We’re intrigued with all we hear about Scandinavia’s culinary evolution, and in 2020 our travels will take us there. Along the way, we’ll discover, learn, and steep ourselves in the region’s history, culture and foodways. We’ll savor dishes influenced by Nordic and Viking traditions perfected over thousands of years and have the opportunity to sample the acclaimed neo-Nordic cuisine. Scandinavia’s achingly gorgeous scenery encompassing Instagram-worthy mountains and brilliant blue fjords, is considered the most beautiful in the world. We’ll visit the Kingdoms of Denmark, Norway, and Sweden, and we’ll base in the capital city of each—magical Copenhagen, compact, vibrant and hip Oslo, and sophisticated Stockholm, whose residents call it “beauty on the water.” A smorgasbord of sights, tastes, experiences—and hygge await. Skål! A post-tour trip to Bergen will be offered. **NOTE:** For those planning to arrive early, June 6 is Sweden’s National Day, a festive public holiday.

**SUN JUNE 7**
**DAY 01/STOCKHOLM**

Arrival in Stockholm; transfer to the **Clarion Hotel Sign.** Remainder of the day at leisure. Suggestions and optional activities offered. Spread across 14 islands on Lake Mälaren, Stockholm’s sleek style is legendary and its storybook-like Gamla Stan is one of Europe’s most enchanting, and well-preserved historic centers. Visitors enjoy world-class museums, Viking treasures and Abba homage.

**EVENING** Welcome Reception & Dinner at **Fem Små Hus.** Located in the heart of Old Town, this charming spot offers Swedish cuisine with a French twist in a historic setting.

**OVERNIGHT / Stockholm**
**MEALS / D**
**MON JUNE 8**  
**DAY 02/STOCKHOLM**

**MORNING** Sightseeing in Stockholm will include a walking tour of Gamla Stan (Old Town), the main square Stortorget with its colorful buildings, the Royal Palace and the iconic City Hall.

**LUNCH** Ostermalm’s Saluhall—Established in 1888, this historic indoor market—one of Europe’s top 10. It’s filled with food stalls where purveyors have served up the finest products for generations, as well as restaurants and cafes. Lunch will be on our own.

**AFTERNOON** Visit to the Urban Oasis—an exciting food tech startup in the heart of the city. Its goal is to accelerate the transition to sustainable food production.

**DINNER** On own.

**OVERNIGHT** / Stockholm  
**MEALS** / B

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**TUES JUNE 9**  
**DAY 03/STOCKHOLM**

**MORNING** Traveling out to Vaxholm, visit acclaimed **Muttley & Jack’s Coffee Roasters** for a tour of the facility, a roasting demonstration, presentation on the Nordic coffee culture; cupping (tasting) followed by Swedish **fika** (coffee and cakes).

**AFTERNOON** Visit to Djurgården—this tranquil oasis in the middle of Stockholm, is home to many of the city’s most famous museums and cultural attractions.

- **Vasa Museum**—A maritime museum displaying the only almost fully intact 17th century war ship, salvaged with a fascinating story.
- **The Spirit Museum**—A unique museum that chronicles Sweden’s complicated history with alcohol and includes interesting exhibits. (lunch at Museum).

**DINNER** On own.

**OVERNIGHT** / Copenhagen  
**MEALS** / B, L

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**WED JUNE 10**  
**DAY 04/STOCKHOLM +COPENHAGEN**

**MORNING** Check out hotel and transfer to the train station; travel Stockholm-Copenhagen via train. Denmark’s regal little capital is home to the world’s oldest monarchy. Historic and modern, colorful houses and cozy cafes line cobblestone streets and meld strikingly with Scandinavian-cool design.

**AFTERNOON** Check into the Nyhavn Hotel. A sightseeing tour of Copenhagen’s highlights will include Amalienborg Palace, fascinating churches, Strøget, Europe’s longest pedestrian shopping street, and of course, the famed little mermaid.

**DINNER** On own.

**OVERNIGHT** / Copenhagen  
**MEALS** / B
THUR JUNE 11
DAY 05/ COPENHAGEN

MORNING A culinary walking tour will include visiting Copenhagen’s historic Torvehallerne Market, learning about Danish foodways and traditions (including Danish pastries and the innovative development of the Danish Smørrebrød) and learning about the New Nordic cuisine. It will be lunch!

AFTERNOON CPH Cooking Class—a hands-on cooking lesson in the creation of a three-course dinner from classical, seasonal ingredients and foraged delicacies. Dishes are inspired by traditional Danish classics and fused with the New Nordic cuisine. Followed by dinner.

OVERNIGHT / Copenhagen
MEALS / B, L, D

FRI JUNE 12
DAY 06/ COPENHAGEN

MORNING A guided tour of Copenhagen’s Botanical Gardens will be a feast for the eyes and a learning experience. Extensive collections include edible and medicinal plants. Located in the heart of the city, the gardens are a true oasis.

LUNCH Amass Restaurant—Noma alum chef, Matt Orlando brings his take on the New Nordic cuisine to this industrial chic restaurant with water views. Many products are grown in their backyard garden. This experience will include a garden tour.

AFTERNOON A walk-around tour of an exciting new distillery, Empirical Spirits pioneering new methods and creating new spirits will include an in depth description of production and tastings.

DINNER On own.
OVERNIGHT / Copenhagen
MEALS / B, L

SAT JUNE 13
DAY 07/ COPENHAGEN

MORNING Hotel checkout. Copenhagen canal cruise and free time to visit Tivoli Gardens, shopping and lunch on own before departing for the Ferry.

AFTERNOON Transfer to the ferry port and embark on the overnight DFDS Ferry to Oslo. A modern ferry, it offers a wealth of cruise-ship like amenities. Sea view cabins arranged.

DINNER On your own; with several restaurants to choose from.
OVERNIGHT / Ferry to Oslo
MEALS / B
MON JUNE 15
DAY 09/ OSLO

MORNING A tour of Vigeland Sculpture Park, followed by an excursion to the Bygdøy Peninsula. Close to the city center, serene, residential Bygdøy is a forested peninsula known for its maritime history. Its coastline is dotted with quiet beaches and hiking and bike trails and its home to some of Oslo’s most popular museums. We’ll visit:

The Norsk Folkemuseum—One of the world’s oldest and largest open-air museums, it shares Norway’s cultural history with extensive collections of artifacts from all social groups and all regions of the country.

The Viking Museum—Displays the world’s best-preserved Viking ships and finds from Viking tombs around the Oslo Fjord.

LUNCH Louise’s Restaurant—Maritime restaurant decorated with more than 1,000 objects from harbors, shipyards and the sea, located in the only remaining building from the old Akers Mek boat workshop.

AFTERNOON Oslo Fjord boat tour—Discover the diverse islands, view the colorful houses, and enjoy delightful landscapes, the beautiful surrounding hills, and stunning city views.

OVERNIGHT / Oslo
MEALS / B, L

SUN JUNE 14
DAY 08/ OSLO

MORNING Arrival in Oslo; transfer to the Clarion Hub Hotel (or similar). Remainder of the day at leisure. Named European Green Capital in 2019, visitors come for the stunning natural beauty and stay to enjoy Scandinavia’s edgiest vibe. Oslo is a culinary destination in its own right, with a small constellation of Michelin stars, award-winning baristas, and urban farmer’s markets. Sightseeing in Oslo to include the Royal Castle and Norway’s yellow brick Parliament building, one of Europe’s most charming.

LUNCH Oslo Beer Academy, Grünerløkka. Norway has a rich cultural heritage when it comes to beer, stretching all the way back to the Viking Age. Our lunch will include a beer tasting, learning, storytelling and hygge.

AFTERNOON Free time in Grünerløkka. Once a working-class neighborhood, it is now one of Oslo’s hippest. There is a plethora of restaurants, galleries, bars, coffee shops and trendy boutiques.

DINNER On own.
OVERNIGHT / Oslo
MEALS / B, L

TUE JUNE 16
DAY 10/ OSLO

MORNING hotel checkout; visit to Mathallen, a European-style food hall-cum market, will be followed by a hands-on Smørrebrød lesson and lunch at a culinary academy. The open-face sandwiches are a long-standing Scandinavian culinary tradition.

AFTERNOON Remainder of the day is free.

EVENING Farewell dinner TBA.
OVERNIGHT / Oslo
MEALS / B, L, D

WED JUNE 17
DAY 11/ OSLO

MORNING Transfer to airport for departure or onward travel.
MEALS / B