



**PARLO
TOURS**
EXPERIENCES MATTER

SECH-QR

QATAR
AIRWAYS
القطرية

Scenic Scandinavia & Its Fjord

• 美丽北欧之旅 •



13D | Denmark, Norway, Sweden, Finland
10N | 丹麦, 挪威, 瑞典, 芬兰

SCAN ME!



Suomenlinna Maritime Fortress
苏奥曼斯纳海上城堡



The Flam Railway
弗洛姆铁路

Valid from May 2025 有效期从2025年05月

Features 行程特色

- Visit the largest Renaissance Palace in Northern Europe & known as the Versailles of Denmark ~ Frederiksborg Castle.
- Enjoy the breathtaking scenery from Mt. Fløyen with a ride on funicular in Bergen.
- The Flam Railway ~ The deepest railway lines on the normal gauge and world's best train scenic journey!
- Enjoy a panoramic view from the top of Mt. Hoven & experience the Loen Skylift.
- Go on a fjord sightseeing tour of the Geirangerfjord & Nærøfjord! A great way to discover the best and most dramatic fjord scenery in Norway at up close!
- Visit the largest open-air museums in Norway ~ Maihaugen Open-Air Museum.
- Fram Museum ~ a window into polar exploration.
- Vasa Museum ~ marvel at the only nearly fully intact 17th century ship ever salvaged.
- TempPELLIAUKIO Vis most interesting church & the best concert venue for its excellent acoustics.
- Visit Suomenlinna Fortress ~ one of the world's largest sea fortresses and hear its fascinating stories.

- 游览北欧最大的文艺复兴宫殿，被誉为“丹麦的凡尔赛宫”～弗雷德里克斯贝城堡。
- 乘坐卑尔根缆车，欣赏弗洛耶恩山的壮丽的风景。
- 弗拉姆铁路是标志轨距中最陡峭的铁路线，被誉为世界上最美的火车旅程！
- 登顶霍文山，欣赏壮丽美景，并体验乘坐洛恩空中缆车。
- 船游盖朗厄尔峡湾和纳柔依峡湾，这是近距离欣赏挪威最美丽、最戏剧化的峡湾风光的绝佳方式！
- 参观挪威最大的露天博物馆～迈豪根露天博物馆。
- 游览Fram博物馆，以挪威极地探险为主题。
- 瓦萨博物馆～参观17世纪唯一几乎完好无损、打捞完整保存的战船。
- 圣殿广场教堂～外形独具特色，因其卓越的音效成为最佳音乐会场地的绝佳选择，吸引了大批游客慕名而来。
- 参观芬兰城堡～世界上最大的海上要塞之一，聆听其引人入胜的故事。

Total number of meals 行程总餐数



Breakfast : 10
早餐 : 10



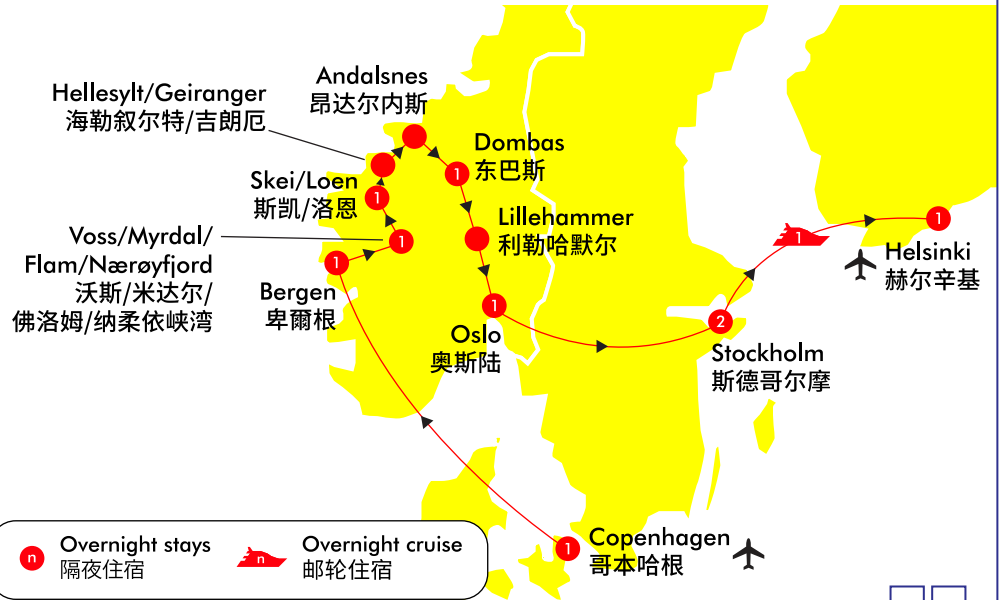
Lunch : 6
午餐 : 6



Dinner : 10
晚餐 : 10



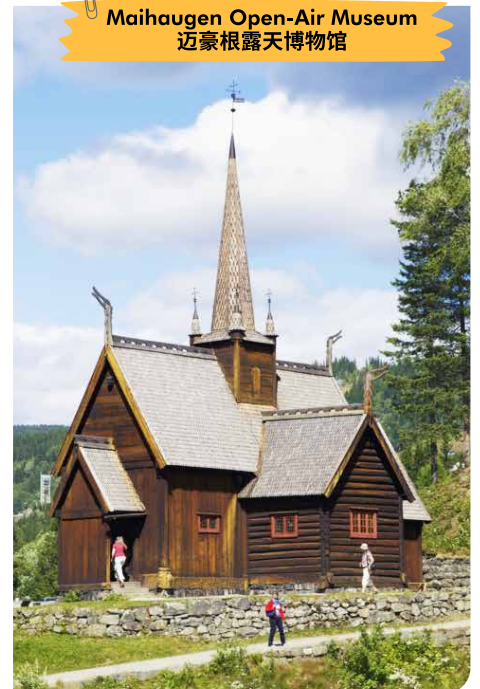
NIL : 5
自理 : 5



Mount Fløyen
弗洛伊恩山



Trolls Path Viewpoint
巨人之路观景平台



Maihaugen Open-Air Museum
迈豪根露天博物馆

Itinerary Detail

详情行程

13D10N Scenic Scandinavia & Its Fjord
13D10N 美丽北欧之旅

SECH-QR

Valid from May 2025
有效期从2025年05月

Day
01

Kuala Lumpur 吉隆坡 ➡ Copenhagen, Denmark 哥本哈根, 丹麦 (via Doha 途径多哈)



Meal on board
机上用餐

Day
02

Arrive Copenhagen 抵达哥本哈根

- * **Frederiksborg Castle** (entrance included) ~ the former summer palace of King Frederik IV and converted as a Brewer Museum, then the Museum of National History. Visit the Castle Chapel to admire the impressive gold, silver and ebony altarpiece, as well as the historic Compenius organ.
- * **Kronborg Castle** (entrance included) ~ a spectacular cannon-ringed Renaissance fortification on the Danish coast, is a UNESCO World Heritage Site filled with drama, history, and natural beauty.
- * **弗雷德里克斯贝城堡** (含门票) ~ 这是18世纪早期腓特烈四世国王的夏季宫殿, 后来改建为酿酒博物馆, 之后成为国家历史博物馆。参观城堡教堂, 欣赏令人印象深刻的金、银和黑檀木祭坛, 以及历史悠久的康佩纽斯管风琴。
- * **克伦堡城堡** (含门票) ~ 位于丹麦海岸、以壮观的炮台环绕的文艺复兴时期的堡垒, 已被联合国教科文组织列为世界遗产, 充满了戏剧性、历史和自然美景。



(L) Local / (D) Local
(午) 道地 / (晚) 道地



Scandic Sydhavnen Hotel, Copenhagen - 4* or similar
希德哈维恩斯堪迪克酒店, 哥本哈根 - 4* 或同级

Day
03

Copenhagen, Denmark 哥本哈根, 丹麦 (1hr20mins) ➡ Bergen, Norway 卑尔根, 挪威

- * **City Tour of Copenhagen** ~ to view the Amalienborg Palace Square, The Gefion Fountain, The Nyhavn Waterfront, Little Mermaid Statue, City Hall Square, Christiansborg Palace and Stroget Pedestrian Street.
- * **Canal Boat Tour** (ticket included) ~ enjoy the canal boat tour through the harbor and idyllic canals where you can see Copenhagen's beautiful churches, castles, old listed houses, new buildings, and all other sights of interest.
- * **哥本哈根市区** ~ 观看阿美琳堡宫广场、卡菲茵喷泉、新港运河、美人鱼雕像、市政厅广场、克里斯蒂安堡和斯特勒格特步行街。
- * **哥本哈根海岸游船** (含船票) ~ 乘坐船观赏美丽海岸上的教堂、城堡、旧的上市房屋、新建筑物等等。



(B) Hotel / (L) NIL / (D) Hotel
(早) 酒店 / (午) 自理 / (晚) 酒店



Thon Hotel, Bergen - 4* or similar
Thon 酒店, 卑尔根 - 4* 或同级

Day
04

Bergen 卑尔根 (119km) ➡ Voss 沃斯

- * **City Tour of Bergen** ~ soak up the sights and sounds of the bustling Fish Market (*subject to the opening time*) in the heart of the city; wander along the narrow alleyways and step into the smorgasbord of shops and galleries in Bryggen.
- * **Mount Floyen** (round trip funicular ride included) ~ enjoy the beautiful view, study the cityscape in detail and the seaward approaches and fjords surrounding Bergen.
- * **卑尔根市区** ~ 游览热闹的鱼市场 (*视营业时间而定*), 感受喧嚣的氛围; 漫步在狭窄的小巷中, 探访布吕根各种商店和画廊的丰富景象。
- * **弗洛伊恩山** (往返含缆车票) ~ 在这里您可以欣赏到美丽的城市景观以及卑尔根周遭峡湾的景色。



(B) Hotel / (L) NIL / (D) Hotel
(早) 酒店 / (午) 自理 / (晚) 酒店



Myrkdalen Resort Hotel, Voss - 4* or similar
米尔克河谷酒店, 沃斯 - 4* 或同级

Day
05

Voss 沃斯 (50mins) ➡ Myrdal 米达尔 (1 hour) ➡ Flam 佛洛姆 (2 hour)
Nærøfjord, Sognefjord 纳柔依峡湾, 松恩峡湾 (83km) ➡ Skei 斯凯

- * **The Flam Railway** (ticket included) ~ experience 1-way Bergen Railway from Voss to Myrdal. The 20 km long scenic train between Myrdal and Flam offer views to spectacular nature, historical cultural landscapes and extreme engineering skills and it is one of the world's steepest railway lines on normal gauge.
- * **Nærøfjord Cruise** (ticket included) ~ you will embark on a 2-hour sightseeing cruise within Flam and Gudvangen on the pristine waters of Nærøfjord and prepare to be blown away by the spectacular vistas displayed before your very eyes. Nærøfjord, is the world's narrowest fjord and is included in the UNESCO World Heritage List.
- * **弗洛姆铁路** (含火车票) ~ 从沃斯, 体验从沃斯到米达尔的单程伯根铁路之旅。米达尔和弗洛姆之间长达20公里的风景火车提供了壮丽的自然景色、历史文化风景以及卓越的工程技能。它是世界上标准轨距上坡度最陡的铁路之一。
- * **纳柔依峡湾游船** (含船票) ~ 启航两个小时峡湾巡游, 游览弗洛姆和古德凡根的奈尔维峡湾纯净水域。在此, 一年四季皆有不同的美貌, 每个季节都在峡湾地貌留下了独特的印记, 待您一同见证它的美丽! 纳柔依峡湾是松恩峡湾的一个分支, 其景色宜人、引人入胜, 其荣登联合国教科文组织(UNESCO) 世界遗产名录绝非偶然。



(B) Hotel / (L) Local / (D) Hotel
(早) 酒店 / (午) 道地 / (晚) 酒店



Thon Hotel, Skei - 4* or similar
Thon 酒店, 斯凯 - 4* 或同级

Day
06

Skei 斯凯 (70km) 大巴 Loen 洛恩 (61km) 大巴 Hellesylt 海勒叙尔特 (1 hour) 大巴 Geiranger 吉朗厄 (115km) 大巴
Andalsnes 昂达尔内斯 (105km) 大巴 Dombas 东巴斯

- * **Loen Skylift** (round-trip cable car included) ~ is one of the steepest cable cars in the world, taking you from the fjord to the top of Mt. Hoven. (subject to weather conditions)
- * **Geiranger Fjord Cruise** (ticket included) ~ the fjord offers a fairytale landscape, encircled by high mountains, where abandoned farms cling to the hillsides. The trip between Hellesylt and Geiranger offer magnificent view of the Seven Sisters and Bridal Veil waterfalls.
- * **Ørnesvingen Viewpoint** ~ a platform offering picturesque views of the fjord & its steep hillsides, plus a waterfall.
- * **Trolls Path Viewpoint** ~ is a winding mountain drive in Norway's Reinheimen National Park that takes visitors through hairpin turns of the Trolltindene mountain range.
- * **洛恩空中缆车** (含往返缆车票) ~ 是世界上最陡峭的缆车之一,带您从壮丽的峡湾一路直达霍文山顶。(视天气情况而定)
- * **盖朗厄尔峡湾游船** (含船票) ~ 峡湾呈现如同童话般的景色,被高山环绕,废弃的农场依附在山坡上。从海勒叙尔特到吉朗厄的旅程中,您将欣赏到七姐妹瀑布和新娘面纱瀑布的壮丽景观。
- * **鹰翎拐角观景平台** ~ 提供峡湾及其陡峭山坡风景的如画美景,以及瀑布。
- * **巨人之路观景平台** ~ 这是挪威 Reinheimen 国家公园内的一条蜿蜒的山路,带领游客穿越 Trolltindene 山脉的急转弯。



(B) Hotel / (L) Local / (D) Hotel
(早) 酒店 / (午) 道地 / (晚) 酒店



Dombas Hotel, Dombas - 4* or similar
东巴斯酒店, 东巴斯 - 4*或同级

Day
07

Dombas 东巴斯 (156km) 大巴 Lillehammer 利勒哈默尔 (184km) 大巴 Oslo, Norway 奥斯陆, 挪威

- * **Maihaugen Open-Air Museum** (entrance included) ~ it is one of the Norwegian cultural and historical museums, there are more than 200 historic houses. ** Closed Every Monday ** If closed, it will be replaced by an alternative sightseeing option.
- * **迈豪根露天博物馆** (含门票) ~ 挪威文化和历史博物馆之一,有200多座历史悠久的房屋。** 每周一休息 ** 在关闭期间,将安排参观其他景点。



(B) Hotel / (L) Local / (D) Chinese
(早) 酒店 / (午) 道地 / (晚) 中式合菜



Scandic Helsfyr Hotel, Oslo - 4* or similar
斯福尔斯堪迪克酒店, 奥斯陆 - 4*或同级

Day
08

Oslo, Norway 奥斯陆, 挪威 (1 hours) 大巴 Stockholm, Sweden 斯德哥尔摩, 瑞典

- * **City Tour of Oslo** ~ to view the Oslo Royal Palace, Aker Brygge Harbor, the City Hall Square, Karl Johan Street, and Vigeland Sculpture Park.
- * **The Fram Museum** (entrance included) ~ it is a museum telling the story of Norwegian polar exploration.
- * **奥斯陆市区** ~ 观看奥斯陆皇宫、阿克码码头、市政厅广场、卡尔约翰街和维格兰雕塑公园。
- * **弗拉姆博物馆** (含门票) ~ 一座以挪威极地探险为主题的博物馆。



(B) Hotel / (L) NIL / (D) Local
(早) 酒店 / (午) 自理 / (晚) 道地



Scandic Talk Hotel, Stockholm - 4* or similar
塔尔克斯堪迪克酒店, 斯德哥尔摩 - 4*或同级

Day
09

Stockholm 斯德哥尔摩

- * **City Hall** (entrance included) ~ it's built from eight million Bricks and the 106-meter-tall tower has three crowns, which is the Swedish national coat of arms.
- * **Vasa Museum** (entrance included) ~ is the best-preserved 17th century ship in the World and a unique art treasure. More than 98 percent of the ship is original, and it is decorated with hundreds of carved sculptures.
- * **市政厅** (含门票) ~ 由800万块砖砌成, 106米高的塔顶有三个皇冠, 是瑞典的国徽。
- * **瓦萨博物馆** (含门票) ~ 是当今世界上保存下来的最美观的 17 世纪船只, 您可在斯德哥尔摩一座为其专门建造的博物馆内找到她。瓦萨号是独一无二的艺术瑰宝。这艘船 98% 的部分都是由原始部件和上百件雕刻品构成。



(B) Hotel / (L) Local / (D) Asian
(早) 酒店 / (午) 道地 / (晚) 亚洲



Scandic Talk Hotel, Stockholm - 4* or similar
塔尔克斯堪迪克酒店, 斯德哥尔摩 - 4*或同级

Day
10

Stockholm, Sweden 斯德哥尔摩, 瑞典 大巴 Helsinki, Finland 赫尔辛基, 芬兰

- * **City Tour of Stockholm** ~ to view the Gamla Stan (old town), Fjallgatan Viewpoint, Stockholm's Subway Art, Royal Palace Square and Drottningholm Palace.
- * **斯德哥尔摩市区** ~ 观看格姆拉斯坦 (老城区)、Fjallgatan观景台、斯德哥尔摩地铁艺术、皇家宫殿广场和德罗特宁霍尔摩皇宫。



(B) Hotel / (L) Chinese / (D) Cruise
(早) 酒店 / (午) 中式合菜 / (晚) 游轮



Overnight Cruise (Seaview Cabin)
游轮住宿 (海景房型)

Day
11

Disembark Helsinki 赫尔辛基下船

- * **City Tour of Helsinki** ~ to view the Sibelius Monument, Senate Square, Market Place, Uspenski Cathedral, Helsinki Cathedral and Central Library Oodi.
- * **Temppeliaukio Church** (entrance included) ~ is built directly into solid rock, also known as Rock Church.
** Closed Every Monday ** If closed, it will be replaced by an alternative sightseeing option.
- * **赫尔辛基市区** ~ 观看西贝柳斯纪念碑、议会广场、集市广场、乌斯别斯基教堂、赫尔辛基大教堂和中央图书馆。
- * **圣殿广场教堂** (含门票) ~ 教堂修建在一个巨大的岩石中, 俗称岩石教堂。 ** 每周日休息 ** 在关闭期间, 将安排参观其他景点。



(B) Cruise / (L) NIL / (D) Local
(早) 游轮 / (午) 自理 / (晚) 道地



GLO Hotel Art Hotel, Helsinki - 4* or similar
格洛艺术酒店, 赫尔辛基 - 4*或同级

Day
12

Helsinki, Finland 赫尔辛基, 芬兰 ➡ Kuala Lumpur 吉隆坡 (via Doha 途径多哈)

- * **Suomenlinna Maritime Fortress** (return ferry included) ~ one of the biggest sea fortresses in the world listed in the UNESCO's World Heritage, an unique monument of the European military architecture. Visit the fortress commandant residence – the Ehrensvard Museum.
- * **苏奥曼斯纳海上城堡** (含往返渡轮) ~ 是世界上最大的海上堡垒。它在1991年被列入联合国教科文组织世界文化遗产。如今为欧洲军事纪念碑之地, 随后参观艾伦怀特博物馆。



(B) Hotel / (L) NIL / Meal on board
(早) 酒店 / (午) 自理 / 机上用餐

Day
13

Arrive Kuala Lumpur 抵达吉隆坡



Vasa Museum
瓦萨博物馆



Stockholm
斯德哥尔摩



Loen Skylift
洛恩空中缆车



The Fram Museum
弗拉姆博物馆

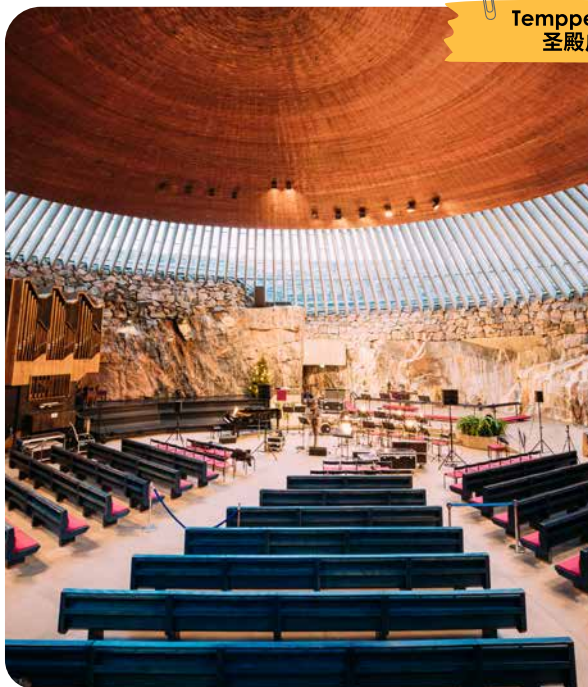


Vigeland Sculpture Park
维格兰雕塑公园



Ørnesvingen Viewpoint
鹰翎拐角观景平台

TempPELLIAUKIO Vis
圣殿广场教堂



* Picture shown are for illustration purpose only * 照片仅供参考

Other information 其他信息：

- Seasonality: **Spring** (Mar - May) / **Summer** (Jun - Aug) / **Autumn** (Sep - Nov) / **Winter** (Dec - Feb)
- Currency: Euro (EUR), Norwegian Krone (NOK), Danish Krone (DKK), Swedish Krona (SEK)
- Tour commentary will be conducted in English with simple Mandarin or Cantonese translation by Tour Leader.
- All pictures shown are for illustration purposes only, actual may varies.
- The itinerary is subject to availability, and Parlo Tours may charge additional fees if needed during the tour.
- Parlo Tours can modify the sequence, amend or cancel hotel accommodations, meals, and sightseeing activities in the itinerary due to unforeseen circumstances, such as peak periods, trade fairs, major events, or force majeure.
- Parlo Tours is not responsible for extra expenses incurred by individuals due to transportation delays, changes, illness, adverse weather conditions, or force majeure. Participants in tour do so at their own risk.
- Parlo Tours is not liable for omissions or errors in printing or presentation, whether in the itinerary, brochures, or other media. Parlo Tours reserves the right to correct such errors as needed.
- Itineraries, meals, hotels and transportation are subject to change without prior notice.
- Kindly refer to Parlo Tours Sdn Bhd's terms & conditions and company policy for full details.
- 季节: 春季 (三 - 五月) / 夏季 (六 - 八月) / 秋季 (九 - 十一月) / 冬季 (十二 - 二月)
- 货币: 欧元 (EUR), 挪威克朗 (NOK), 丹麦克朗 (DKK), 瑞典克朗 (SEK)
- 行程将由Parlo Tours的导游经理用英语进行讲解, 并提供简单的中文或粤语翻译。
- 所有图片仅供参考, 实际可能有所不同。
- 行程安排严格以可用性为准, Parlo Tours 在旅行规划或进行的过程中如有需要, 可能会收取额外费用。
- Parlo Tours 会根据不可预见的情况 (高峰期、贸易展览会、重大活动或不可抗力活动) 修改行程顺序、更改或取消酒店住宿、用餐和观光活动。
- Parlo Tours 不对个人因交通延误、更改、疾病、恶劣天气条件或不可抗力活动而产生的额外费用负责, 参加旅行的人需要自行承担风险。
- Parlo Tours 不对行程、宣传册或其他媒体中的遗漏或错误承担责任。Parlo Tours 保留根据需要更正此类错误的权利。
- 行程、膳食、酒店住宿和交通可能会有所更动, 恕不另行通知。
- 请详细阅读Parlo Tours Sdn Bhd的条款和公司政策。

Operated by



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