

# 12天9晚 北欧漫游之旅

赫尔辛基,斯德哥尔摩,厄勒布鲁,哈马尔, 盖罗,福德内斯, 曼赫勒,松达尔,居德旺恩峡湾, 弗诺姆,沃斯,卑尔根,奥斯陆,哥本哈根







# 精简行程



吉隆坡 - 赫尔辛基(15小时++)(机上用餐)

# 第二天

赫尔辛基 - 斯德哥尔摩 (12小时) (夜宿豪华游船 -双人间)(牛/晚餐)

- 赫尔辛基大教堂
- 岩石教堂
- 议院广场
- 乌斯别斯基大教堂
- 市集广场
- 西贝里斯纪念碑
- 赫尔辛基音乐中心

# 第三天

#### 斯德哥尔摩

(早/午/晚餐)

- 斯德哥尔摩市政厅(含入门票)
- 瓦萨沉船博物馆 (含入门票)
- 斯德哥尔摩王宫
- 骑士岛教堂
- 斯德哥尔摩老城

#### 第四天

斯德哥尔摩 - 厄勒布鲁 (200公里 2小时20分钟) - 哈马尔(356公里 4小时40分钟) (早/午/晚餐)

- 厄勒布鲁城堡
- 维纳恩湖 (途径)
- 米约萨湖 (途径)
- 哈马尔老城

# 第五天

哈马尔 - 盖罗 (232公里 4小时) - 福德内斯 (145公里 2小时30分钟) - 曼赫勒 (乘渡轮) (11公里 10分钟) - 松达尔 (17.8公里 30分钟) (早/午/晚餐)

- 松恩峡湾博物馆 (拍照)
- 松恩民俗博物馆(拍照)
- 挪威木教堂 (拍照)

# 第六天

松达尔 - 曼赫勒 (20.9公里 50分钟) -福德内斯 (乘渡轮) (11公里 10分钟) - 居德 旺恩峡湾 (68.3公里 1小时) - 弗诺姆(乘渡轮) (2小时) - 沃斯(乘火车)(64.2公里 1小时50分钟) (早/-/晚餐)

- 船游峡湾
- 温勒达尔村(途径)
- 纳柔依峡湾 (途径)
- 艾于兰峡湾 (途径)
- 沃斯石头教堂 (拍照)

# 第七天

**沃斯 - 卑尔根** (106公里 1小时45分钟) (早/午/晚餐

- 布吕根(码头)
- 市集广场 (拍照)
- 卑尔根大教堂 (拍照)
- 鱼市场
- 国王礼堂
- 卑尔根城堡













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家庭

风景

休闲

购物

### 赫尔辛基

- 赫尔辛基大教堂 又称白教堂。它位于议会广场,建于1852年,是一座路 德派教堂。建筑以白色为主,配以淡绿色的圆顶。
- 议院广场 是赫尔辛基著名的景点之一,由德国建筑大师卡尔.恩格尔设计。 四周古老而宏伟的建筑,彰显出一种雄伟壮丽的气势。
- **乌斯别斯基大教堂** 是北欧最大的东正教堂,建于1862至1868年间,外观的金绿圆顶和红砖墙,具有俄罗斯的建筑风格。
- 西贝柳斯纪念碑 为纪念作曲家西贝柳斯而建造的,公园内绿荫成林,青翠欲滴。
- 世界上唯一一座建在岩石中的教堂位于赫尔辛基市中心,岩石教堂卓越的设计极为新颖巧妙,完成于1969年,是斯欧马拉聂兄弟的精新杰作。
- 赫尔辛基音乐中心 芬兰地亚的音效是世界音乐厅里闻名的。RSO (Radio Symphony Orchestra) 赫尔辛基广播交响乐团演奏的西 贝柳斯也是芬兰味浓厚。悦目——是因为芬兰地亚大厦的建筑本身就是一件艺术品。

### 斯德哥尔摩

- 斯德哥尔摩王宫 位于斯德哥尔摩老城北部的瑞典王宫。斯德哥尔摩王宫的历史始于中世纪,虽然现时王室已经搬出到郊外的卓宁霍姆宫,但斯德哥尔摩王宫仍是瑞典国王的官方居所。
- 斯德哥尔摩老城区 建立于13世纪,官方名称为[桥间之城]。老城保存完好 ,非常值得花点时间漫步在悠长悠长的鹅卵石小巷和古式的建筑的老城街道。
- 骑士岛教堂 是斯德哥尔摩最著名的教堂之一,也是斯德哥尔摩最古老的建筑之一。骑士岛教堂是瑞典君主的葬礼教堂,目前仅用于埋葬和纪念用途。
- 斯德哥尔摩市政厅 是瑞典斯德哥尔摩议会的建筑物位于国王岛。这是诺贝尔奖宴会的场地,是斯德哥尔摩的主要旅游景点之一。
- 瓦萨沉船博物馆 位于动物园岛上,主要展示沉船瓦萨号——世界上唯一保存完好的17世纪沉船。1628年春天完工后,8月进行首航,但航行中却遇上大风浪翻覆,到了1961年瑞典当局才下令打捞。这座海事博物馆是斯堪的纳维亚地区最受欢迎的博物馆之一。

# 厄勒布鲁

- **厄勒布鲁城堡** 位于厄勒布鲁市中心,建造于瓦萨时期。建议游客到它的古代地牢和皇家刑讯室里参观。
- 维纳恩湖 位于瑞典中部,是该国第一大湖泊,亦是全欧洲第三大湖。

# 哈马尔

● **米约萨湖** - 是挪威最大的湖,位于首都奥斯陆约100公里以北的挪威中南部。这是在挪威第四最深的湖泊。



## 第八天

卑尔根 - 奥斯陆 (乘坐火车) (477公里 8小时30分钟) (早/-/晚餐)

风景列车进路(单程火车票)

# 第九天

奥斯陆 - 哥本哈根(17小时) (夜宿豪华游船-双人间) (早/午/晚餐)

- 弗鲁格纳公园和维格兰雕塑
- 维京海盗博物馆(含入门票)
- 卡尔约翰斯
- 霍尔门科伦
- 奥斯陆皇宫
- 阿克尔码头
- 阿斯楚普费恩利现代艺术博物馆
- 奥斯陆市政厅
- 阿克什胡斯城堡
- 奥斯陆国家剧院

#### 第十天

#### 哥本哈根

(早/午/晚餐)

- 嘉士伯(视工厂操作日,含入门票)
- 盖费昂喷泉
- 小美人鱼雕像
- 旧股票交易中心
- 克里斯蒂安堡皇宫
- 阿美琳堡宫

哥本哈根 - 吉隆坡 (15小时++)

(早/机上用餐)

抵达吉隆坡国际机场

# ★ ★ ★ ★ 【旅游亮点】★



- ✓世界上纬度最高的首都,因濒临波罗的海而被称为 -- "波罗的海的女儿"
- ✓斯德哥尔摩也有"北方威尼斯"之称的都市
- 一居德旺恩是挪威最美丽及最著名的峡湾区域之一
- 於赏北欧最美丽的鱼港-布吕根
- ✓ 有北欧小巴黎之美誉-哥本哈根



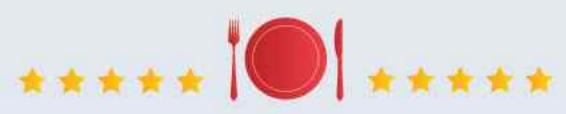
四十级酒店或同级(7晚+2夜宿游船)

- ✓ 夜宿游船赫尔辛基前往斯德哥尔摩×1晚
- ✔ 斯德哥尔摩 ×1晚
- ✔ 哈马尔 ×1晚
- ✔ 卑尔根 ×1晚 ✔ 奥斯陆 ×1晚

×1晚

✔ 哥本哈根

- ✔ 松达尔 ×1晚 ✔ 沃斯
- ×1晚
- ✓ 夜宿游船从奥斯陆前往哥本哈根×1晚



✔ 9早餐/7午餐/9晚餐

✔ 西餐和中餐

- 纳桑依峽灣 挪威西部松恩-菲尤拉讷郡艾于兰境内的一个峡湾, 为松恩峡 湾的一个分支,全长17公里,最窄处的水面仅有300米宽,沿岸多高山。纳 柔依峡湾及其周边地区与盖朗厄尔峡湾一起被联合国教科文组织列为世界遗
- ▶ 松恩峡湾 世界上最长,最深的峡湾之一。峡湾是高达1800米山顶构成 。在初夏时期,瀑布的轰鸣声环绕着整个山边,当清澈的水打在峡湾的表面 , 会有不尽的白色泡沫浮在水面。

# 沃斯

● 沃斯 - 是挪威西南部重要的商业和交通枢纽, 二战时期, 这个位于偏远山 区的小镇曾遭到德军飞机的轰炸,整个城市几乎被夷为平地,幸运的是,镇 中 最古老的、有700多年历史的石质教堂免遭横祸,得以保存下来。今天的 沃斯城是二战以后重建的,建筑风格与周边城市明显不同。

#### 卑尔根

● 布吕根 - (Bryggen,意为码头),是排列在挪威卑尔根峡湾东侧的一系列汉 萨同盟商业建筑。布吕根自1979年联合国教科文组列为世界文化遗产。

# 奥斯陆

- 弗鲁格纳公园 是挪威奥斯陆西北的一个著名的观光景点。公园因原本属 于'弗鲁格纳庄园'而得名。公园中心为著名的维格朗雕塑公园,众多的雕 塑由挪威雕塑家古斯塔夫.格朗设计。
- 挪威皇宮 是现在挪威王室的居所和办公地方,建于在19世纪上半叶国王 查理三世。挪威王室会在皇宫内举办国宴。招待重要的贵宾和各国领导人, 国王还会召开国务会议。
- 阿克斯胡斯城堡 是位于挪威首都奥斯陆的一座中世纪城堡。它的主要 用途是保卫奥斯陆,但同时也是一座监狱。游客在这里可以感受奥斯陆的历 史,登高处还可以俯仰Aker Bryggen的海港,景色十分优美。
- 维京海盗船博物馆 是最受欢迎的旅游胜地之一。博物馆展品是从奥斯陆 峡湾地区维京人墓穴中发现的。海盗博物馆内有海盗和许多维京人的出土用 品。

# 哥本哈根

- 旧股票交易中心 是丹麦哥本哈根市中心城堡岛的一座建筑,建于1619年 至1640年。 克里斯蒂安四世的雄心把哥本哈根变成一个金融和贸易中心。
- 克里斯蒂安堡宫 位于丹麦哥本哈根,是中央政府的办公处,议会所在地 ,和最高法院都设在宫内。这里同时也是一座博物馆,它经常开放供人参观。
- 嘉士伯 是公司的主要啤酒品牌,始建于1847年,是世界第四大啤酒制造 商。其中JC雅各布森酿造的第一嘉士伯啤酒,还有啤酒背后的历史。
- 小美人鱼雕像 由新嘉士伯啤酒公司的创始人卡尔雅格布森出资建造, 雕 刻家艾瑞克森进行雕刻。现位于丹麦哥本哈根长堤公园的港口岩石上。这座 以安徒生童话《海的女儿》为蓝本的青铜雕塑是哥本哈根乃至丹麦的标志。
- 阿美琳堡王宫 于十八世纪中叶建造,位于哥本哈根市区东部,与小美人 鱼的位置距离不远,是王室的主要宫殿。王宫位于八角广场四周,由四座完 全一样的宫殿组成。广场中间是纪念性的马术雕像:人物是阿马林城堡的建 立者腓特烈五世。

# 欧洲

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货币	芬兰 - 欧元 (EUR) 瑞典 - 瑞典克朗 (SEK) 挪威 - 挪威克朗 (NOK) 丹麦 - 丹麦克朗 (DKK)	信用卡 致电信用卡中心,以延长你的信用卡额度 *许多信用卡在欧洲通行
货币兑换率	1欧元 : 4.7 令吉	拨号代码 芬兰 : +358 瑞典 : +46 挪威 : +47 丹麦 : +45
电压	230 伏特 50 Hz 频率	插头 两个圆脚头 类型:C/F *请自带多功能插座
时差 一	芬兰 - 标准时相差慢马来西亚时间6小时 瑞典 - 标准时相差慢马来西亚时间7小时 挪威 - 标准时相差慢马来西亚时间8小时 丹麦 - 标准时相差慢马来西亚时间7小时	行李托运 每人只限携带一件不超过7公斤的手提行李上 机,以及托运行李不超过20公斤
气候	□ 春季 □ 夏季 3月 - 5月 6月 - 8月 0°C- 10°C 14°C- 23°C	□ 秋季 □ 冬季 9月 - 11月 12月- 2月 5°C- 10°C -7.5°C5°C
飞机型号	8	Boeing777- 300ER Airbus 319
出发日期:		<b>抗班行程</b> :
团费:	1	<b>几场税及燃油附加费</b> :
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		总数:

Travel Agent:



Operator By ICE HOLIDAYS SDN BHD (230643-X) KPL/LN:2441



# 12D9N A TASTE OF SCANDINAVIA

HELSINKI, STOCKHOLM, OREBRO, HAMAR, GEILO, FODNES, MANNHELLER, SONGDAL, GUDVANGEN, FLAM, VOSS, BERGEN, OSLO, COPENHAGEN

Tour Code: 12 EFD







**D1** 

**D5** 

D<sub>6</sub>

# SCHEDULE



HELSINKI - STOCKHOLM (12H)D<sub>2</sub> (BOARD OVERNIGHT CRUISE - 2 BERTH INSIDE CABIN) (L/D)

- Helsinki Cathedral
- Temppelaukio Church
- Senate Square
- Uspenski Cathedral
- Market Square
- Sibelius Monument
- Finlandia Hall of Congress Concert Centre

D<sub>3</sub> **STOCKHOLM** (B/L/D)

- Stockholm City Hall (Entrance included) Vasa Ship Museum (Entrance included)
- Royal Palace
- Riddarholm Church
- Gamla Stan (Old Town)

STOCKHOLM - OREBRO (200KM D4 2H20M) - **HAMAR** (356KM 4H40M) (B/L/D)

- Orebro Castle
- Lake Vanern (Pass by)
- Lake Mjosa (Pass by)
  - Hamar Old Town

HAMAR - GEILO (232KM 4H) -FODNES (145KM 2H30M) -MANNHELLER (BY FERRY) (11KM 10M) SOGNDAL (17.8KM 30M) (B/L/D)

- Sognfjord Museum (Photo Stop)
- Sogn Folk Museum (Photo Stop) Kaupanger Stave Church (Photo Stop)

(B/-/D)

SOGNDAL - MANNHELLER (20.9KM 50M) - FODNES (BY FERRY) (11KM 10M) -GUDVANGEN (68.3KM 1H) - FLAM (BY FERRY) (2H) - VOSS (BY TRAIN) (64.2KM

Fjord Cruise Tour

1H50M)

- Village of Undredal (Pass by)
- Naeroyfjord (Pass by)
- Aurlandsfjorden (Pass by)
- Vangskyrkja Church

VOSS - BERGEN (106KM 1H45M) (B/L/D) D7

- Bryggen (Wharf)
- Market Square (Photo Stop)
- Bergen Cathedral (Photo Stop)
- Fish Market
- Haakon's Hall
- Bergenhus Castle













HERITAGE CULTURE

FAMILY

SCENIC LEISURE

SHOPPING

#### HELSINKI

- Helsinki Cathedral located in the neighbourhood of Kruununhaka in the centre of Helsinki. The church was originally built from 1830-1852 as a tribute to the Grand Duke of Finland, Tsar Nicholas I of Russia.
- Senate Square is a famous tourist attractions where presents by Carl Ludvig Engel's architecture in the centre of Helsinki, Finland. Senate Square and its surroundings make up the oldest part of central Helsinki.
- Uspenski Cathedral is claimed to be the largest orthodox church in Western Europe. The cathedral was built 1862-1868.
- Sibelius Monument is dedicated to the Finnish composer Jean Sibelius. The monument is located at the Sibelius Park in the district of Töölö in Helsinki, the capital city of Finland.
- Temppeliaukio Church is a Lutheran church in the Töölö neighborhood of Helsinki. The church was designed by architects and brothers Timo and Tuomo Suomalainen and opened in 1969.
- Finlandia Hall is a congress and event venue in the centre of Helsinki on the Töölönlahti Bay. Every year, Finlandia Hall hosts many of the world's most well known and acclaimed music performers and ensembles.

#### **STOCKHOLM**

- Stockholm Palace or The Royal Palace is the official residence and major royal palace of the Swedish monarch. The palace is used for representative purposes by the King whilst performing his duties as the head of state.
- Gamla Stan (Old Town) until 1980 officially Staden mellan broarna (The Town between the Bridges), is the old town of Stockholm, Sweden.
- Riddarholm Church is the burial church of the Swedish monarchs. Today the church is used only for burial and commemorative purposes. It has been discontinued as a royal burial place in favor of the Royal Cemetery.
- Stockholm City Hall is the building of the Municipal Council for the City of Stockholm in Sweden. It is the venue of the Nobel Prize banquet and is one of Stockholm's major tourist attractions.
- Vasa Ship Museum is a maritime museum in Stockholm, Sweden. Located on the island of Djurgården, the museum displays the only almost fully intact 17th century ship that has ever been salvaged, Vasa that sank on her maiden voyage in 1628. According to the official web site, Vasa Museum is the most visited museum in Scandinavia.

#### **OREBRO**

- Orebro Castle is a medieval castle fortification in Örebro, Närke, Sweden. The castle lies on an island in river Svartån. This tower was added to in the 14th century to make a larger stronghold, and towards the end of the 16th century most of the impressive castle we see today was built.
- Lake Vänern is the largest lake in Sweden, the largest lake in the European Union and the third-largest lake entirely in Europe after Ladoga and Onega in Russia.



**D8** 

#### BERGEN – OSLO (BY TRAIN 477KM 8H30M)

(B/D)

 Scenic Train Route (One way train ticket)

D9

#### OSLO - COPENHAGEN (BOARD OVERNIGHT CRUISE - 2 BERTH INSIDE CABIN) (17H) (B/L/D)

- Frogner Park & Vigeland Sculpture
- Viking Ship Museum (Entrance included)
- Karl Johans
- Holmenkollen
- Royal Palace
- Aker Brygge
- Astrup Fearnley Museum
- City Hall
- Akershus
- Opera House

D10

#### COPENHAGEN

(B/L/D)

- Carlsberg Visitors Centre (subject to opening, entrance included)
- Gefion Fountain
- Little Mermaid
- The Old Stock Exchange
- Christianborg Palace
- Amalienborg Palace

D11

COPENHAGEN – KUALA LUMPUR (15H++) (B/MOB)

D12

ARRIVAL KLIA



#### HIGHLIGHTS



- ✓ The World's Highest Capital Latitude, Baltic Sea also known as the "Daughter of the Baltic"
- ✓ Visit "Venice of the North" Stockholmh
- Gudvangen one of the most beautiful and popular fjord areas in Norway
- ✓ Nothern Europe's Most Beautiful Fishing Port Bryggen
- ✓ Nordic Little Paris Copenhagen





- 4 Hotels or Similar (7 Nights + 2 Overnight Cruise)
- ✓ Overnight Cruise from Helsinki to Stockholm x 1 Night
- ✓ Stockholm x 1 Night 
  ✓ Bergen x 1 Night
- ✓ Hamar x 1 Night ✓ Oslo x 1 Night
  ✓ Sogndal x 1 Night ✓ Copenhagen x 1 Night
- ✓ Sogndal x 1 Night
  ✓ Voss x 1 Night
- ✓ Overnight Cruise from Oslo to Copenhagen x 1 Night



## 9 Breakfast / 7 Lunch / 9 Dinner

Mix Western Meals and Chinese Meals

### **HAMAR**

- Lake Mjosa is Norway's largest lake, as well as one of the deepest lakes in Norway and in Europe. It is the fourth deepest lake in Norway.
- Naeroyfjord a minor fjord branching off from the Sognefjord, which is one of the world's narrowest fjords at only 250 metres at its narrowest point. The Nærøyfjord was also added to UNESCO's World Heritage List in 2005.
- Sognefjord one of the longest and deepest fjords in the world. The fjord is framed by mountaintops of up to 1800 metres. In the early summer the waterfalls roar over the mountain sides and breaks in a white foam when the water hits the fjord.

#### **VOSS**

Voss - is a destination filled with cultural and natural heritage. Either you are only visiting the town centre for a few hours or have several days to explore; there are many sights to see.

#### BERGEN

Bryggen - the old wharf of Bergen is not only a World Heritage Site but also serves as an important reminder to the town's importance in playing a role for the Hanseatic League's trading empire.

#### OSLO

- Frogner Park contains, in its present centre, the world famous Vigeland installation, a permanent sculpture installation created by Gustav Vigeland. Although sometimes incorrectly referred to in English as the "Vigeland (Sculpture) Park," the Vigeland installation is not a separate park, but the name of the sculptures within Frogner Park.
- The Royal Palace of Oslo is the residence of French-born King Charles III of Norway, who reigned as king of Norway and Sweden.
- Akershus Fortress or Akershus Castle is a medieval castle that was built to protect Oslo, the capital of Norway. It has also been used as a prison. Tourists can enjoy the panaromic view at port of Aker Bryggen.
- The Viking Ship Museum is part of the Museum of Cultural History of the University of Oslo, and houses archaeological finds from Tune, Gokstad, Oseberg and the Borre mound cemetery

#### COPENHAGEN

- The Old Stock Exchange Building was built by the ambition of King Christian IV to turn Copenhagen into a financial and trade centre.
- Christiansborg Palace is a palace and also government building in central Copenhagen. It is the seat of Danish Parliament, the Prime Minister's Office and also the Supreme Court of Denmark. Several parts of the palace are open to the public.
- Carisberg Factory The beer factory introduces where J.C. Jacobsen brewed the very first Carisberg beer and also features the history behind it all.
- Little Mermaid is a bronze statue by Edvard Eriksen, depicting a mermaid. The sculpture is displayed on a rock by the waterside at the Langelinie promenade in Copenhagen, Denmark.
- Amalienborg is the winter home of the Danish royal family, and is located in Copenhagen, Denmark. It consists of four identical classical palace façades with rococo interiors around an octagonal courtyard; in the centre of the square is a monumental equestrian statue of Amalienborg's founder, King Frederick V.

# General Information

# · EUROPE ·



Currency	Finland – Euro (EUR) Sweden – Swedish Krona (SEK) Norway – Norwegian Krone (NOK) Denmark – Danish Krone (DKK)	Credit Card  Call credit card centre to extend your credit card limit  *Credit Card are used widely in Europe
Exchange Rate	EUR 1 : RM 4.7	Dial Code Finland: +358 Sweden: +46 Norway: +47 Denmark: +45
Voltage	Voltage: 230 V Frequency: 50 Hz	Power socket  2 round pin plugs Type: C / F  *Please bring a universal electric plug adapter
Time Different	Finland - 6 hours behind Malaysia Time Sweden - 7 hours behind Malaysia Time Norway - 8 hours behind Malaysia Time Denmark - 7 hours behind Malaysia Time	Each individual are entitled to check in 1 luggage of not more than 20kgs and a hand carry bag not more than 7kgs.
Weather	Spring Summer  Mar - May Jun - Aug  0°C- 10°C 14°C- 23°C	Sep - Nov Dec - Feb
Aircraft Type	3	peing 777-300ER Airbus 319
	All Dus Oz I	All Dus 015
Departure Date:	Flight:	
Tour Fare:	Airport Tax & Fuel Surcharge:	
Tipping:	Agent Collection Fee:	
Visa:	Travel Insurance:	
		TOTAL:
	Travel Agent:	

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