



7:00 PM — Together we'll share a delicious Traditional Welcome Dinner at one of Bergen's local restaurants, savoring Norwegian flavors while we get to know our new circle of friends.

(Overnight Bergen)

**August 21                      World Heritage and Gastronomy                      (B, L, D)**

9:00 AM — After a hearty breakfast, we'll gather in the lobby and set off on foot to explore Bergen's storybook streets and hidden corners. Nestled between fjords and mountains on Norway's southwestern coast, Bergen was once the nation's capital—and today its past still whispers through cobblestone alleys, colorful wooden wharf houses, and the bustling old harbor. Our local guide will share tales of kings, merchants, and maritime lore as we stroll through the UNESCO-listed Bryggen Wharf and historic Hanseatic buildings.

After lunch at a local café, we'll ascend Mount Fløyen via the iconic Fløibanen Funicular, where sweeping views of the city, sea, and surrounding peaks await—be sure to breathe it all in and snap a few panoramic photos!

This afternoon, we'll dive fork-first into Bergen's vibrant food scene with a gastronomy tour. Wander through the famous fish market, taste coastal delicacies fresh from the sea, and sample a playful spread of Norwegian specialties: from lefse (sweet flatbread) to brunost (that famous caramel-brown cheese) and even the adventurous rakfisk (fermented fish)—with plenty of delicious veggie-friendly bites too. Expect your taste buds to dance and your stories to grow richer over each shared bite.

(Overnight Bergen)

**August 22                      Fjord Waters                      (B,L)**

7:00 AM — This morning, we check out and leave the city behind and journey into one of Norway's most breathtaking treasures: the fjords! We'll head to the charming village of Jondal, where glassy waters and towering mountains create a scene so beautiful it feels like you are paddling inside a postcard.

9:30AM — Here, we'll slip into kayaks for a gentle, guided paddle through the serene Hardangerfjord—taking in waterfalls, crisp air, and that soul-deep quiet only nature can give. (No kayaking experience needed—just a sense of adventure for about 3 hours)

1:00 PM — After working up an appetite, we'll enjoy lunch in town before stopping by the Hardanger Art Gallery, a small gem showcasing local art and crafts inspired by this spectacular landscape. It's a sweet chance to slow down and soak up the region's creative spirit.

3:30 PM — Enjoy free time to explore this gorgeous land. The evening is free for you to wander, dine, or curl up early and dream of tomorrow’s adventures.

(Overnight in Hardanger)

**August 23**

**Fjord Cruise**

**(B,L)**

Morning — Today we’ll see Norway from its most iconic perspective: the water. Settle in for a breathtaking 4-hour fjord cruise as we glide from Bergen through the Osterfjord to the narrow Mostraumen strait. Towering cliffs, tumbling waterfalls, and lush green slopes will surround us—keep your camera close, but don’t forget to simply pause and breathe in the salt air too.

Lunch will be served along the way or back in Bergen—good food tastes even better when your cheeks are rosy from the sea breeze!

2:30 PM — Back on land, we’ll step into Bergen’s creative side with a special women’s entrepreneur walking tour in the artsy Jacobsfjorden district.

- First, we’ll visit Susan Fosse, a talented textile designer whose vibrant knits and patterns are inspired by Norway’s wild landscapes and rich heritage.
- Next, we’ll pop into Gunvor Rasmussen’s studio—her whimsical illustrations, books, and quirky prints capture Nordic life with a playful wink.
- Finally, we’ll meet Hege Johansen Hauge, whose modern Viking-inspired silver jewelry bridges ancient archeology and today’s bold design.

4:30PM Check in at Heit Bergen Sauna—a cozy, modern floating sauna moored right on the water. Sink into the soothing heat, feel your muscles soften, and let the steam carry away every last bit of tension.

6:30PM Our evening is free to wander the streets and dine!

(Overnight Bergen)

*Oslo is a vibrant blend of old-world history and modern Nordic cool. Famous for its commitment to sustainability, social justice, and sauna culture, it's a city where castles, street art, and activism all share the same skyline.*

**August 24                      The Flåm Railway & Into Oslo                      (B,D)**

After breakfast, we bid farewell to Bergen—but not to Norway’s jaw-dropping scenery! Today is a travel day like no other, weaving together buses, ferries, and trains through landscapes so stunning they’ll make you want to press your nose to the window the entire way. Expect to be on the road for about 8 hours.

First, we’ll journey by bus to Voss and on to Gudvangen, where we’ll board a ferry to glide through the Nærøfjord, a UNESCO World Heritage site and one of Norway’s narrowest, most dramatic fjords. Keep an eye out for tiny villages tucked into green hillsides and waterfalls cascading down sheer cliffs—this is the fjord dream you came for.

From the village of Flåm, we’ll climb aboard the world-famous Flåm Railway (Flåmsbana)—a marvel of engineering that winds its way up steep mountain slopes, past roaring waterfalls and lush valleys. It’s one of the steepest standard-gauge railways in the world, and every twist and turn delivers a new “Wow!” moment.

At Myrdal, we’ll switch trains for the final stretch on the Bergen Railway, rolling through more wild Nordic beauty all the way into the vibrant heart of Oslo, Norway’s capital. We’ll check into our hotel and gather for a cozy group dinner together, to toast the day’s adventure and the city ahead. (overnight Oslo)

**August 25                      Oslo’s Past, Present, & A Touch of Viking Spirit                      (B)**

9:00 AM — Lace up your comfy shoes and charge up your camera—today we’re getting our steps in as we walk straight through Oslo’s layered history and contemporary heartbeat. Our guided city tour begins at the elegant Royal Palace and its leafy Palace Park, then winds through the city’s stately streets to Oslo City Hall, the site of the Nobel Peace Prize ceremony.

Next, we’ll step back in time with a guided visit to the Akershus Fortress, a medieval castle perched above the Oslofjord. Built in 1299, its ancient stones hold more than 700 years of tales—from Viking raids to royal banquets.

Midday, we'll break for free time and lunch at Vippa Oslo, a beloved harbor-side food court where local vendors serve up fresh, global bites—bring your curiosity (and your appetite)!

After a little rest, we'll visit the striking Oslo Opera House, its crisp white roof sloping right into the harbor like an invitation. We'll climb the roof for panoramic views of the city, fjord, and distant hills—one of the best photo ops in town. Then we'll head to the Munch Museum by the waterfront to see not only Edvard Munch's world-famous works but also contemporary cultural programming that keeps Oslo's creative spirit buzzing.

To end the afternoon with a dash of adventure, we'll head out on the fjord in a færing, a traditional Norwegian wooden rowboat, for a mini-Viking-inspired paddle.

After our row, we will stop at the Mirabel Restaurant for an early-evening cocktail in the golden Scandinavian light (drinks not included)

Dinner tonight is free—wander with friends to the lively New Market Hall, discover a tucked-away café, or simply savor a quiet meal under Oslo's endless summer sky.

(overnight Oslo)

## **August 26      Women's Voices, Parks & Sauna Nights      (B,L)**

9:00 AM — This morning, we step into one of Oslo's most inspiring spaces: the Oslo Women's Rights Initiative, where we'll hear directly from local advocates about the opportunities and challenges facing women in Norway today. It's a chance to learn, ask questions, and expand our circle of understanding across borders.

11:00 AM — Next, we stretch our legs and our imaginations at the stunning Vigeland Park, the world's largest sculpture park made by a single artist. With over 200 granite, bronze, and wrought-iron sculptures by Gustav Vigeland, every path is lined with human forms—bold, playful, contemplative—capturing life in all its messy, beautiful stages.

1:00 PM — We'll enjoy lunch together at a charming local restaurant, sharing reflections and favorite moments under Oslo's big summer sky.

3:00 PM — We wrap up the day at SALT, Oslo's legendary fjordside cultural hub and sauna village. Dip into one of its 12 unique saunas, sip something refreshing at the outdoor bars, wander through art installations or live performances—and savor dinner from the many tasty food stalls. There's something here for every mood—whether you're craving heat, conversation, or a quiet moment under the Nordic sky.

For those who want to keep the vibe going: join us at Blå, Oslo's iconic independent music club, where the city's creative pulse comes alive through live jazz, R&B, hip-hop, and more.

(overnight Oslo)

**August 27****Noble Truths and Oslo Fjord Farewell (B, L, D)**

Morning — Sleep in, sip a slow coffee, or choose your own Oslo adventure this morning—today begins with free time to wander wherever your heart calls. You might explore one of the city’s world-class museums, stroll the lively harbor promenade, or join our guide for a gentle walk through the lush Oslo Botanical Gardens, a living Arboretum with over 1,800 plant species blooming under the Nordic sun.

1:00 PM — We’ll gather for a sweet mid-day treat at Haralds Vaffel, Oslo’s beloved waffle shop that’s become a global legend. Here, waffles are anything but ordinary! They’re topped with local jams, brunost, or savory twists that will have you dreaming of waffles long after you’re home.

3:00 PM — Inspired and fueled, we’ll head to the Nobel Peace Center for a guided tour that reminds us why Oslo is a city with both a big heart and big ideas. Stand among stories of peacemakers and bold visionaries whose work echoes far beyond these walls.

4:30 PM — Return to the hotel for a bit of downtime—nap, journal, or simply soak up your last Oslo sunset.

6:45 PM — Tonight, we gather one last time in Norway for a Floating Buffet Dinner Cruise on the Oslo Fjord. For three dreamy hours, we’ll drift along calm waters, share laughter and stories, and watch the city lights dance on the waves as we savor fresh Nordic flavors from the buffet. A perfect exhale to close our Oslo chapter.

(Overnight Oslo)

*Built across 14 islands, Stockholm is refined, radiant, and effortlessly stylish. With its medieval old town, cutting-edge design, and deep appreciation for both nature and nuance, it’s a city that invites both awe and introspection.*

**August 28****To Sweden! Or the Land of Svea (B, D)**

Morning — Wake slowly this morning, maybe with one last stroll along Oslo’s harbor or a quiet coffee with new friends. After breakfast, we’ll check out of our hotel and take time to soak up our final moments in Norway’s warm, thoughtful capital.

10:30 AM — We’ll gather our bags and make our way to Oslo Central Station, where our next adventure awaits: the sleek SJ high-speed train that will whisk us across the Swedish border. Settle into your seat, watch Nordic landscapes blur by, and share a snack or a nap as we glide through forested hills and shimmering lakes.

5:30 PM — We'll arrive in Sweden's effortlessly stylish capital, Stockholm, and transfer to our welcoming 4-star hotel. Take a moment to freshen up and stretch—then get ready to taste the city's creative side.

7:00 PM — Tonight, we'll gather at the Stockholm Brewing Co., an independent organic craft brewery where we'll share a delicious dinner paired with a guided tasting. Sip unique local brews, hear the stories behind the hops, and raise a glass to our next chapter together in the Land of Svea.

(Overnight Stockholm)

**August 29                      Medieval Streets & Swedish Folk Art                      (B, L)**

9:30 AM — After breakfast, lace up for a day of stories and strolling as our local guide leads us through Gamla Stan, Stockholm's enchanting old town. Here, cobbled streets twist past ochre-colored buildings and hidden courtyards that have seen centuries of royal processions and secret meetings. We'll step inside the 13th-century Storkyrkan Cathedral, marvel at the grandeur of the Royal Palace (Kungliga Slottet), and soak up tales of Swedish kings, queens, and rebels.

Next, we'll pop into the Swedish History Museum for a quick dive into Sweden's rich past—Vikings, medieval monarchs, and modern milestones all under one roof.

1:00 PM — We'll refuel with lunch at a cozy local spot.

3:00 PM — Sweeten your afternoon with a hands-on Strudel Cooking Class! Learn how to stretch, fold, and fill this delicious pastry while laughing together in the kitchen. You might even discover a new party trick to take home.

The evening is yours to savor Stockholm at your own pace: unwind at the hotel spa or sauna, explore a hidden cocktail bar, or splurge on an unforgettable meal at Frantzén, the city's three-Michelin-star crown jewel—if you're feeling fancy!

(Overnight Stockholm)

**August 30                      Forest Bathing, Farm Lunch & Spa Bliss                      (B, L)**

8:30 AM — Today, we slow things way down and let nature do her magic. After breakfast, we'll set out for Tyresta National Park & Nature Reserve, one of Sweden's most beautiful, protected forests. Our forest bathing walk invites you to move mindfully,

breathe deeply, and awaken every sense—listening to birdsong, touching ancient tree bark, and noticing how the light dances through the canopy. It's not about distance; it's about presence, calm, and soaking up nature's quiet power to restore us.

1:00 PM — After this mindful morning, we'll gather at Dahlgrensgården, a charming organic farm, for a delicious, seasonal vegetarian lunch. Every bite is a taste of the Swedish countryside—fresh, simple, and made with love.

3:00 PM — Back in the city, we lean even deeper into relaxation with a three-hour spa session at the historic Centralbadet Spa—an art nouveau sanctuary with pools, saunas, and optional treatments if you'd like to treat yourself to a massage or facial. Drift, float, rest, this is your time.

6:30 PM — We'll return to the hotel refreshed, with the evening free to savor dinner wherever your taste buds lead you—Stockholm is full of cozy bistros and hidden gems.

Optional Nightcap: For a playful finale, bundle up and join us at the iconic Stockholm Ice Bar, where you can sip cocktails in a frozen lounge made entirely of ice—glasses included!

(Overnight Stockholm)

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**August 31** **Ships, Fika & A Soulful Send-Off** **(B, D)**

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9:30 AM — For our final full day together, we step into Stockholm's maritime past at one of Scandinavia's most iconic museums. Visit the remarkable Vasa Museum, home to the world's only preserved 17th-century warship—an awe-inspiring glimpse into Sweden's seafaring legacy.

Take your time to explore and grab lunch wherever calls to you—maybe a cozy waterfront café or a lively food hall nearby.

2:00 PM — We'll regroup for one last Swedish fika, that beloved ritual of slowing down with coffee and something sweet, savoring a final moment to share memories and laughter.

3:00 PM — Our afternoon closes with a soothing 90-minute Sound Healing Session guided by a holistic practitioner. Lie back, let the gentle waves of sound wash over you, and allow your body and mind to settle into a state of deep calm and gratitude.

4:30 PM — Return to the hotel for a little rest or last-minute packing—then it's time to celebrate!

6:00 PM — Tonight, we'll gather for our Wrap-Up Circle with Shasta, sharing reflections and favorite moments from our days together. We'll close this Scandinavian adventure


with a joyful Celebratory Farewell Dinner, raising a glass to the memories made, the friendships formed, and the beautiful paths ahead.

(Overnight Stockholm)

**September 1                      Farewell for Now                      (B)**

Some of you may choose to extend your stay in beautiful Stockholm, while others we'll transfer to the airport with hearts full of stories and new friendships.

For those craving one more adventure, you're warmly invited to join our 4-night Finland Extension—a final chapter of saunas, forests, folklore, and fresh connections in the Land of a Thousand Lakes.

Until we meet again—safe travels and stay connected. 

## ***Optional Add-On to Finland***

### ***The Soft Landing: Nourishment in Finland (September 1- 5, 2026)***

*After our Scandinavian circle wraps in Stockholm, we invite you to venture north for four more unforgettable nights in Finland—the world’s happiest country. Together, we’ll wander historic Helsinki, meet inspiring local women, and learn the secrets of Finnish well-being and wild nature. From foraging in ancient forests and soaking in a smoke sauna to exploring sea fortresses and hidden sagas, this extension is an invitation to slow down, connect deeply, and experience Nordic joy at its purest.*

#### **September 1 — Tervetuloa: Welcome to Finland (D)**

Morning — After breakfast in Stockholm, we’ll catch a short flight north to Helsinki, Finland’s charming capital—a city where calm design, resilient spirit, and wild nature coexist beautifully.

3:00 PM — Upon arrival, we’ll settle into our hotel and take a breath—ready to discover why Finland is consistently named the Happiest Country in the World.

5:00 PM —Let’s unwind and land with a stroll through one of Helsinki’s beautiful natural reserves. We will enjoy a 90 min stroll to ground and soak up the greenery.

7:00 PM — Gather for a cozy Welcome Dinner, savoring fresh, seasonal Nordic flavors as we toast to this next chapter together

Overnight: Helsinki

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#### **September 2 - History & Happiness (B,D)**

9:00 AM — This morning, we’ll step into Helsinki’s rich past on a guided city walk. We’ll start in the stately Senate Square, ringed by neoclassical gems like the iconic Helsinki Cathedral. Then we’ll wander through the vibrant stalls of Market Square (Kauppatori)—perfect for sampling local bites and picking up unique crafts.

A short stroll brings us to the Uspenski Cathedral, a striking Russian Orthodox landmark perched on a hill with sweeping views of the harbor. We’ll finish our city stroll along the lively Esplanadi, a leafy park avenue lined with cafés, boutiques, and street musicians. Enjoy free time here to grab lunch wherever looks tempting!

2:30 PM — Next, we roll up our sleeves for a Himmeli Workshop—learning to make these delicate geometric mobiles that connect nature, craft, and Finnish tradition.

4:30 PM — We'll deepen our dive into Finland's secret to joy with an exchange with a Happiness Coach, where we'll learn about Finland's approach to wellness, education, and everyday contentment.

6:00 PM — The evening is yours to savor dinner and explore Helsinki's thriving café or music scene at your own pace.

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### **September 3                      Fortresses & Forest Foraging                      (B,D)**

8:30 AM — After breakfast, we'll hop on a short ferry ride to the historic Suomenlinna Sea Fortress, a UNESCO World Heritage site spread across several islands in Helsinki's archipelago. We'll wander old ramparts, learn about their centuries-long story, and enjoy free time exploring, relaxing by the sea, or discovering a cozy café.

12:30 PM — Lunch is on your own back in the city—maybe try traditional salmon soup or modern Nordic Street food.

5:00 PM — In the golden light of early evening, we'll venture to the small island of Mustikkamaa, where we'll meet Anna Nyman, a licensed wild food counselor and herbalist. Together, we'll embark on a fascinating forest foraging walk, learning to identify and taste at least 15 edible wild plants—then gather for a rustic picnic featuring snacks and drinks made with our foraged treasures.

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### **September 4<sup>th</sup>                      Sauna & Sagas                      (B, L, D)**

8:30 AM — Today we head to the peaceful countryside of Sipoo for a truly authentic Finnish ritual: the smoke sauna. Built partly into the earth, this traditional sauna connects body and nature in a profound way. After a gentle forest walk and yoga session, we'll relax in the warm, aromatic steam and soak up the tranquility of Finland's wild landscapes.

Next, we'll pay a visit to the intriguing Temple of Lemminkäinen in the village of Gumbostrand—a cave said to guard secrets of ancient Finnish myth, fertility, and shamanic lore. It's an enchanting stop that stirs the imagination and roots us deeper in this land's rich folklore.

12:30 PM — Lunch together before we return to our hotel for some free time to rest, pack, or wander.

5:00 PM — We'll gather for a final Wrap-Up Circle, clinking glasses with a classic Lonkero (Finland's beloved long drink) as we share reflections and gratitude.

7:00 PM — Our Finnish adventure closes with a heartfelt Farewell Dinner, celebrating all we've learned, tasted, and discovered together.

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### **September 5<sup>th</sup> — Näkemiin: Until We Meet Again (B)**

After breakfast, we'll check out and transfer to the airport—warmed by sauna steam, wild herbs, new insights, and stories to carry home. Näkemiin means “see you again”—and we hope we do.

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