Helsinki** (p153) – get a good view of the spectacular arrival – and investigate the cathedrals, modern architecture and design scene. Catch a classical or rock concert too.
- » From Helsinki, it's an easy boat trip across the Baltic to medieval **Tallinn** (p228), a historic treasure trove that's worth a couple of days' exploration. If time's short, take a day trip.
- » Returning to Helsinki, take the train or ferry to **St Petersburg** (p237). Normally you need

- a visa, but it can be waived for short stays when arriving by boat. After this enchanting, imperial city – the Hermitage museum and the ballet are top draws – return to Helsinki.
- » In summer, take the train to the shimmering lakes of **Savonlinna** (p187), with its awesome medieval castle and opera festival, or **Kuopio** (p192), to steam up in its large smoke sauna.
- » Then head to the dynamic cultural city of **Tampere** (p177), visiting its quirky museums and taking a lake cruise.
- » Hit intriguing **Turku** (p166), then return by ferry to Stockholm via the **Åland islands** (p172). Stop off for as long as you wish and tour by bike.

Clockwise from top left

1. Savonlinna's castle, Olavinlinna 2. Mariinsky Theatre (p246), St Petersburg 3. Tallinn 4. Helsinki's Kiasma (p156), designed by Steven Hall



Beyond the Arctic Circle

Three Weeks

This thorough visit to the north takes in Santa, Sámi culture, spectacular coastal scenery viewed from the sea and opportunities for excellent activities. It'll be a completely different experience in summer or in winter.



RICHARD CUMMINS / LONELY PLANET IMAGES ©



PETER UNGER / LONELY PLANET IMAGES ©



» Take the overnight train from **Helsinki** (p153) to **Rovaniemi** (p207). Visit the fabulous Arktikum, chat with Santa and prepare for the wilderness.

» Cross the Arctic Circle to **Saariselkä** (p213) for great activities, whether summer hiking in the UKK National Park or husky-sledding trips in winter.

» From here it's a short hop to the Sámi village of **Inari** (p213), where Siida is a wonderful exhibition on Lapland's nature and indigenous cultures.

» From Inari summer buses run right to **Nordkapp** (p399), where you can stand at the top of Europe and gaze out towards the utter north.

» Catch the *Hurtigruten* coastal steamer to the stunning **Lofoten Islands** (p387), possibly stopping in lively **Tromsø** (p393).

» The boat heads right down to Bergen, but jump off in **Narvik** (p384) and take the train to **Kiruna** (p498), a remote mining town, and, in winter, home to the famous Ice Hotel.

» Take side trips to stunning **Abisko National Park** (p499) and the Sámi village of **Jokkmokk** (p496).

» From here, head back to Helsinki via **Tornio** (p212) or fly, train or bus all the way south to **Stockholm** (p422).

Clockwise from top left

1. Sámi people handicrafts 2. Arktikum, Rovaniemi
3. Coastline from the *Hurtigruten* 4. The chapel at the Ice Hotel (p499), near Kiruna



2



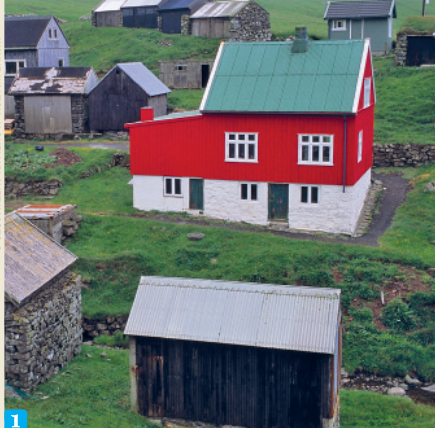
3

Northern Islands

Four Weeks

Of course you can fly to the northern islands, but it's much more fun to do it like the Vikings did and go by boat. Start in Denmark and head into the North Atlantic to fabulous Iceland, with a stop in the Faroes en route.

WAYNE WALTON / LONELY PLANET IMAGES ©



- » Fly into **Copenhagen** (p41), taking some time to absorb its addictive atmosphere.
- » Then hit north Jutland and the beautiful dunes at **Skagen** (p102).
- » Jump aboard the weekly (biweekly in summer) ferry *Norrøna*, leaving from nearby **Hirtshals** (p104).
- » Take advantage of your free stop in the remote **Faroe Islands** (p120), but keep an eye on the boat timetables: you may have to spend a week here.
- » Giggle at the comical puffins on the awesome cliffs of **Mykines** (p134) and take a boat trip to visit the immense seabird colonies at **Vestmanna** (p134).
- » The ferry (mid-April to October) continues to Iceland, arriving at **Seyðisfjörður** (p287).

- » From here journey to Reykjavík along the south coast past **Skaftafell** (p290).
- » In **Reykjavík** (p250), visit the Saga Museum and take trips to the Viking village of Hafnarfjörður and the Blue Lagoon.
- » If you've got time to explore, head to the desolate interior for the amazing geo-scapes of **Landmannalaugar** (p298). Take the spectacular three-day hike to Þórsörk, one of Europe's most spectacular walks.
- » Travel around the Ring Rd, including an R&R stop at peaceful fjord-side **Akureyri** (p276).
- » Head back to Denmark on the ferry if you're still game, otherwise fly back from Reykjavík.

Clockwise from top left

1. Mykines
2. On the Landmannalaugar to Þórsörk trek
3. Skaftafell
4. Fjallabak Nature Reserve (p298), Iceland





OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Andy Symington

Coordinating Author, Finland Andy hails from Australia, lives in Spain, learnt to ski in Norway, was entranced by wintertime Finland as a backpacking teenager and has been a regular visitor to the Nordic lands ever since. He's travelled widely throughout the region, and is a frequent contributor on Finland and Scandinavia to Lonely Planet guides and other publications. Personal highlights have included close encounters with bears and a near-terminal swim in a seriously cold Arctic Ocean. Constantly seeking honorary northern citizenship, his bedtime books include Icelandic sagas and Finnish grammars, while his huge Scandi-CD stockpile ranges from entrancing contemporary Sámi *yoiks* to epic '80s Viking metal.

Read more about Andy at:
lonelyplanet.com/members/andysymington



Carolyn Bain

Tallinn Melbourne-based Carolyn has investigated great pockets of northern Europe in the name of work, including Sweden, Denmark and the Baltic countries. For this book she returned to the northeast, where Estonia combines the best of Eastern Europe and Scandinavia and delivers something heart-warmingly unique.

Read more about Carolyn at:
lonelyplanet.com/members/carolynbain



Cristian Bonetto

Denmark A weakness for svelte design, adventurous chefs and cycle-toned bodies first drew Cristian Bonetto to Denmark. Years later, the country's effortless cool continues to inspire this one-time soap scribe, whose musings on travel and popular culture have appeared in Australian, British and Italian publications. When Cristian isn't hunting down Denmark's best *kanelsgøle* (cinnamon 'snail'), you're likely to find him scouring Sweden, Italy, New York or his hometown Melbourne for decent espresso, cheap chic and the perfect shot to post on Facebook.

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OVER MORE
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Published by Lonely Planet Publications Pty Ltd

ABN 36 005 607 983

10th edition – Oct 2011

ISBN 978 1 74179 680 3

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10 9 8 7 6 5 4 3 2

Printed in China

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Mark Elliott

Faroe Islands Elliott's previous 'great north' guidebook assignments have seen him getting trapped in Greenland's offshore ice floes and crossing Siberia's deepest (frozen) lake in a truck. In the comparative warmth of the Faroes, more manageable excitement included dodging dive-bombing skuas and avoiding dizzying chasms that cut invisibly across certain hiking trails. Sudden gales at Kallur lighthouse almost gusted Mark off the clifftops but he was equally 'blown away' by the Faroes' vibrant music scene and by many stimulating encounters with local artists.

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Anthony Ham

Norway Anthony fell in love with Norway the first time he laid eyes on her and there aren't many places in Norway he hasn't been. His true passion is the Arctic north whether dog-sledding and spending time with the Sámi around Karasjok or drawing near to glaciers and scouring the horizon for polar bears in the glorious wilderness of Svalbard. When he's not travelling for Lonely Planet, he lives in Madrid and writes for magazines and newspapers around the world.

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Becky Ohlsen

Sweden Becky has travelled in Sweden since the age of two. She's constantly amazed that no matter how often she visits, she still finds things she's never seen before, whether it's an underground cafe in Södermalm or a Viking-era stone ship hidden away in the forest. Becky's favourite things about Sweden include fried herring and saffron ice cream (not together), the art of John Bauer, the diaries of August Strindberg, the films of Ingmar Bergman, the hiking trails of

Norrland and the little red huts everywhere. She also writes about the Pacific Northwest for Lonely Planet. Becky lives in Portland, Oregon.

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Fran Parnell

Iceland Fran's passion for Scandinavia began while studying for a masters degree in Anglo-Saxon, Norse and Celtic. Fran travels to Iceland as often as possible and always finds something new to appreciate. This year, she ran the Reykjavik marathon for the first time, and would recommend the experience to everyone. Fran has worked on other Lonely Planet guides to Scandinavia, including *Iceland*, *Sweden*, *Denmark*, *Reykjavik* and previous editions of *Scandinavia*.

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Simon Richmond

St Petersburg After studying Russian history and politics at university, Simon's first visit to St Petersburg was in 1994. He's since travelled the breadth of Russia from Kamchatka in the far east to Kaliningrad in the far west. An award-winning writer and photographer, Simon is the coauthor of the first and subsequent editions of Lonely Planet's *Trans-Siberian Railway* as well as editions 3, 4 and 5 of *Russia*. Read more about him at www.simonrichmond.com.

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