



CLASSIC



Nordic Walking and Hiking in Scandinavia

Dates: 4-18 May 2021

Tour Leaders: Richard Ruppel and Jutta Brendel



Adventure Tours
University of Wisconsin - Stevens Point

Overview

Let's explore Scandinavia [Sweden, Denmark, and Norway] in 2021! Hej! Hur mår du? Our tour will emphasize Nordic walking and urban exploration, along with several day-long hikes in Stockholm and environs, in the fjord country around Bergen and in Oslo, Norway with a chance to do some bicycling in Copenhagen Denmark, the "cycling capitol of Europe" in combination with experiencing first hand local culture, sightseeing, and exploring the local culinary scene. The goal is to walk/hike enough to consume whatever food/drink you desire! Our port of entry will be Stockholm, the Venice of the north. The Swedish capitol comprises an archipelago of fourteen of islands inter-connected by bridges and water taxis offering urban walking and nature exploration on island parks as well as a national park adjoining the Swedish capital. From Stockholm we will head for Copenhagen, the quaint Danish capitol, which can be explored by bike or on foot depending on personal preference. Copenhagen also offers access to an outstanding Viking ship museum, to an outdoor art museum [Louisiana] on the Baltic Sea and to Kronborg Castle, UNESCO world heritage site. From there we will enjoy an overnight cruise from Copenhagen to Oslo, Europe's environmentally greenest city, affording a blend of high culture [art museums, concerts, opera] and good hiking destinations to the north of the city proper. Our final stop is Bergen, gateway to the fjords and mountains of Norway, for a choice of hiking destinations and the opportunity to experience Norwegian fjords and enjoy a folkloric celebration of the Norwegian National Holiday: syttende Mai with its parades, music and native costumes. Uff da! Let's go! Explore Scandinavian culture over 15 days through Nordic walking, hiking and bicycling!

Tour Leaders

Richard Ruppel & Jutta Brendel

Richard Ruppel has led or co-led 18 tours for UWSP Adventure Tours (and its earlier incarnations). From 1994-2005, he led cultural bicycle tours of Europe (Belgium and the Netherlands, Denmark, France,



Jutta Brendel & Richard Ruppel

Germany, Italy), two tours of the Czech Republic, and three tours of Switzerland. Since 2005, he designed and led seven cultural hiking tours: Vienna to Venice 2010, Switzerland and Italy 2011, Switzerland and France in 2013, Salzburg, Bad Gastein, Cortina and Trieste in 2015, The Grand Tour: Munich to Florence in 2017, Alpine Trekking in Switzerland, Italy and France 2018, and most recently Sorrento and Amalfi Coast 2019. Richard is a retired Professor of German at UWSP, has spent years studying, working and researching in the German speaking countries, and also speaks some Swedish.

Jutta Brendel is a native of Germany, speaks fluent Italian and has been to Italy countless times. She has led four Italian tours, has planned tours of the Amalfi coast and of Sicily, planned and led a tour of the Etruscan Countryside including Rome, was co-leader of a Tuscan bicycle tour,

and planned northern Italian destinations such as Stresa, Lake Garda, Verona, Venice and Trieste among others. Recently, Jutta and Richard co-led the Sorrento and Amalfi Coast 2019 tour venturing the world-renowned Path of the Gods, Mt. Vesuvius and Pompeii. Jutta speaks fluent German and Italian and is widely travelled in Europe.

Itinerary

Day 1 (Tuesday, 4 May 2021) – Arrive in Stockholm, Sweden

Morning arrival at Stockholm International Airport - Arlanda (ARN) to meet your tour leaders, Richard and Jutta. Most flights depart 3rd May. After checking into the hotel, stretch the legs out and beat jet lag with a central city orientation walking tour including city hall, The Riddarholmen Church, Royal Palace, Stockholm Cathedral (the oldest and most photographed square), and a walk down the Västerlånggatan - a main street in the Old Town. Time depending, have lunch or a late afternoon coffee. *Overnight: [Freys Hotel Lilla Radmannen](#) Meals included: D (group welcome dinner)*



Day 2 – Stockholm Sightseeing: Djurgården, Rosendahl Gardens, and Skansen Museum



Take a Stockholm sightseeing tour via bus and ship [2 and ½ hours]. Afternoon: Explore Djurgården, the island park, on foot; Take the Djurgårdsbron (bridge) from Strandvägen to Djurgården. Visit the Skansen open-air museum and zoo featuring nordic wild life. Moving on, visit the

Rosendal Gardens. In Blockhusudden, visit the charming café Ekorren or the restaurant Lisapåudden. Walking on, one arrives at Waldemarsudde, home to the famous art museum with a sculpture and flower garden. From here one can return via bus to the city center or cross the island to the Djurgårdsbron (original bridge). *Overnight: [Freys Hotel Lilla Radmannen](#) Meals included: B*

Day 3 – Explore Tyresö and Hike the Sörmlandsleden Trail

The Sörmlandsleden Trail is a 1,000 kilometer network of hiking trails that extends through Sweden. There are several sections of this trail with trailheads that are accessible via public transportation just south of Stockholm. Take public transportation to the town of Tyresö, would enable one to sample one section of this Sörmlandsleden Trail which meanders through a national park adjacent to Stockholm (six-mile hike). Return early afternoon to visit a Stockholm museum. *Overnight: [Freys Hotel Lilla Radmannen](#) Meals included: B*

Day 4 – Hike Another Segment of the Sörmlandsleden Trail and Visit Stockholm Museums



Explore any number of Stockholm walks or return to Tyresö for another segment of the Sörmlandsleden Trail that runs through old growth forest, past mountain lakes and ends near the Tresta Park Café for a special treat. (8-mile hike). Return to Stockholm early afternoon to visit museums [Historical Museum Nobel Museum, Museum of Modern Art, etc.] or even the UNESCO World Heritage site of Drottningholm Palace and park. *Overnight:* [Freys Hotel Lilla Radmannen](#)
Meals included: B

Day 5 (Saturday, 8 May) – Transfer to Copenhagen, Denmark

Motor coach to Copenhagen, Denmark, a six-hour transfer with sight stops. Depending on the time of arrival, we'll enjoy a short orientation walking tour of central Copenhagen, which will include the train station, Tivoli Gardens, and Town Hall. After dinner, depending on time and energy, we could visit Tivoli Gardens, an extensive cultural and amusement center, which comes to life in the evening. *Overnight:* [BW Hotel Hebron](#) *Meals included:* B and D

Day 6 – Explore Copenhagen's Major Sites by Foot

Enjoy a 12-km (7.5 mi) tour on foot through Copenhagen, taking in all of the major sites: Central Rail Station, Stroget [Copenhagen's Fifth Avenue], and Round Tower. Wander through an open market and three city lakes, Rosenborg Castle, Kastellet, one of the best-preserved citadels, and then the statue of the Little Mermaid inspired by HC Anderson. Meander to Amalienborg, the Danish Royal family's home, and finally to Nyhavn, a canal city district with open air cafes, restaurants, and shops. See Christiansborg Palace, with a tower offering commanding views of Copenhagen. On to the Danish National Museum and Ny Carlsberg Glyptotek, two of Copenhagen's most notable. *Overnight:* [BW Hotel Hebron](#) *Meals included:* B



Day 7 – Train to Humlebæk (Louisiana Museum of Modern Art) and Helsingør (Kronborg Castle)



Take the train north to Humlebæk to visit the Louisiana Museum of Modern Art, a modern museum largely devoted to sculptures by international [Moore, Picasso, Rodin etc.] and Scandinavian artists, and a setting that overlooks the Øresund Sound and distant Sweden. Continue north to Helsingør to visit the Kronborg Castle. Built in the 1420s, it's one of the most important Renaissance castles in Europe and a UNESCO World Heritage site that inspired Shakespeare's Hamlet. Return to Copenhagen. *Overnight:* [BW Hotel Hebron](#) *Meals included:* B

Day 8 – Train to Roskilde + Overnight Cruise to Oslo

Take a morning train northwest to Roskilde and explore the Viking Ship Museum, which exhibits several

restored Viking vessels and an excellent exhibition on Viking culture and lifestyle. Even take a ride in a modern Viking ship replica. Explore Roskilde – the cathedral is the largest and oldest church in Denmark and represents aspects of Danish architecture from the 1100s forwards. Return to Copenhagen early to mid-afternoon and transfer to DFDS Cruise Ship Lines for an overnight transfer via sea to Oslo. The trip takes 16 hours and with dinner and breakfast onboard, we'll arrive in Oslo the morning of May 12th. *Overnight: [DFDS Cruise Ship Line](#) Meals included: B and D*

Day 9 (Wednesday, 12 May) – Explore Oslo (Akershus Fortress, Vigeland Sculpture Park, and



After checking into the hotel, enjoy an extensive walking tour of Oslo to see the major sites. We'll visit the modern town hall where the Nobel Peace Prize is awarded each December. Visit the Akershus Fortress, a large area, built in 1299 on the east side of the Harbor. We'll then walk the Vigeland Sculpture Park, the center piece of the Frogner Park, which is an open-air showcase for the work of Norway's beloved sculptor, Gustav Vigeland. It features some 212 granite and bronze works by the artist. Afternoon is free to visit other sites such as the Polar ship Fram Museum dedicated to Norwegian Polar exploration, the National Gallery housing Norway's largest collection of traditional and modern art including Edvard Munch's painting

The Scream among other Munch works. There is also a separate Munch Museum. Visit the Henrik Ibsen Museum, the influential Norwegian playwright as well as a Norsk Folk Museum, an open-air museum featuring some 140 structures. Group Dinner. *Overnight: [Hotel Verdandi](#) Meals included: B and D*

Day 10 – Hike the Nordmarka and Ostmarka

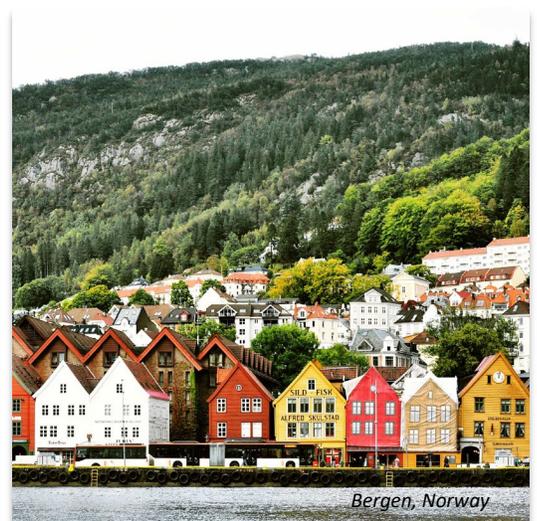
The Nordmarka and the Ostmarka to the north and east of Oslo contain some 1,200 km (750 mi) of hiking trails accessible by public city transit from downtown. Hike the area known as the Nordmarka along a trail to Sognsvann Lake, about 11 km (3 hrs.) One can extend the hike to a cabin at Ullevålseter, a pleasant old farm house that serves waffles and coffee or return to Oslo and visit a museum. Those more interested in an urban stroll, can go to the Ekeberg Woods to the southeast of the city center. There is an Iron Age heritage path through the woods. On weekends in the summer, spot riding and cricket games. Eat lunch at Ekeberg Restaurant. *Overnight: [Hotel Verdandi](#) Meals included: B and L*

Day 11 (Friday, May 14) – To Bergen, Norway

Take a private motor coach from Oslo to Bergen [7 hours] through scenic mountains into the fjord country. Hotel to hotel transfer direct. Walking tour of Bergen upon arrival. *Overnight: [Hotel Augustin](#) Meals included: B and D*

Day 12 – Explore Bergen and Environs

Depending on the weather, venture through museums, walk to shops and markets, or take a fjord cruise (extra). *Overnight: [Hotel Augustin](#) Meals included: B*



Day 13 – Hike Mt. Ulriken, Bergen

Hike up Mt. Ulriken (643 meters). Enjoy the summit views and lunch. Walk/take the cable car to Bergen or Hike up Mt. Fløyen (the ambitious can hike from Mt. Fløyen to Mt. Ulriken - 5 hours). Afternoon free to explore historic sites and museums in Bergen. Bergen boasts a number of fine museums depending on one's interests: KODE Art Museums and composer's homes, the Bergen Maritime Museum (Norwegian Seafaring), Bergen Kunsthall, a premier contemporary art museum, Museum of Norwegian Knitting, Haakon's Hall, Darmsgård Country Manor, Europe's best wooden Rococco structure, Norwegian Fisheries Museum, among others.
Overnight: [Hotel Augustin](#) Meals included: B and L



Day 14 – Norwegian National Holiday (syttende Mai) and Farewell

Norway's syttende Mai or Constitution Day is a festival for everyone, but especially for children. Many will gather for breakfast - often a communal meal or potluck with relatives, friends and neighbors usually serving up freshly baked bread, scrambled eggs, smoked salmon and champagne. The day is filled with parades, folk music, native costumes and a sampling of Norwegian cuisine, but especially ice-cream. Farewell dinner. *Overnight: [Hotel Augustin](#) Meals included: B and D*

Day 15 (Tuesday, 18 May 2021) – Time to Head Home

Bus transfer from hotel to Bergen Airport. Fly home from Bergen. *Meals included: B*

*Meal Key: B=breakfast, L=lunch, D=dinner

*All photos from Pixabay unless otherwise noted.

Cost and Details

COST: \$4,664 pp (USD) **MY OWN ROOM (single supplement):** \$840 pp (additional USD)

INCLUDED: The cost includes all accommodations (comfortable three-star lodging), all meals listed in itinerary, activities/tours listed in itinerary, in-country transportation (bus transfers, Stockholm card, Copenhagen card, Oslo card, Bergen card, Copenhagen-Oslo DFDS Cruise), 1-2 UWSP Adventure Tours tour leaders (based on group size), traveler handbook, and traveler orientation.

NOT INCLUDED: Roundtrip airfare to Stockholm and returning from Bergen, extra activities, laundry services, extra purchases (such as souvenirs, alcoholic beverages, taxi, int'l calls and sundries), local drivers' and guides' tips, and travel insurance.

PLEASE NOTE: The cost includes land/water only rate, per person, with double occupancy accommodations. Single rooms ("my own room") may be limited. Depending on weather and other variables, some activities or accommodations may change prior to or during the tour. This tour will accommodate most fitness/health levels, however it's recommended that travelers have at least a moderate/fair level of fitness and health. Our goal is to ensure a fun and safe wellness adventure for everyone.

GROUP SIZE: 12-22 travelers

CONTACT: Trevor Roark, 715-340-8186, adventure.tours@uwsp.edu

REGISTRATION: Register online via credit card OR print registration, complete and mail with \$300 (pp) nonrefundable deposit check.

WEBSITE: www.uwspadventuretours.com

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