



Back-Roads | Europe (BRT)

From the castles of Denmark to the picturesque islands of Sweden and the history of Norway's capital, this summertime Scandinavian journey ticks off all that's unique about the Nordics. Combining breathtaking scenery with insightful local experiences, memorable accommodations and fascinating legends, there's no better way to get under the skin of this lesser-travelled corner of Europe.



Thank you for choosing **Back-Roads**

Your extraordinary adventure awaits!

About your tour notes

These tour notes contain everything you need to know before your tour departs – from where to meet your fellow guests and local guide to what essentials to pack for your journey.

We recommend you print this document out and bring it with you on your tour. Give a copy to loved ones at home so they can follow your adventure, too.

IMPORTANT: please refresh this document as close to your departure as possible to ensure you're equipped with the latest information available.

THE BACK-ROADS DIFFERENCE

- ✓ Enjoy a scenic cruise along the famous Göta Canal in Sweden
- ✓ Immerse yourself in Denmark's rich history during a visit to Frederiksborg Castle and palatial gardens
- ✓ Explore the picturesque Swedish island of Marstrand

TOUR CURRENCIES

- Denmark - DKK
- Sweden - SEK
- Norway - NOK

Your itinerary

DAY 1 | COPENHAGEN

Our incredible journey will begin in the Nordic capital of Copenhagen – where we'll meet our Tour Leader and fellow travel companions. After settling into our hand-picked hotel, we'll enjoy a sumptuous welcome dinner together. Here's to the exciting adventure ahead! Accommodation: Absalon Hotel (or similar)

MEALS:

☑ Dinner

DAY 2 | COPENHAGEN – MALMÖ – COPENHAGEN

After breakfast, we'll bid farewell to Denmark for the day and move on to Malmö in Sweden – crossing the famous Øresund Bridge along the way. When we get there, we'll step inside Malmöhus Castle – where we'll experience 1,000 years of fascinating history, from the Viking Age to the 20th-century. After an insightful morning, we'll make tracks to Lund – where we'll pay a visit to the city's majestic Romanesque Cathedral. After admiring the Cathedral interior and astrological clock – dating back to the 1400's – we'll enjoy some free time to wander the city at our leisure. Back in Copenhagen this evening, we'll have plenty of free time to spend enjoy the city's gastronomic delights or relaxing at the hotel. Accommodation: Absalon Hotel (or similar)

MEALS:

☑ Breakfast

DAY 3 | COPENHAGEN – ROSKILDE – SNEKKERSTEN

After breakfast, we'll wave goodbye to cosmopolitan Copenhagen and hit the road to Roskilde – where we'll dive straight into proceedings with a visit to the medieval Cathedral. This incredible site is the final resting place of Viking kings Harald Bluetooth and his son Sweyn Forkbeard, not to mention dozens of former Danish kings and queens. Following our visit, we'll move on to Hillerød – where we'll be treated to a guided tour of Frederiksborg Castle. Then: we'll make a short pit stop at Fredensborg Palace – the summer residence of the Danish royal family – on our way to Snekkersten. After a history-filled day, we'll have this evening to spend at our leisure at the hotel or seeking out a local restaurant in the quaint fishing village. Accommodation: Comwell Borupgaard (or similar)

MEALS:

☑ Breakfast

DAY 4 | SNEKKERSTEN – GOTHENBURG

After breakfast we'll continue north through the picturesque Swedish countryside to Gothenburg: the country's second largest city. Along the way we'll have the opportunity to snap a few pictures of the imposing Kronborg Castle – home to the famed Danish prince, Hamlet. Later on this afternoon, we'll take to the water for a nautical city tour aboard a Paddan boat – weaving under no fewer than 20 bridges as we take in the old moat and 17th-century canals. And this evening? We'll regroup at our accommodation in Gothenburg and savour a delicious meal together. Accommodation: Hotel Riverton (or similar)

MEALS:

- ☑ Breakfast
- ☑ Dinner

DAY 5 | GOTHENBURG – MARSTRAND – GOTHENBURG

On the agenda today, we'll make our way to the small township of Koön – where we'll board a ferry for the short ride to the picturesque island of Marstrand. After getting our bearings around this car-free island, we'll have some free time to hunt down some excellent seafood at a local restaurant, enjoy a coffee and pastries at Bergs bakery (a Marstrand institution) or perhaps pay a visit to the impressive Carlsten fortress. This afternoon, we'll travel back to the mainland and spend the rest of the evening exploring Gothenburg at our leisure. Accommodation: Hotel Riverton (or similar)

MEALS:

- ☑ Breakfast

DAY 6 | GOTHENBURG – TÖREBODA – KARLSTAD

This morning it's back on the road, as we set our sights on the town of Töreboda. Here, we'll climb aboard a small passenger ferry for an unforgettable journey along the Göta Canal – a beautifully scenic waterway built in the early 1800's. Along the way, we'll stop at Lyrestad, where we'll have time to enjoy lunch at a local restaurant of our choosing. After cruising by countless ancient trees, rolling fields, traditional houses and country landscapes, we'll board the mini-coach once more and make our way to Karlstad. This evening, we'll enjoy some free time to enjoy Karlstad's local hospitality or put our feet up at the hotel. Accommodation: Elite Stadshotellet Karlstad (or similar)

MEALS:

- ☑ Breakfast

DAY 7 | KARLSTAD – OSLO

Today, we'll set a course for our final destination: the Norwegian capital, Oslo. But the tour's not over yet – when we get there, we'll meet a local guide who'll show us the likes of the unique City Hall, Akershus Fortress, the Royal Palace and the Opera House on a city tour. We'll even have time to visit the Viking Ship Museum, where five original 11th-century ships will provide a unique insight into this fascinating era of history. This evening, we'll come together and enjoy one final meal together. What a wonderful way to celebrate this incredible journey! Accommodation: Clarion Collection Hotel Folketeateret (or similar)

MEALS:

- ☑ Breakfast
- ☑ Dinner

DAY 8 | OSLO

After breakfast this morning, we'll say our goodbyes and go our separate ways.

MEALS:

- ☑ Breakfast



Tour information

Meals

INCLUDED MEALS

Breakfast (B) is included daily.

Some of your lunches and dinners are also included, either in hotels or local restaurants. These are indicated by (L) and (D) in the itinerary.

Please note that drinks will not always be included.

We will do our best to accommodate any specific dietary requirements you may have. Please ensure to make these clear to us before your tour begins so we can communicate them to our hotels, restaurants and suppliers.

Other information

Finances

CHANGING MONEY

CASH: Foreign money can be changed at banks, airports, some railway and tube stations, and at major hotels (though at a less favourable rate).

CREDIT CARDS: Visa and MasterCard are widely accepted. American Express is only accepted in some larger establishments.

CASH MACHINES: ATMS are widely available.

TIPPING

Tipping is entirely at your discretion. If you feel you have received exceptional service, it is recommended that you tip £1-2/€ per day for Drivers and £4- 5/€ per day for Tour Leaders.

Insurance

Before travelling with Back-Roads Touring, it is compulsory for all guests to take out comprehensive travel insurance. Please ensure your insurance covers medical expenses (including repatriation), cancellation cover, loss or damage to baggage and personal effects, money and personal liability.

We recommend you carry your insurance details with you at all times. You may be asked to provide details of your medical insurance or a payment guarantee in some countries before medical assistance can be provided.

For more information, please see our FAQ page:
www.backroadstouring.com/faqs

If you have any further questions, please don't hesitate to contact our friendly Customer Service team: www.backroadstouring.com/contact-us

Passports and visas

Please ensure your passport is valid for at least six months after the last day of your tour. Some countries will refuse entry if you do not have at least six months validity remaining on your passport after your departure date. Depending on your nationality, you may require a visa to enter certain countries.

It is your responsibility to obtain visas prior to your tour's departure. To determine which visas you'll need, you can consult either your own government's website or the government websites of the countries in which you will be travelling.

PLEASE NOTE: Some visas can take up to six weeks to acquire, so don't leave it until the last minute. Also, bear in mind that the validity of a visa often runs from its date of issue rather than the date of entry into the country. Please check with the appropriate embassy/embassies prior to departure as requirements do change periodically.

We advise you to either carry a photocopy of your passport (and visa, if applicable) with you while abroad, or to ensure that you leave a copy with relatives back at home. This will enable the local embassy or high commission to arrange a replacement if the original should be lost or stolen. If you do take copies with you on your tour, please ensure that you keep these separate from your

Medication and mobility

Whilst on your tour, we want you to have the smoothest journey possible which requires some mobility conditions:

- You must be fit enough to get on and off the vehicle on a regular basis, and to walk around towns and villages or to attractions.
- You must be able to walk up and down stairs and use a shower over the bath.

Please note that, unfortunately, we are unable to accommodate mobility scooter or wheelchair users as we frequently stay in traditional-style hotels and the majority do not have lifts or ground-floor rooms.

If you take medicine for certain conditions, such as diabetes or heart problems, please carry it with you at all times.

Please declare any medical conditions you may have in advance of your tour. If you are in any doubt as to whether our tours are suitable for you, please contact our friendly Customer Service team:

www.backroadstouring.com/contact-us

Mental health and wellbeing

Culture shock, homesickness and periods of feeling down happen regardless of age. Be rest assured that if you're feeling low, your Tour Leader and Driver will do their utmost to make you smile.

Measures you can take to look after your mental health and wellbeing while on the road with us are:

- Call loved ones. Hearing a familiar voice whilst in an unfamiliar destination can help ground you and remind you you're not alone.
- Eat well. Nobody feels their best when they're hungry. There are plenty of nutritious culinary delights to be savoured along the road!
- Integrate with your fellow guests. The more you socialise with the group, the less likely you'll feel homesick.

Transport

We travel in premium mini-coaches equipped with comfortable seats, air conditioning and large windows for enjoying the view.

With far more flexibility than a standard-size coach, we're able to take the scenic route – winding through beautiful countryside to the heart of tiny villages and coastal towns.

What to bring

Based on our experience, the following items are essential.

Please note, this is a general packing list for Back-Roads tours. What you pack will depend on the countries you're visiting as well as the time of year you plan to travel.

CLOTHING:

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|---------------|-----------------------------|-----------------------------------|
| ☑ Sun hat | ☑ Long-sleeved tops | ☑ Light jacket |
| ☑ Sunglasses | ☑ Short-sleeved tops | ☑ Waterproof jacket |
| ☑ Sleepwear | ☑ Shorts/skirts | ☑ Trousers |
| ☑ Warm jacket | ☑ Socks | ☑ Swimwear |
| ☑ Underwear | ☑ Smart casual evening wear | ☑ Walking shoes/comfortable shoes |

OTHER THINGS TO PACK:

- | | | |
|---------------------------|--|--------------------|
| ☑ Multi-use adapter plug | ☑ Toiletries | ☑ Camera |
| ☑ Batteries | ☑ Sunscreen | ☑ Towel |
| ☑ Umbrella | ☑ Reusable water bottle | ☑ Insect repellent |
| ☑ Any personal medication | ☑ Basic medical kit (including paracetamol, aspirin, plasters etc) | |

That's it!

We look forward to seeing you on tour.