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 arriving early, May 17 is Norwegian Constitution Day—a festive national holiday.

MON MAY 18
DAY 01/OSLO

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. Suggestions and optional activities will be offered.

EVENING Welcome Reception & Dinner. Dyna Fyr - A magical lighthouse in Oslo Harbor

OVERNIGHT / Oslo
MEALS / D
TUE MAY 19
DAY 02/OSLO

**MORNING** Sightseeing in Oslo to include the Royal Palace, Oslo Cathedral, the old marketplace Stortorvet, 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

THUR MAY 21
DAY 04/OSLO

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

**LUNCH** – Smørrebrød at a culinary academy.

**MID-AFTERNOON** Transfer to the ferry port and embark on the overnight DFDS Ferry to Copenhagen. 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 Copenhagen

**MEALS** / B, L

WED MAY 20
DAY 03/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 Aker 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.

**DINNER** On own.

**OVERNIGHT** / Oslo

**MEALS** / B, L
FRI MAY 22
DAY 05/ COPENHAGEN

MORNING A mid-morning arrival in the port of Copenhagen will be beyond scenic. Cameras at the ready! Denmark's regal little capital is home to the world's oldest monarchy. Historic and modern, colorful houses and cozy cafes line cobbledstone streets and meld strikingly with Scandinavian-cool design.

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.

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 is pioneering new methods and creating new spirits. Tour will include an in depth description of production and tastings.

DINNER On own.

OVERNIGHT / Copenhagen
MEALS / B, L

SAT MAY 23
DAY 06/ 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 Free (we suggest a visit to Tivoli Gardens).

DINNER On own.

OVERNIGHT / Copenhagen
MEALS / B, L

SUN MAY 24
DAY 07/ 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

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, D
MON MAY 25
DAY 08/ COPENHAGEN+STOCKHOLM

MORNING Transfer to Stockholm via train. 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 and cuisine, Viking treasures and Abba homage.

LUNCH will be at Östermalms Saluhall. Established in 1888, this famed indoor market is filled with food stalls, where purveyors have served up the finest products for generations, as well as restaurants and cafes.

AFTERNOON Check into the Clarion Hotel Sign. Sightseeing will include a walking tour of Gamla Stan (Old Town) and the main square Stortorget with its colorful buildings, the Royal Palace and the iconic City Hall.

DINNER On own.

OVERNIGHT / Stockholm
MEALS / B

TUE MAY 26
DAY 09/ STOCKHOLM

MORNING 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.

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 / Stockholm
MEALS / B, L

WED MAY 27
DAY 10/ STOCKHOLM

MORNING A workshop and tasting at Muttley & Jack's Coffee Roasters that will include a tour, roasting demonstration, presentation on the Nordic coffee culture; cupping (tasting) followed by Swedish fika (coffee and cakes).

AFTERNOON An archipelago boat tour will provide an opportunity to experience this gorgeous city from the water and offer stunning views of rugged coastline, wooded islands, islets, and skerries sprinkled over the Baltic Sea. Lunch on board.

EVENING Farewell 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 / B, L, D

THUR MAY 28
DAY 11/ STOCKHOLM

MORNING Transfer to airport for departure or onward travel.

MEALS / B