

SWEDISH LAPLAND AND NORDIC COASTAL SOFT HIKE

2019

16 DAYS
STOCKHOLM - TROMSO FROM **\$11,595*** PP
TRAVEL: 18 AUG, 3 & 17 SEP 2019

RESERVE YOUR PLACE TODAY!

CALL 1800 221 712 EMAIL res@bentours.com OR VISIT bentours.com

SPACES ON THESE EXTRAORDINARY TOURS ARE STRICTLY LIMITED

*Conditions Apply. Prices are per person, twin share and are accurate as of 31 July 2018 but may change depending on surcharges, fees, taxes and/or currency changes. Valid for sale is subject to availability. Valid for travel: 18th of August 2019; 3rd of September 2019; 17th of September 2019. Please note a non-refundable \$250 per person deposit is required within 5 days of making the booking. Some amounts payable directly to third parties during travel may not be included. An additional 2% fee may apply to credit card payments. All discounts, savings, added-value inclusions and bonus nights where applicable are included in the advertised price. Offers may be withdrawn without notice and are not combinable with any other offers unless stated. Offers strictly subject to availability. Package cancellation fees apply. See Bentours.com for more information.

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2019

Narvik, Norway

Experience Swedish Lapland in the beautiful autumn months for 16 days. Visit Luleå, Abisko, Jokkmokk, Jukkasjärvi, and stay at the famous Icehotel. Then, journey into Norway towards Narvik - a coastal town above the Arctic circle in Norway. Finally, finish in Tromsø one of the coolest little towns in the world, nestled beneath snow-capped mountains on the fjordland coast.

DAY 1 STOCKHOLM

Arrive into Stockholm be transferred from the airport to your hotel. Rest of the day is at leisure. In the evening a welcome dinner for the group at Eriks Gondolen. **D**

Hotel: First Hotel Reisen or similar

DAY 2 STOCKHOLM

After breakfast enjoy a panoramic tour of Stockholm. The city is built on 14 islands and connected by 57 bridges, exudes a unique charm in its combination of 13th century Old Town with modern high-tech architecture. Our sightseeing tour, includes visits to the Old Town and the City Hall with its blue and golden halls known for hosting the Nobel festivities. We will discover a city of contrasts, as we wander the narrow and cobbled streets of the Old Town, as the locals say "Gamla Stan", passing by the seven-hundred-year-old Cathedral of Stockholm, while also getting a chance to see Stortorget (the oldest square in Stockholm), where the Stockholm Blood Bath took place in 1520. In the afternoon, we will meet-up again for our canal cruise. Leaving from Strömkajen, in the centre of Stockholm, and going out through the Djurgården canal. Within this leisurely cruise we will be passing beautiful, historical and famous buildings, several museums and garden areas. Evening at leisure. **B**

Hotel: First Hotel Reisen or similar

DAY 3 STOCKHOLM - LULEÅ

Today the group will be transferred by private coach from the hotel to Stockholm airport for their flight to Luleå, in Swedish Lapland. Upon arrival at Luleå airport we are meet by our private coach and local English-speaking guide for our city sightseeing tour in Luleå and Gammelstad Church Village. In the Evening we have an Archipelago Cruise with dinner, on Luleå's beautiful archipelago. During the cruise we will enjoy a typical Swedish buffer with as many shrimp as you can eat and being entertained with live music by the talented troubadours. **BD**

Hotel: Clarion Hotel Sense Luleå or similar

DAY 4 LULEÅ

This morning we meet with our local English-speaking guide and take our coach to our starting point for our day's hike. (this is approximately a 40 minute drive away). While hiking in the beautiful wilderness surrounding Luleå there is a good chance of seeing some wild animals. For lunch we will make an outdoor fire and experience how the Swedes enjoy their time outdoors. In the afternoon we have another short break where we enjoy a Swedish 'Fika' - snacks and Pastries. There is an optional extra High rope tour available on this day, during the hike. Evening is at leisure. **BL**

Hotel: Clarion Hotel Sense Luleå or similar

DAY 5 LULEÅ - JOKKMOKK

After breakfast we head off towards Jokkmokk. (170 km / approximately 2.5 hours' drive away). Upon arrival into Jokkmokk we are going for a canoeing trip. We will be instructed by our local guide on the basics of canoeing, the correct paddling technique and safety instructions before entering the water. While canoeing we might see sea birds, the perch that hurries away in the reeds and a pike hitting with its tail fin in a bay. In the afternoon we will head to the hotel for check-in, the rest of the day is at leisure. And in the Evening, we will have dinner at the hotel. **BD**

Hotel: Jokkmokk or similar

DAY 6 JOKKMOKK - JUKKASJÄRVI

After breakfast we leave Jokkmokk for Jukkasjärvi which is 210 km away / approximately 4 hour drive. En route we will visit the Jukkasjärvi Church, the oldest church in Swedish Lapland. Looking like something that's tumbled from the pages of children's storybook, the little wooden church is painted red and white, and - for most of the year - blanketed with thick snow. On our arrival at the Ice Hotel Jukkasjärvi we are having an ice sculpting class. The class starts with the instructor talking about the crystal-clear ice, which is harvested from Tore River. After the ice sculpting class, we will meet with an English-speaking guide for a guided tour of the Ice Hotel which takes 30 minutes. The rest of the day is at leisure and dinner is at the hotel. **BD**

Hotel: Ice Hotel

DAY 7 JUKKASJÄRVI

Today we meet with our English speaking guide for our river rafting tour. Torne River Rafting is Jukkasjärvi's most classic tour, which dates back to the 1970s. We head out on a journey downstream on the Torne River, the guide instructing us all the way through both calm and rough water. Along the

way we stop on the island Puonojokk where we have lunch over open fire, followed by coffee and Swedish Fika. The guide will take about the rich history of the Torne River afterwards we continue further down the river, through rapids and beautiful forests. We will end this tour down river and head back to the hotel via minivan. **BLD**

Hotel: Ice Hotel

DAY 8 JUKKASJÄRVI - ABISKO

Today we head for Abisko where we will stay at the Abisko Mountain Lodge this is 112 km away, approximately 1.5-hour drive. Upon arrival we will meet our English-speaking guide at the reception and go on a short hike (2hours) through the surrounding wilderness. Abisko being located right under the northern light belt and well above the Arctic Circle is known for its clear weather and is one of the best spots in northern Scandinavia for watching the Aurora Borealis. In the evening we will be transferred from the Abisko Mountain Lodge to the Aurora Sky Station. Where we take a chair lift up to the Aurora Sky Station. On the ride you will enjoy the silence of Abisko National Park. Your eyes will gradually get used to the completely dark sky and soon you will see more stars than you have ever seen before. **BD**

Hotel: Abisko Mountain Lodge

DAY 9 ABISKO

Today after breakfast we will enjoy a full day scenic hike to Paddus, the wild Nissonjokk canyon and take in the beautiful Abisko scenery. During this adventure we will stop and sit down to enjoy a tasty lunch while letting our eyes sweep over the horizon. If we are lucky we may be able to spot wild animals like moose, reindeer, red fox, arctic hare, golden eagle, white-tailed eagle and grouse. **BLD**

Hotel: Abisko Mountain Lodge

DAY 10 ABISKO - NARVIK

Today we say farewell to Abisko & Sweden and cross the border into Norway and head towards Narvik, a coastal town above the Arctic circle in Norway. On our arrival into Narvik we visit the Narvik War Museum. At the War Museum we meet with a local English-speaking guide who will give us a guided tour of the museum. In the afternoon we will head up to the top of Narvikfjellet, a unique ski resort surrounded by majestic mountains and deep fjords. The cable car ride takes us to the top station of Narvikfjellet at 656 metres above sea level. There is no better place for a panorama view of the town and surrounding scenery, with rugged mountains emerging straight out of the ocean. There are

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several viewing platforms and benches where you can sit, relax and savour the view. You will have free time to wander some of the walking paths on Narvikfjellet and then we transfer back to the hotel. Evening is at leisure. **B**

Hotel: Quality Hotel Grand Royal or similar

DAY 11 NARVIK

After breakfast we set off for a full day hike for 6-7 hours. We'll spend a whole day exploring the spectacular mountain trails and summits around Narvik with challenging mountain terrain and awesome fjord views. These hikes are longer and more demanding, a certain level of fitness is desirable. Today you will be hiking a distance of 12 km and climb to an altitude of 1200m, on a good, easy trail. Along the way you'll have amazing views over Ofotfjorden, Storvatnet and Skjomen. It's one of the hikers favourite mountain hikes. A lunch box will be provided for the day. A professional hiking guide will be with for this day. **BL**

Hotel: Quality Hotel Grand Royal or similar

DAY 12 NARVIK - MALANGEN RESORT

Today on our way to our next stop in Norway, Malangen Resort, along the way we will be stopping at "The Polar Park" - Arctic wildlife centre. The Polar Park is an animal park, which is way more than a traditional zoo. The animals have a large free-range area to create a habitat as natural as possible for the animals. With 1100 dekar in only 12 enclosures, the Polar Park is one of the animal parks with the most area per animal. We have the chance to see bears, wolves, and lynx as well as deer, moose, reindeer and muskox. After the Polar Park we will continue for 116kms to our hotel (approximately a 2 hour drive). **BD**

Hotel: Malangen Resort

DAY 13 MALANGEN RESORT

After an early breakfast we depart from our hotel by coach for a quick 30 minute drive to the start point, of today's morning hike in the stunning Norwegian countryside. The afternoon is at leisure for you to enjoy the facilities of Malangen Resort such as the open air hot tub and sauna. (It is necessary to book in advance, as the hot tub needs time to reach the optimal temperature). Please note that the open air hot tub is not included in the daily public sauna. **BD**

Hotel: Malangen Resort

DAY 14 MALANGEN - TROMSØ

After a leisurely breakfast we are driving to Tromsø 70 km away, approximately a 1.5 hour drive. Upon arrival in Tromsø we meet a local English-speaking guide for a city walking tour. Together with our local authorised guide the tour starts with an orientation on Tromsø where we will visit the world's most northern Botanical gardens. Here we can enjoy the views of the mountains to the east and south. Tromsø enjoys a subarctic climate, its location corresponding to the northern coast of Alaska. Visit the Polar Museum (entrance included) where we will learn fascinating facts on nature and culture in northern Norway. Following this, we will continue a tour around the island, passing Lake Prestvatn, travel across the bridge to the Arctic Cathedral and the last highlight of this day tour is Fjellheisen cable car (entrance included). The ascent on the cable car takes approximately 10 minutes, lifting you up to the roof of the Tromsø Valley, 421 meters above sea level. Reach the top of Mount Storsteinen, where we can enjoy a spectacular view of Tromsø city and its beautiful surroundings before returning via the cable car to our awaiting coach. **B**

Hotel: Scandic Ishavshotel or similar



HIGHLIGHTS:

- Unique accommodation – Icehotel, Abisko Mountain lodge and Malangen Resort
- Daily activities, hiking, canoeing, river rafting
- Exploring Stockholm, Luleå, Abisko, Narvik & Tromsø
- Experiencing the Scandinavian wilderness with local professionals

INCLUSIONS:

- 15 nights accommodation in the hotels
- 15 breakfast buffets
- The service of a professional Tour Director from DAY 01-16
- Arrival and departure airport transfers in Stockholm and Tromsø
- City tour in Stockholm including local guide
- City tour in Tromsø including local guide
- All hiking tours and excursions as mentioned in the itinerary
- All entrances as mentioned in the itinerary
- All lunches as mentioned in the itinerary, some of the lunches will be lunch boxes to be enjoyed in the nature.
- All dinners as mentioned in the itinerary, all meals will be 3 courses including coffee/tea
- The service of a private coach from day 3 starting Luleå and ending in Tromsø
- The coach includes WIFI
- Regular domestic flight Stockholm – Luleå with Norwegian including 2 suitcases of 20kg per person

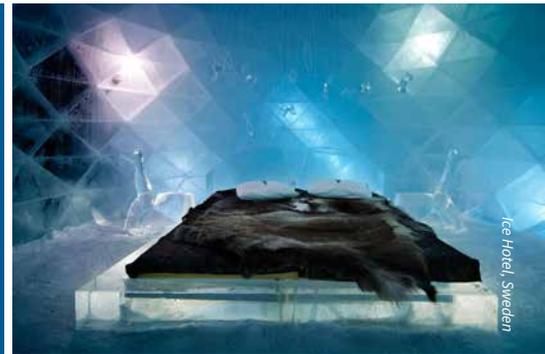
DAY 15 TROMSØ

A full day hike to Brosmetinden with lunch in the wilderness included. Brosmetinden is one of the local's favourite walks. It is an easy hike where you have a fantastic view of the ocean and neighbouring islands along the whole hike. The view from the top is breath-taking! This evening we have our Farewell dinner. The view from the restaurant is wonderful as it is located right next to the water. We are served a wonderful 3-course menu with delicious fresh fish dishes. (drinks not included). **BLD**

Hotel: Scandic Ishavshotel or similar

DAY 16 TROMSØ

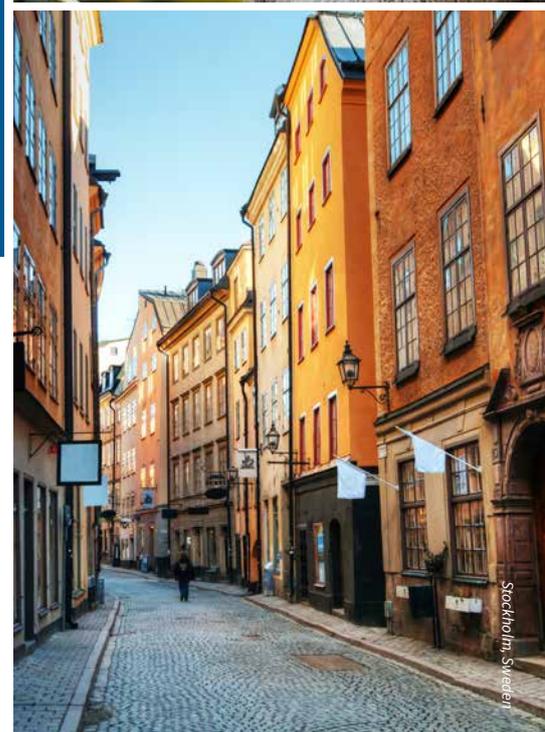
After breakfast transfer from your hotel to the airport. **B**



Ice Hotel, Sweden



Reindeer, Sweden



Stockholm, Sweden

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