



Scandinavia



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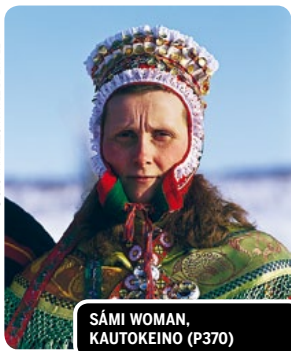
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SÁMI WOMAN,
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OLD TOWN (P211), TALLINN

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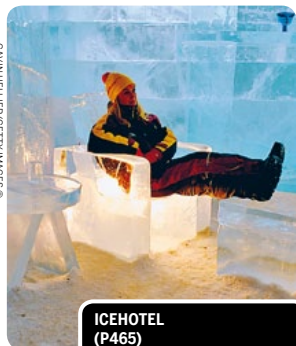
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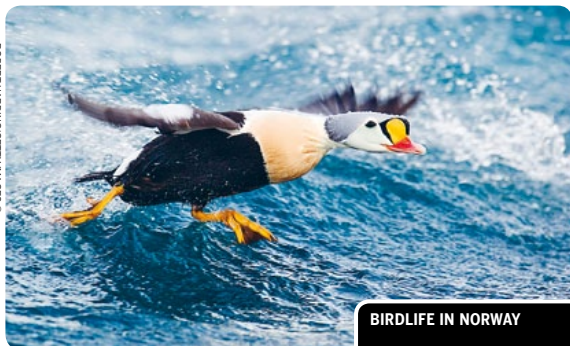


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ON THE ROAD



ICEHOTEL
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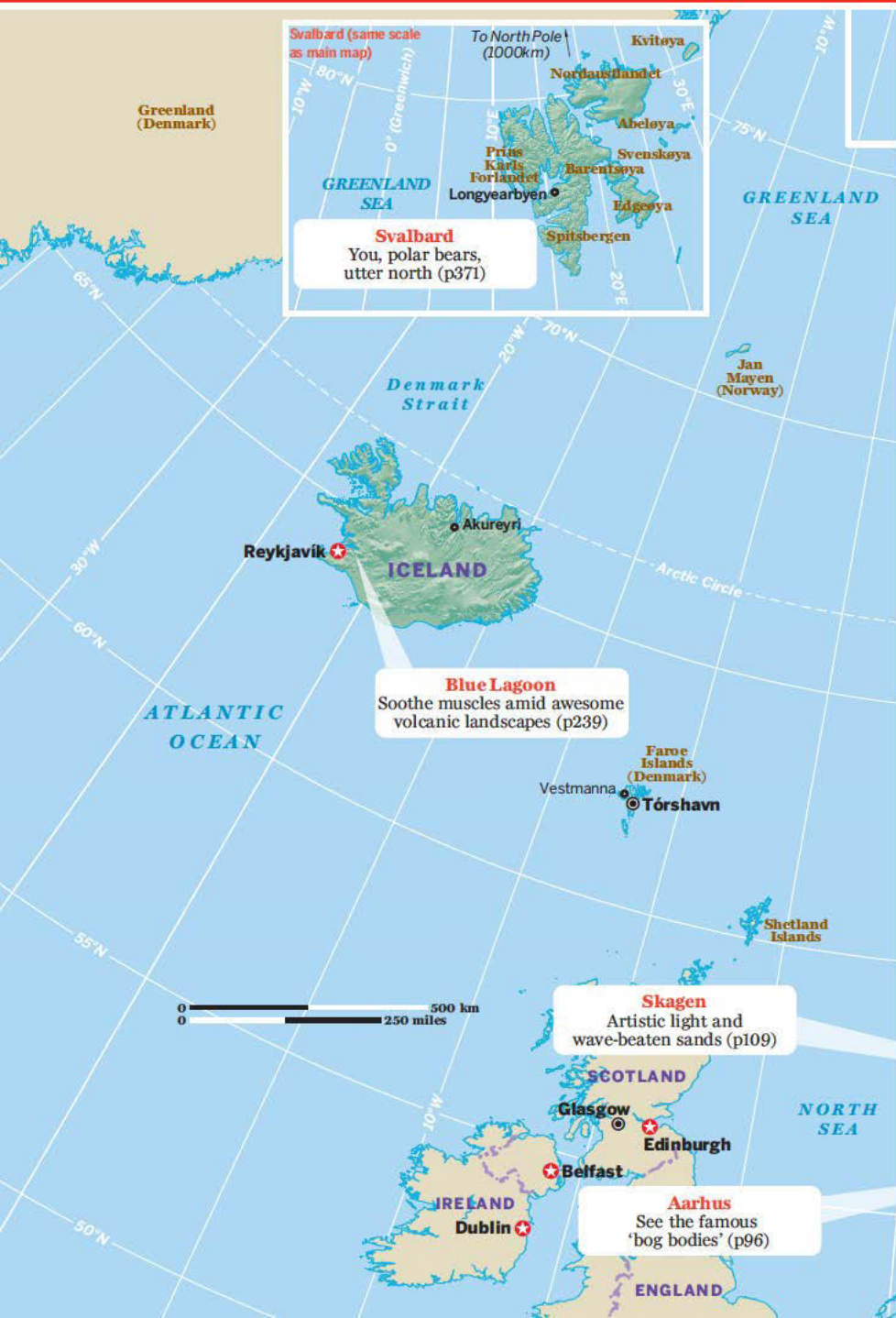
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Scandinavia



Top Experiences >



Itineraries

Scandinavia in a Nutshell

One or Two Weeks

This quick hop jaunts around southern Scandinavia's classic sights. 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.



CHRISTIAN ASUMU/GETTY IMAGES ©

» Start in **Copenhagen** (p45), admiring the waterfront, museums and lights of Tivoli at night. Day-trip to the cathedral and Viking Ship Museum at **Roskilde** (p67) or Hamlet's castle at **Helsingør** (p64).

» Next, train it to **Stockholm** (p389) and get into the design scene and the stately, watery town centre. An overnight train takes you to **Oslo** (p287), to check out Munch's work. From Oslo, a long but very scenic day includes the rail trip to **Flåm** (p336) and a combination boat/bus journey along the Sognefjord to **Bergen** (p313), Norway's prettiest city. Out of time? Fly out from Bergen.

» Otherwise, head to **Kristiansand** (p303), where there's a ferry to **Hirtshals** (p111). Nose on down to **Aarhus** (p93) – don't miss the ARoS art museum. From here, it's an easy train to Copenhagen.

» Extra days? A side trip from Stockholm on a Baltic ferry could take you to **Helsinki** (p130) or picturesque **Tallinn** (p210). Other stops could include **Göteborg** (p430) or **Kalmar** (p447); more fjord-y Norwegian experiences at **Fjærland** (p340) and **Geiranger** (p342); or extra Danish time at **Odense** (p81).

Clockwise from top left

- 1 Ice skating in Oslo (p287) 2 Bryggen (p313), Bergen
3 Gamla Stan (p389), Stockholm

2

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3

MICHEL LEVINS / GETTY IMAGES ©



Finland & 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, it also takes in the sumptuous Baltic city of Tallinn.



DANITA DELMONTE/GETTY IMAGES ©



RACHEL LEWIS/GETTY IMAGES ©

» Kick things off in **Stockholm** (p389), for centuries a Baltic trading powerhouse. Take a day trip to ancient **Uppsala** (p415) before taking advantage of Stockholm's cheap, luxurious overnight ferries to Finland. Enjoy the spectacular arrival in **Helsinki** (p130), where you should investigate the cathedrals, market halls, modern architecture and design scene. Catch a classical concert at the new Musiikkitalo or a rock gig at legendary Tavastia.

» From Helsinki, a good excursion heads east to **Porvoo** (p145), with its picturesque wooden warehouses and cathedral. Back in Helsinki, it's an easy boat ride across the Baltic to medieval **Tallinn** (p210), a historic treasure trove that's worth a couple of days' exploration. If time's short, take a day trip.

» In summer, take the train to the shimmering lakes of **Savonlinna** (p169), with its awesome medieval castle and opera festival, and/or **Kuopio** (p174), to steam up in its large smoke sauna. Historic lake boats travel between these and other inland Finnish towns, a fabulously leisurely way to travel on a sunny day. A side trip from either of these towns can take you to **Joensuu** (p178), from where you can visit the Orthodox monastery of **Valamo** (p178) or what is claimed to be Finland's best view at **Koli** (p181).

» Head to the dynamic cultural city of **Tampere** (p157), visiting its quirky museums, re-imagined fabric mills and interesting cafes and restaurants. Then it's on to intriguing **Turku** (p147), with excellent museums, a towering castle and cathedral, and some very quirky drinking dens. From here you can get a ferry back to Sweden via the **Åland islands** (p153). Stop off here for as long as you wish and tour the archipelago by bike.

Clockwise from top left

- 1 Old Town (p211), Tallinn
- 2 Musiikkitalo (p142), Helsinki
- 3 Olavinlinna (p169), Savonlinna
- 4 Mariehamn (p155)

2



SCULPTURE: GATA BY ARTIST MIKSI KAMALAINEN. PHOTO: PETER FORSBERG/OLUAMMI ©

3



CHRISTINE WEINMEIER/GETTY IMAGES ©

Beyond the Arctic Circle

Three to Four Weeks

This 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.



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RICHARD CUMMINS/GETTY IMAGES ©



» Take the overnight train from **Helsinki** (p130) to **Rovaniemi** (p188). Stock up here on anything you might need for your wilderness adventure. Head north, crossing the Arctic Circle to **Saariselkä** (p195), a base for great activities.

» From here it's a short hop to **Inari** (p195), where Siida is a wonderful Lapland exhibition. Check out the craft shops too, and the impressive parliament building. Head onwards to **Karasjok** (p369), Inari's Norwegian counterpart and an important meeting place for representatives of different Sámi groups.

» From Karasjok (and Inari) summer buses run to **Nordkapp** (p366), where you can gaze out towards the utter north. From nearby **Honningsvåg** (p366), catch the *Hurtigruten* coastal steamer to the stunning **Lofoten Islands** (p355), possibly stopping in lively **Tromsø** (p360). From Tromsø

there are flights north to **Svalbard** (p371), demesne of polar bears and an epic Arctic experience.

» Enjoy the Lofoten Islands before taking the *Hurtigruten* down to **Narvik** (p353) and take the train to **Kiruna** (p464), a remote mining town, and, in winter, home to the famous Icehotel. On the way, stop off for some hiking or aurora-watching at **Abisko National Park** (p466). Check out the Sámi village and reindeer-herding region of **Jokkmokk** (p462).

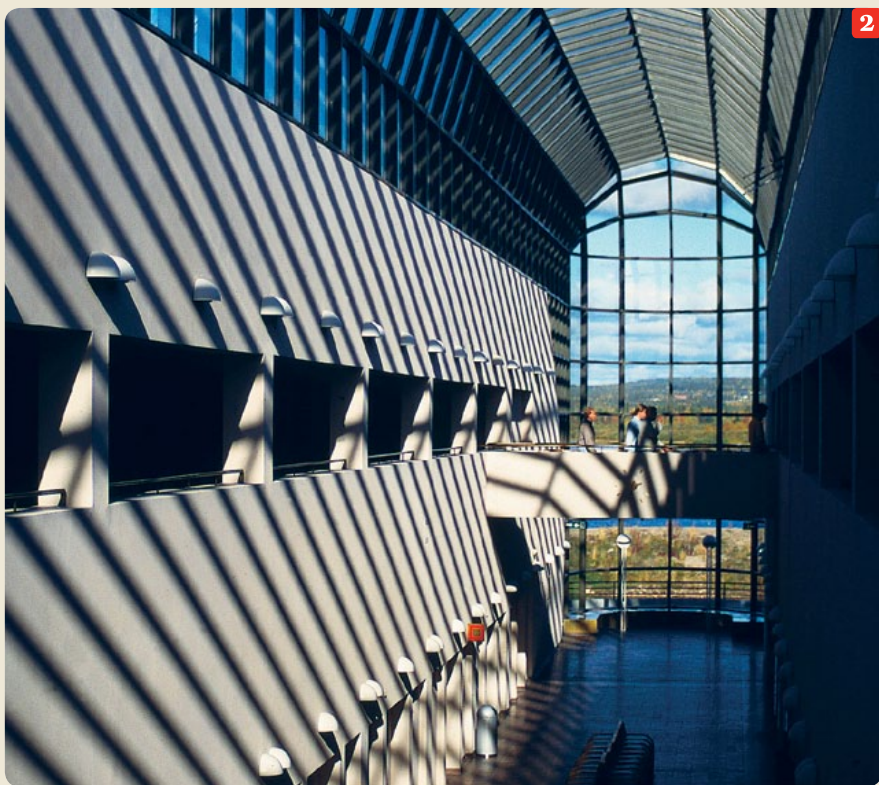
» From here, you could go to Stockholm, Norway, or to the Finnish border at **Haparanda/Tornio** (p194) to head back to Helsinki.

Clockwise from top left

- 1 A Sámi kofa (dwelling) 2 Arktikum (p189), Rovaniemi
3 Abisko National Park (p466) 4 *Hurtigruten* ferry (p383)

2

JOHN BORTHWICK/GETTY IMAGES ©



3

SABINE LUBENOW/GETTY IMAGES ©



Northern Islands

Three to Four Weeks

Of course you can fly to Iceland, 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 this fabulous volcanic island, with a stop in the Faroes en route.



MARK HIRTZBERG/GETTY IMAGES ©



DAVE STAMBOULIS/ALAMY ©

- » Fly into **Copenhagen** (p45), taking some time to absorb its addictive atmosphere. Then hit north Jutland and the beautiful dunes at **Skagen** (p109), where two seas meet at Denmark's northernmost tip.
- » Jump aboard the Smyril Line ferry at nearby **Hirtshals** (p111). In summer there are two ferries running per week, so you can make a three-day stop in the remote **Faroe Islands** (p112); in the off season it's either nine hours there or a whole week. If you manage some time on the islands, giggle at the comical puffins on the cliffs of **Mykines** (p112) and take a boat trip to visit the immense seabird colonies at **Vestmanna** (p112).
- » The ferry (April to late October) continues to Iceland, arriving at **Seyðisfjörður**

- (p258). From here journey to Reykjavik along the south coast past **Skaftafell** (p261), a national-park area that is one of Iceland's most spectacularly scenic regions, with great hiking and glacier walks. In **Reykjavik** (p221), enjoy the nightlife, visit the Saga Museum and take trips to the Viking village of Hafnarfjörður and the Blue Lagoon.
- » Head to the desolate interior for the amazing geoscapes of **Landmannalaugar** (p268). Take the spectacular three-day hike to Þórssmörk. The tough day's extension to **Skógar** (p264) takes you across some of the country's newest lava fields. Next, you could head out to the **Vestmannaeyjar** (p264) islands, then travel to the north of the island, where an R&R stop at **Akureyri** (p247) can include a side trip to the **Mývatn** (p253) natural thermal baths and the volcanic landscape of **Krafla** (p254).
- » Head back to Denmark on the ferry, or fly back from Reykjavik.

Clockwise from top left

- 1 Icelandic fish and chips 2 Landmannalaugar (p268)
- 3 Vatnajökull glacier (p260) 4 Mývatn baths (p253)



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, Oakland and Delhi, 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, Iceland Andy hails from Australia, lives in Spain, learned to ski as a child in Norway, was entranced by wintertime Finland as a backpacking teenager and has been a regular visitor to the Nordic lands ever since. He has travelled extremely widely throughout the region, and is a regular contributor on Finland and Scandinavia to Lonely Planet guides and other publications. His highlights have included close encounters with bears, rowing-

boat odysseys on enormous lakes and a near-terminal swim in a seriously cold Arctic Ocean. In a never-ending bid for honorary citizenship of the north, he has a huge stockpile of Nordic CDs, ranging from contemporary Sámi *yoiks* to epic '80s Viking metal.

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



Carolyn Bain

Tallinn Melbourne-based Carolyn has investigated great pockets of northern Europe in the name of work, including Sweden, Denmark, Iceland 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 heartwarmingly unique.



Cristian Bonetto

Denmark Despite his love of long, hot summers, Cristian Bonetto has an intense passion for all things Danish. What started with a weakness for Lego blocks has since blossomed into an obsession with Danish design, art, cuisine and all things *hyggelig* (cosy). The country's effortless cool is a constant source of inspiration for the former playwright and soap scribe, whose musings on travel and popular culture have appeared in various international publications. To date, Cristian has

contributed to over a dozen Lonely Planet guides.

OVER MORE PAGE WRITERS

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Anthony Ham

Norway Anthony fell in love with Norway the first time he laid eyes on her. His true passion is the Arctic north, especially spending time with the Sámi or scouring the horizon for polar bears in the wilds of Svalbard. When he's not travelling for Lonely Planet, Anthony writes and photographs for magazines and newspapers around the world.

Read more about Anthony at:
lonelyplanet.com/members/anthonyham



Anna Kaminski

Sweden Anna has been dreaming of Scandinavia ever since reading Norse myths and legends as an impressionable five-year-old. Already a huge fan of Swedish Lapland and Stockholm, this time around Anna was lucky enough to travel the whole country, trying her luck in a medieval archery competition in Visby and at glass-blowing in Glasriket, and visiting the childhood home of her favourite childhood author – Astrid Lindgren.