Tour H: Scandinavian City Break
Stockholm & Copenhagen
Friday 17 September—4 days

Stockholm, the capital of Sweden: the home of the Nobel Prize, known as “the Scandinavian capital” and also the Green Capital 2010. Beautiful located on 14 islands with splendid view in all directions.

- The Vasa Museum: Tells the story and shows the Vasa ship, which sank on her maiden voyage.
- Gamla Stan: The Old Town, take a walk in the narrow streets and feel the past and present.

Copenhagen, the capital of Denmark: feel the heartbeat of a big city but still easy to explore by foot. Copenhagen was host for the climate congress in December 2009, and is also the place for discovering fashion, design, culture and gastronomy.

- Tivoli Gardens: the well known amusement park located in central Copenhagen.
- Nyhavn: the nice harbour area with charming, old houses and cosy restaurants.

Day 1 (17.09.10) Oslo—Stockholm
Flight SK 1484 at 18:20 from Oslo Airport Gardermoen to Stockholm airport Arlanda.
Check in and overnight at Scandic Park Hotel, www.scandichotels.com

Day 2 (18.09.10) Stockholm
The day is at own disposal. Possibility to join the optional tours:

Option 1: Stockholm City Tour
09:30-12:30 Meet your local guide and private coach at the hotel for a city tour and start with a visit to the Stockholm City Hall. After this visit, step back in time and take a stroll in Gamla Stan, Stockholm’s Old Town with its cobbled alleys, narrow streets, old houses, shops and church spires. Continue by coach to the Vasa Museum housing the wooden warship that sank in Stockholm Harbour during her ill-fated maiden voyage in 1628. The warship broke the surface of the harbour after 333 years on the bottom of the sea and is now on display in the Museum.

Option 2: Visit Skansen - the oldest open air museum in the world
14:00-17:00 Meet you local guide and private coach at the hotel for a visit to the open air museum of Skansen. The museum houses a unique collection of historical buildings from all over Sweden, as well as Scandinavian wild and domestic animals and exotic fauna at the Aquarium. Skansen has a lively town quarter, craft workshops, cafés, restaurants, shops, and a fantastic view of Stockholm.

Option 3: Nobel Dinner at the City Hall
19:00 Transfer from the hotel for evening dinner at Restaurant Stadshuskällären located in the Stockholm City Hall. Enjoy a Nobel Dinner in the same location, the same atmosphere and the same menu served as all the winners and royalties have enjoyed, a unique experience! Transfer back to the hotel after dinner.
Day 3 (19.09.10) Stockholm—Copenhagen
10:21 Departure by train X2000 from Stockholm 2nd class.
15:30 Arrival Copenhagen.
Check in and overnight at Scandic Palace Hotel, www.scandichotels.com

Option 1: Copenhagen City Sightseeing:
15:30-18:00 Meet your local guide and coach upon arrival at Copenhagen central station, and proceed on a 2.5 hours city sightseeing where you will see the city’s sights as Christiansborg Palace, Nyhavn, and visit Amalienborg Palace. Tour ends at hotel and check in.

Option 2: Guided City Tour by bike
15:30-17:30 Meet your local guide upon arrival at Copenhagen central station. Enjoy a special guided tour by bike. This is one of the best ways to get close to the sights. There are no steep hills and the distances are very reasonable. Your luggage will be transported to your hotel.

Option 3: The Tivoli Gardens
19:00 Meet local guide in the hotel reception and walk (approx 5 min. walk) to Tivoli Garden. Guided walking tour in the Tivoli Gardens. The world-famous amusement park opened in 1843 and is one of the oldest gardens of its kind. One of the sights is a renowned wooden rollercoaster from 1914.
20:00 Enjoy a Scandinavian dinner, in one of Tivoli’s many restaurants. Time at own disposal after dinner.

Day 4 (20.09.10) Departure Copenhagen
Individual transfer for flight home under own arrangement.

Optional: Canal boat trip
09:00-11:00 Pick up at the hotel, and transfer by coach to Nyhavn Pier, for a trip with the regular canal boat. You will see the harbour and the idyllic canals of the capital, as well as beautiful churches, castles, picturesque old houses and architecturally modern buildings. Return to the pier and transfer by coach to hotel.

Continue to airport under own arrangement for departure from Copenhagen, or extend your stay in Copenhagen.
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RATES:

Price includes One way flight Oslo—Stockholm, 2 nights accommodation in Scandic Park Hotel Stockholm incl. breakfast, 1 night accommodation in Scandic Palace Hotel Copenhagen incl. breakfast, train ticket X2000 Stockholm—Copenhagen, 2nd class.

Price per person in double room / twin
Single room supplement

NOK 4655
NOK 1600

Options: Price per person, minimum 10 persons.

Stockholm:
18.09.10. City tour (3 hrs) with guide and coach. Visit City Hall and the Vasa Museum
18.09.10. City tour (3 hrs) with guide and coach. Visit the Skansen open air Museum
18.09.10 Nobel Dinner (3-course incl. beverage package to menu), incl. transfers

NOK 550
NOK 460
NOK 1300

Copenhagen:
19.09.10 City sightseeing (2,5 hrs) with guide and coach
19.09.10 City tour (2 hrs) with guide and bicycle
19.09.10 Visit Tivoli Garden with guide and 3-course dinner in Tivoli Restaurant
20.09.10 Canal boat trip from Nyhavn incl. return transfer to hotel (total 2 hrs.)

NOK 550
NOK 660
NOK 690
NOK 475

CONDITIONS:

Deadline for booking 30 June 2010

Full pre-payment will be required. Payments can be made by credit card or bank transfer. The conference coordinator will confirm your booking shortly.

All mentioned flights are included in the price, however flight taxes may change. Bookings made after 30 June are subject to availability.

Cancellation: Cancellation must be forwarded to the conference coordinator in writing. A fee of 20% will be applicable for received cancellations in the period 30 June to 2 August. No refund for cancellations received after 2 August.

PRACTICAL INFORMATION:

Food and beverages are only included where mentioned (beverages: tap water and coffee/tea).

Bring outdoor clothes, solid shoes, gloves, scarf and cap.

Transfers under own to/from airport and railway stations. Home flight from Copenhagen under own arrangement. Extended stay in Copenhagen or Stockholm on request.

For practical questions, please contact ICS at iso@ics.no or tel: +47 24 14 98 00