



“TRAVEL TIPS To SCANDINAVIA”

YOUR CONNECTION *to the*
SPIRIT
of SCANDINAVIA

THE NORDIC COMPANY

Tranquillity and timeless beauty.....

.....these are just two characteristics which visitors to Scandinavia remember best. You can relax in the natural surroundings and enjoy the peaceful side of Norway as well as the beautiful countryside. No matter where you travel in Scandinavia, unspoiled nature is never far away. You can investigate fjords that are steeped in legend, mighty mountains, exciting cities and a coastline that stretches thousands of miles along idyllic coves and weather-beaten cliffs. Also, enjoy the fresh, clean air, spectacular sights and friendly people. Finally, you will see glorious mountain ranges and deep fjords fed by the icy green waters of nearby glaciers. This is what typifies Scandinavia.

Some may enter the Arctic Circle, and experience the land of the Midnight Sun. This is a natural phenomenon that has kept people enthralled since time began. The sun is visible 24 hours a day from May to July. Norway also offers the arts: painting, music, sculpture, Edvard Munch, Edvard Grieg and Gustav Viegland. Moreover, you will be introduced to the foremost of playwrights, Henrick Ibsen who is known throughout the world for his work in "Peer Gynt" and "Dolls House". These plays have been performed across the globe in many different languages.

Many years have gone by since the Scandinavians ravaged the western seas and discovered America. But the Viking blood still flows through Scandinavians veins, manifesting itself today in a freshness of approach, vitality and unparalleled hospitality.

Of all your journeys, none will be as full of this sense of tranquillity and timeless beauty as a trip to the Old World and Scandinavia. Scandinavia is made for traveling, whether it be by car, train or boat. Be sure to take your time and enjoy the beautiful scenery that we promise will inspire a wealth of impressions.

The Nordic Company is here to ensure that you fully enjoy the splendor of Scandinavia, The Baltics and St. Petersburg. We promise you new vistas and ideas, as well as some of those small daily experiences that evolve into tomorrow's memories. Of course we are very pleased that you are taking one of our trips. But more than that, we hope you enjoy your trip and tell others about The Nordic Company. Through our experience and dedication to quality service, we promise you new and exciting endeavors.

Travelers possess a wonderful sense of adventure! While our trips are carefully planned in every detail, we want you to have a very clear idea of what you can expect. We hope you will read this information as well as our brochure thoroughly so you will be well informed before you start your journey.

Note: This information is provided for passengers on both our escorted tours and independent programs and therefore all information may not always be applicable to your specific tour (i.e.; baggage handling is included on the escorted tours , but normally not included on independent programs, etc.).

GENERAL INFORMATION

DOCUMENTATION

Passports: You will need a current passport and it must be valid for six months after your return date to the United States. If you do not have a passport you may obtain an application and instructions from your nearest federal or state courthouse, or U.S. Post Office. Once you receive your passport, it will be valid for 10 years.

Make photocopies of all passport documentation in case of loss. Make photocopies of other identification as well.

Visas: U.S. citizens *do not* require any visas for travel within Scandinavia. **Russia**--if your tour includes travel within the former Soviet Union, we will send you necessary visa applications and instructions. Your completed forms are returned to us, and we obtain all necessary group visas for your travel to St. Petersburg and/or Moscow.

Note: Independent travelers must secure their own visas.

MEDICAL

Inoculations: No special shots are required for travel within Scandinavia or the former Soviet Union. We urge you to see your own physician for any specific health-related information before planning your travel.

Health: If you have any special health problems, have your doctor prepare a brief medical history for a foreign doctor in case of emergency. *Ask your insurance agent before you travel if your health plan is valid in the country of travel.*

Bring your own travel medical kit which might include aspirin, vitamins, cold tablets, antacids, an antiseptic, Band-Aids, and any prescription medications you will need.

It is important to ask your doctor for the generic names of any prescriptions you may carry. Generic names will be easier to identify in foreign countries should they need to be replaced. Medicine is available in chemists (pharmacies) on prescriptions from a doctor of that country.

If a medical emergency arises, do not hesitate to seek medical care. Health care is affordable and excellent in Scandinavia.

If you have a handicap or disability, you must let us know in advance. In general, if you need to travel with a wheelchair, you must bring your own and it must be collapsible. Your traveling companion will be responsible for any assistance you may need (pushing a wheelchair, getting on/off motor coaches, etc.)

Diet: Wherever meals are included, they are often buffet or smorgasbords. Passengers with special dietary requirements can choose items which will suit their needs. For served meals, your guides will try to assist if possible. Any extra costs which may be involved are at your own expense.

YOUR FLIGHT

We recommend confirming your departure flight directly with the airline 24 hours prior to your departure.

Arrive Early: Allow plenty of time to get to the airport for your departure flight, at least 2 hours for international and 1 hour for domestic. The earlier you arrive, the less rushed you will feel.

Current increased security measures mean better safety for all. This also means that checking in for your flight may take you longer than anticipated. **Have your passport readily available** from check in until you have boarded the plane.

On The Plane: Because it is often cool on the plane, we recommend you take a sweater and slippers in your carry-on. Most airlines also have blankets and pillows available upon request.

If the airline loses your luggage, complete a "lost baggage report" directly with the responsible airline. You should do this immediately, while you are still at the airport, **regardless of any inconvenience**. Leave your itinerary with the airline so they may return your luggage to you while you are traveling. Also, keep receipts for any items you may have had to purchase while your bags were missing. This will make it easier to recover losses from the airline.

Check your baggage carefully for damage *before you leave the airport* at your arrival destination. The airline **may not** honor a damage claim once you have left the airport.

Return Flight: When you arrive back in the U.S., have your passport, completed immigration form (which will have been given to you on board the plane), and receipts for items purchased abroad.

Generally, each U.S. citizen may bring in \$400 worth of merchandise duty-free; the next \$1000 is taxed at 10%. If you have been out of the country within the past 30 days and already claimed your \$400 exception, or have been gone for less than 48 hours, you are allowed to claim only \$25 worth of duty-free goods.

Do not bring home fruits, vegetable or meats even if purchased in another country. This policy is strictly enforced.

BAGGAGE

General: Be sure all your luggage is clearly labeled, inside and out. Remove previous travel tags. Airlines suggest one piece of luggage plus one carry-on. Baggage weight and size limits are strictly enforced. Checked luggage may not exceed 44lbs. Carry-ons must be under 18lbs. and cannot exceed 22" x 16" x 9" in size. Again, if baggage is damaged during handling, **notify the airline immediately before you leave the airport.**

The most practical and best tip we can give is to PACK AS LIGHT AS POSSIBLE! Take an inventory of what you have packed and keep the information separate from your checked baggage.

Packing: Carry-on; pack medications, toiletries, camera, film and a change of clothing in your carry-on bag.

Consider packing a few of your traveling companion's clothes in your bag and vice versa. It's a good idea in case one of your checked bags is lost or delayed.

Do not pack anything of extreme value, or anything either fragile or perishable.

Handling: On escorted tours, due to the **limited stowage capacity of the motor coaches**, portorage is included for one suitcase per person. If you choose to take more than one suitcase per person, your guide may need to collect a baggage handling fee of \$3.00 per additional suitcase for each day you are on the tour. Overnight flight bags may be carried, but should remain in your possession and supervision at all times.

CLOTHING

We suggest taking medium weight clothes to achieve the "layered look", but bring that extra sweater, windbreaker, or raincoat for warmth.

Casual clothes are appropriate for sightseeing and touring. Dining in country hotels is very informal too. However, in city hotels, especially the higher categories, a jacket for men and a dress or pants-suit for women may be more appropriate.

Comfortable walking shoes are a must, especially in the mountain areas of Norway.

CLIMATE

The weather in Scandinavia is similar to that of the northern New England states, with frequent weather changes. You may be fortunate to have sunny weather the entire time you are traveling, but you should expect some cloudy and/or rainy days.

AVERAGE MAXIMUM DAILY TEMPERATURES (F*)

	DENMARK Copenhagen	FINLAND Helsinki	NORWAY Oslo	SWEDEN Stockholm
JAN	32	25	24	31
FEB	32	27	25	31
MAR	35	33	32	37
APR	44	44	40	47
MAY	53	57	51	58
JUN	60	66	59	66
JUL	64	69	61	71
AUG	63	66	59	68
SEP	57	57	51	60
OCT	49	48	43	49
NOV	42	39	33	40
DEC	37	31	26	35

To convert Fahrenheit into Celsius = $F* / 32 \times 0.555$

To convert Celsius into Fahrenheit = $C* \times 1.8 + 32$

DAYLIGHT

During the summer months, you have almost continuous daylight, but during the other months, the days are shorter. The chart below shows times for sunrise and sunset in the Scandinavian capitals.

	DENMARK Copenhagen	FINLAND Helsinki	NORWAY Oslo	SWEDEN Stockholm
JAN	8:41a / 3:49p	9:24a / 3:24p	9:19a / 3:22p	8:47a / 2:55p
FEB	8:06a / 4:41p	8:35a / 4:33p	8:32a / 4:30p	8:01a / 4:01p
MAR	7:04a / 5:41p	7:19a / 5:47p	7:15a / 5:45p	6:48a / 5:12p
APR	6:34a / 7:53p	6:46a / 8:04p	6:42a / 8:10p	6:17a / 7:26p
MAY	5:29a / 8:46p	5:17a / 9:19p	5:15a / 9:15p	4:52a / 8:37p
JUN	4:32a / 9:46p	4:08a / 10:29p	4:07a / 10:23p	3:47a / 9:44p
JUL	4:36a / 9:52p	4:00a / 10:47p	4:00a / 10:41p	3:40a / 10:02p
AUG	5:18a / 9:13p	4:59a / 9:52p	4:59a / 9:47p	4:35a / 9:13p
SEP	6:25a / 8:50p	6:14a / 8:24p	6:10a / 8:43p	5:46a / 7:50p
OCT	6:19a / 5:37p	7:25a / 6:53p	7:23a / 5:49p	5:54a / 5:21p
NOV	7:16a / 4:29p	7:43a / 4:24p	7:39a / 4:21p	7:08a / 3:54p
DEC	8:24a / 3:37p	8:56a / 3:22p	8:52a / 3:21p	8:19a / 2:54p

PHONE CALLS

If someone has to reach you by phone while you are in Scandinavia, they should dial the following: International access code - 011, then the country code - Norway 47, Sweden 46, Denmark 45, Finland 358 Iceland 354, and then the area code and number.

Emergency telephone numbers in Norway are: **Fire** 110; **Police** 112; **Ambulance** 113. In Denmark and Sweden it is 112.

It is **expensive** to make a call from Scandinavia to the U.S., particularly from hotels because they frequently add considerable surcharges, so we recommend using prepaid phone cards or calling collect.

Also remember that there is a substantial time difference. It is 6 hours Eastern Standard Time , 7 hours Central Time, 8 hours Mountain Time and Pacific Time. For example, when it is 1 pm in New York, it is 7 pm in Oslo.

LOST AND FOUND

Experience has shown that the surest way to retrieve anything you may have left behind is to take the responsibility yourself to **personally** contact the hotel. Explain the circumstances and make arrangements for locating and shipping the lost article to your home. Your guide will be able to assist in providing contact names and telephone numbers. Please do not ask that items be sent to The Nordic Company or Travel Agencies. This invites complications and delays with your lost articles. It is always best to deal directly with whomever will be sending your things to you.

TIPPING

Restaurants, taxis, etc....

Automatically expected tipping is not as common in the Scandinavian countries as in the U.S. In lieu of tips, a service charge is included in all bills at hotels, restaurants and metered taxi charges. Additional tipping is not necessary unless you have experienced superior services. However, hotel or airport porters expect to be tipped for individual arrivals/departures (for instance, you may have booked an extra night or two before one of our tours start, so you would be making your own way from the airport to hotel rather than with a group transfer on the schedule tour arrival date) and a small amount to the taxi driver if he/she helps with your luggage. Taxi drivers are not generally tipped in Finland or Iceland. A good rule is to even out the total kroner amount of the taxi fare as a tip. Norwegian, Denmark & Swedish drivers should be given a few extra kroner.

Guides, etc.: On our escorted tours gratuities to the tour guide, motorcoach driver and local guides are left to the discretion of the tour members and are **not included** in the tour cost. If you have been satisfied with their services, we suggest the following amounts as appropriate guidelines: Local city guides - \$1.00 pp; your guides - \$3.00-\$5.00 pp per day; motorcoach driver - \$3.00 pp person.

ELECTRICITY

In Scandinavia, 220 volts/AC current is standard. You will need an adapter/convertor for electrical appliances. These are typically available at most hardware stores.

CAUTION: Check with your cell phone provider regarding use and electrical needs in other countries. Most American cell phone plans do not function in Scandinavia. Scandinavian cellular phones are available upon request.

CURRENCY EXCHANGE

Today in our electronic world, ATM machines accepting debit and credit cards are readily available.

Banking: Normal banking hours are:

Finland	9:15 am - 4:15 pm	Norway	8:15 am - 3:30 pm
Denmark	9:30 am - 4:00 pm	Sweden	9:30 am - 3:00 pm
Iceland	9:30 am - 4:00 pm		

Banks are open Monday through Friday. Outside these hours there are banks open at the Central Station in each of the capital cities. Also at the airports where banks are generally open during the hours of flight operation. Currency and travelers checks can also be exchanged at most hotels and larger stores. However, be aware that you obtain the most advantageous rates of exchange at banks.

Exchange: Exchange rates fluctuate. For exact rates consult your local bank, check the business section of your local paper, call your tour operator, or check the Internet. At time of printing, the U.S. Dollar equals approximately 7.50 DKK (Danish), 7.60NOK (Norwegian), 9.25 SEK (Swedish), 1.02 FIN/EURO (Finland), 90.00 ISK (Icelandic). The currency of the Scandinavian countries is not interchangeable, but can easily be exchanged at any bank when you cross from one Scandinavian country to another.

SHOPPING

Store Hours: Stores are generally open from 9:00 am until 4:00 pm Monday through Friday, and until 2:00 pm on Saturdays. With very few exceptions, stores are closed on Sundays as well as on other holidays. We recommend taking a small calculator to assist with the conversion to U.S. dollars.

Tax-Free: As a tourist, you are entitled to a refund of the major part of the Value Added Tax (VAT). This tax is always included in the purchase price and varies from approximately 11-18%. When you make a purchase in a store that displays the "Tax Free for Tourists" symbol, you must ask for a VAT receipt that can be exchanged for cash when you depart Scandinavia. There is a minimum requirement per purchase-SEK 200 in Sweden, NOK 308 in Norway, DKK 300 in Denmark, FIM 100 in Finland and ISK 5000 Iceland. The VAT receipt must be stamped by the Customs office (in Copenhagen only) and the refund will be paid in the transit hall at any of the airports (after going through passport and security control). You may be required to show your purchases when redeeming your tax free receipts.

LANGUAGE

English is widely spoken throughout Scandinavia. It is also taught in the schools from grade school on up. As a result, almost anyone with whom you may come in contact as a tourist in hotels, restaurants, stores, etc., generally have at least some knowledge of English. English language newspapers and magazines are available in the major cities and American or British programs are frequently featured on television.

CREDIT CARDS & TRAVELERS CHECKS

Credit Cards: Master Card, Visa , American Express, Discover and Diners Club are readily accepted at most major stores, hotels and restaurants throughout Scandinavia. Make a note of your card numbers in case of loss.

You will receive the most favorable current exchange rates when using credit cards.

Travelers Checks: Travelers checks are accepted at most hotels, but are not readily accepted in stores or restaurants in the **countryside**. Especially if the value of your purchase is much lower than the value of your travelers checks.

A handling fee is charged **each** time you make an exchange in converting your currency; therefore it is usually best to make as few transactions as possible. Exchanging a larger amount once will cost you less than making several small exchanges.

Other: Check with your own bank before leaving home regarding use of your ATM card abroad. We highly recommend the use of your card. Personal checks are rarely accepted. When using an ATM, remember money is issued in that country's currency.

DUTY FREE ALLOWANCE

U.S. and Canadian citizens are permitted to bring into the Scandinavian countries 1 liter of liquor and 400 cigarettes. Both alcohol and tobacco products are heavily taxed and therefore very expensive in all the Scandinavian countries.

Anticipate drinks (both hard liquor and wines) to cost at least twice as much as you would expect to pay for in the United States. You may therefore consider bringing along a duty-free bottle of your favorite spirit.

PHOTOGRAPHY

Film and batteries will be expensive overseas; bring plenty from home! Today's airport x-ray machines in the U.S. and Europe do not generally harm film. If you are concerned, purchase a film-shield bag at your local camera shop, and hand your camera (if it is loaded) to the airport security person for inspection while you are going through security.

WHILE YOU ARE AWAY

Notify a trusted neighbor when you will be away from home. Leave your key and ask them to check your property periodically. Be sure to suspend deliveries of mail and newspapers. Use automatic timers on some lights, radio or TV. Leave a copy of your itinerary/contact address list with a family member or a neighbor so you can be contacted in case of emergency at home.

AIRPORT TRANSFERS

Included: Transfers are **only** included if any of the following apply: (1) it is indicated on your itinerary (2) if you are on one of our escorted tours that includes transfers or (3) if you have independently purchased transfers through The Nordic Company.

If your airline tickets were **not** issued by The Nordic Company and they are included in your program, we will need a copy of your trans-atlantic flight record so you can receive the required transfer service.

On Your Own: This information is helpful if you are arriving in Scandinavia independently. After the overnight flight, you probably will feel a little tired. First, you will go through passport control. If you are holding an American passport you will not need any other documentation. The passport authorities in all of the Scandinavian countries are courteous and pleasant.

From passport control you will continue to the baggage area and through customs. Here you will see two exits. One is green if you have nothing to declare and one is red if you need to declare items. You will need to choose an exit and then continue to the main hall. Remember all luggage is subject to inspection.

You will probably need local currency to pay for a taxi, airport bus, or porter. The bank currency exchange is conveniently located in the main hall.

Oslo: The airport bus costs approximately \$8.00 and takes about 50 minutes to reach downtown. If you take the airport bus, you will still need to take a cab from the downtown bus terminal to your hotel. If you choose to take a cab from the airport it will cost about \$75.00 with the current exchange rate. The new express train runs every 10 minutes in both directions and takes about 19 minutes. The cost is about \$16.00.

Bergen: The airport is 20-30 minutes away from downtown. Baggage carts here require a NOK 5 coin. The airport bus costs about \$15.00 pp and will take you directly to the Radisson SAS Royal and Norge Hotels, then to the bus station. From here you may take a cab to other hotels. A cab from the airport to the central hotels costs approximately \$35.00. So, it is generally less expensive to use a bus/cab combination in Bergen.

Stockholm: Stockholm's Arlanda Airport is about one hour from downtown. You can take an SAS limousine (ride-share) for approximately \$35.00pp. If so, the SAS limousine desk is directly in front as you exit Customs. Taxis are deregulated in Stockholm, so fares may differ. Some cabs will show a price for the airport-city journey. (ie: \$65.00) If you do not see the price advertised, ask the driver before you get into the cab. Gratuity is included in both limousine and taxi fares, but it is usual to give the driver up to SEK 10 additional. The SAS airport bus from the main terminal exit will cost approximately \$15.00 pp. From the bus driver, you may purchase a "Fly-Taxi" ticket. This costs approximately \$15 (1-4 passengers). If you do this, a taxi will be waiting for you when the airport bus arrives at the city terminal, and will take you to any central hotel for the price of the pre-purchased coupon. Most of the hotels are too far from the city terminal to walk and carry luggage. For example, If you choose the airport bus and fly-taxi combination, your cost would be approximately \$35.00 for two persons.

Copenhagen: The airport-downtown trip takes only 10-15 minutes. Taxis and the SAS airport bus leaves from the main terminal exit. The airport bus costs approximately \$10.00 pp. First stop is the Radisson SAS Scandinavia Hotel, then the Central Railway Station. It is only a short walk to the Copenhagen Star, Radisson SAS Royal and Imperial Hotels. But with luggage, it is preferable to take a taxi directly from the airport to hotels. The fare is approximately \$35.00, so there is little difference in costs for two or more people.

Helsinki: The airport is about 35 minutes from downtown connected by FINNAIR airport bus, which is about \$10.00 pp. The bus will take you to the city terminal located in the Intercontinental Hotel, right next to the Hesperia Hotel. All other hotels require a taxi ride from the city terminal. Taxis are also available at the airport. Look for the Yellow Line Taxi which offers a special fare from the airport of 15 Euro, approximately \$15.00. Otherwise, the regular fare will be about \$35.00

Reykjavik: The Fly-Bus service is the easiest way to get from Keflavik Airport to downtown Reykjavik. Purchase a Fly-Bus ticket at the counter by the main airport exit. Cost is approx. \$10.00 pp. The trip takes about 45 minutes to the Loftleidir Hotel. From the Loftleidir Hotel small shuttle buses will take you directly to other centrally located hotels; the shuttle bus fare is included in your original Fly-Bus ticket.

WHAT TO EXPECT ON OUR ESCORTED TOURS

OUR TOURS

Tour Guides: On our fully escorted tours, the professional guides are native Scandinavians. They are well educated and prepared to help you discover the beauty, history, culture and social life of Scandinavian. On our escorted tours, your guide will be there to ensure that every aspect of your tour runs smoothly and worry-free. On some tours, there will be a tour host with professional guides in the designated cities.

Hotel Rooms: The Nordic Company strives to provide the very best value in our traditional, quaint hotels . We carefully select hotels that fit the over-all price category of the tour. Most are centrally located and all hotels provide clean and comfortable accommodations. Outside the major cities the choice and variety of hotels is limited. In remote areas, the choices are limited. We always include the best accommodations available to suit a particular itinerary and category of tour.

Rooms in Scandinavia may have twin beds, double beds, or day beds which are made up for sleeping in the evening. Rooms are smaller than what we have come to expect in the United States, no matter what category of hotel. For this reason, we advise against triple accommodation. Single occupancy rooms are offered at a supplementary cost.

All rooms are allocated by **the hotel** management. We are unable to accept requests for specific rooms or locations unless due to medical condition.

Amenities: All rooms have private facilities. Many hotels do not provide wash cloths so you may want to bring your own.

Apart from some of the newest first class and deluxe properties, very few hotels in Scandinavia have air-conditioning. Due to the generally moderate climate, air conditioning is not needed.

Check-in: Some of the transatlantic flights arrive in Scandinavia early in the morning and hotel rooms may not always be immediately available. The normal check-in time is 2:00pm. So, if you arrive early, you may have to wait for your room. The hotel management will do everything to make you as comfortable as possible in the meantime.

The cost of your room, breakfast, baggage handling (where it is available) and some dinners are included in your tour cost. However, all room service, bar beverages, telephone calls, laundry and any other items of a personal nature are not included and must be paid by you before departure from the hotel. To avoid cashier lines and delays during the busy morning check-out hours, pay your incidentals the night before, if possible. If not, allow extra time in the morning to make sure your personal bill is settled directly with the hotel. Remember, there may be telephone access charges regardless of whether a call was made by credit card, an 800 number, or collect. It is your responsibility to check with the hotel cashier before departure about any charges that you may be charged to your room.

MOTORCOACHES

You will travel in comfort by modern motorcoaches with reclining seats, equipped with toilet facilities and air-conditioning for your comfort. For some local city tours in Scandinavia, air-conditioned buses may not be available.

Rotation: Daily rotation of seats makes the trip equally enjoyable for all passengers. Please volunteer to rotate.

Drivers: Our drivers are experienced, friendly, helpful and are very familiar with Scandinavia's road system.

Smoking: Smoking is not allowed on airlines or the motorcoaches. Frequent rest stops are made with our coaches so you will the opportunity to smoke if you wish. Rest stops also provide the chance to stretch a bit, use a rest room or enjoy a quick refreshment.

Photo Stops: In addition to rest stops, your guide and driver will often include many unscheduled photo stops. This will give you the opportunity to view and photograph scenes of particular beauty or historical interest.

FOOD AND DRINK

Breakfast: Daily buffet breakfast is usually included on all of our tours. Depending on the hotel, it can be an elaborate setting with a wide range of hot and cold choices of eggs, breads, cereals, fruits, yogurts, cheese and cold cuts; or there may be a simpler offering which may not include hot items. In any case, your breakfast will provide a substantial start for your day.

Smorgasbord: The Scandinavian smorgasbord is an experience you will always remember! Standing in front of a smorgasbord for the first time can be overwhelming. At first glance, the size of the table, laden with all types of food may be reminiscent of barbaric Viking customs.

To truly enjoy the feast, we offer a few suggestions:

▶ The smorgasbord is made up of various “courses” and it is **important** that you take a **new** plate and silverware for each trip, in order not to mix flavors and tastes. Therefore, it is not necessary to load up on all of the goodies on your first plateful. Of course you need to pace yourself in order to make it to dessert.

▶ Remember to take accompaniments such as mayonnaise, mustards, lemon, cranberry and other sauces or eggs. They are normally right next to each particular dish. Also, you can choose from a variety of rye or wheat breads and flatbread.

Each hotel or restaurant throughout Scandinavia prides itself on its own special version of the smorgasbord. So, they may differ in the number and types of dishes offered.

Beverages: While water, coffee and tea are **generally** included with the meals on your tour, other beverages such as soda, juice, beer or wine are not. In some instances, you may be charged for your requested beverage. **Check with your guide** if it is not clear whether you will be charged additional fees for your choice of beverage during included meals.

SIGHTSEEING

Included: In general you will have a fairly full schedule of guided sightseeing activities included as part of escorted tour. Entrance fees to sights of interest are generally included. There may be a few attractions offered that will be on an optional basis.

Optionals: Our guides may offer you the option to purchase sightseeing excursions in addition to those already included as part of your tour. They maybe optional and you are under no obligation whatsoever to join. The guide will make the arrangements and payment is usually taken in local currency.

Independent: You are encouraged to go out and explore during your free time. Some of your most unique and memorable experiences are going to be those that occur during the time you venture out and wander on your own.

NOT INCLUDED WITH NORDIC SERVICES

Passport expenses, insurance, beverages (wines, liquors, sodas, juices) and items of a personal nature such as laundry, room service or telephone.

SOME FINAL THOUGHTS

Part of the fun of any travel experience is to get out and mingle with local folks. Your guide will be able to make a few specific restaurant suggestions, however, do not be afraid to go out on your own. Scandinavians generally speak English quite well, so even if you cannot read everything on the menu, your waiter will be able to help you out. A service charge is automatically added on to your bill, so don't worry about tipping - although leaving a few extra kroner for superior service is customary.

Remember that when you travel to a foreign country, you should be prepared for anything! **Be flexible** and **do not** assume that things will be the same as they are at home. Enjoy the magnificent sights, people and culture of the country you are visiting. To get the most out of your travel experience, try to learn and use a few words of the language, sample local foods, don't be afraid to ask questions, and explore on your own. We promise you will return home more knowledgeable and filled with great memories of your trip abroad.

Finally, **please read our brochure and your detailed itinerary thoroughly**. We want you to understand what features are included, and which are not. Many details are clearly explained under "General Information and Conditions" or "Tour Conditions". **Be especially clear about our cancellation penalties** and the type of hotels and accommodation included in the tour or the itinerary that you select. If you have any questions, call the number on the front of this brochure. Our satisfied clients are our best asset and we want you to be pleased that you have chosen The Nordic Company.

Enjoy your trip to a very special part of the world!





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