

Topdeck

NORTHERN EXPOSURE



TRIP CODE:
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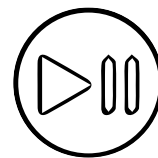
TOPDECKER, meet Australasia (TD)

Don't just take our word for it, come and see for yourself why Scandinavia is so awesome. Beginning in buzzing Berlin, we'll take you north through the jaw-dropping landscapes of fjords, glaciers, forests, lakes and mountains of Scandinavia. We'll hit up Denmark, Sweden and Norway and then carry on all the way up to the Arctic Circle. On the way down we'll pass through Finland before finishing up in Estonia. Let's go!

WORTH NOTING...

A sleeping bag will be REQUIRED for this trip.

WHAT YOU NEED TO KNOW



Play & Pause



Nights



Download app



Meals

Thanks for choosing to holiday with Topdeck

Ready for the time of your LIFE?
The countdown's on...

ABOUT YOUR TRIP NOTES

These Trip Notes contain everything you need to know before your trip departs – from where to meet your Topdeck fam to what we suggest you bring.

Read them on the train, in the supermarket queue or on the loo – we don't mind, just look through them carefully so you know what to expect on your trip. We recommend you download this document so it's with you when you travel (and give a copy to your MVPs so they know what you're up to).

IMPORTANT: please refresh this doc as close to your departure as possible. This means you'll have the most up-to-date info available.

INCLUDED EXPERIENCES

- Driving tour of Copenhagen
- Walking tour of Stockholm
- Driving tour of Oslo
- Visit the Ringeby Stave Church
- Drive the famous Trolls' Path Crossing
- Cruise the majestic Geirangerfjord
- Visit Trondheim and the town of Hell
- Visit the Arctic Circle
- Warm up in a wood-fired sauna
- Do a 'polar plunge' in an Arctic river
- Visit Santa's Village
- Driving tour of Helsinki
- Walking tour of Tallinn

YOUR ITINERARY

DAY 1 | BERLIN, GERMANY

With more museums than rainy days and some of the best DJs on the continent, the only thing you'll miss out on in Berlin is sleep – but there's plenty of time for that later. Drop your bags and get the trip admin sorted at the hostel before getting to know your new trip pals over dinner.



MEALS:

- Dinner

DAY 2 | BERLIN

We'll drive you around to see (what's left of) the Berlin Wall, Checkpoint Charlie, the Brandenburg Gate and the Reichstag building. Afterwards, why not step out on an optional Third Reich walking tour for a local insight into what the city was like under Nazi rule during World War II? Tonight: explore the city after dark on an optional alternative street art and nightlife tour.



MEALS:

- Breakfast



OPTIONAL ACTIVITIES:

- Third Reich walking tour
- Street art and nightlife tour

DAY 3 | BERLIN TO COPENHAGEN, DENMARK

On to Copenhagen to find out why this city keeps popping up among the top five most liveable cities in the world. Get your bearings on a guided driving tour and discover why Copenhagen is home to half of the nation's population.



MEALS:

- Breakfast
- Lunch
- Dinner



INCLUDED TODAY:

- Driving tour of Copenhagen

DAY 4 | COPENHAGEN

Today you have the chance to explore the city in true local fashion: on a bike. Romantic streak? Check out The Little Mermaid, a tribute to the fairytale writer Hans Christian Andersen's pre-Disney masterpiece. Spoiler alert: the original version has the lovestruck mermaid become foam on the sea after she fails to win the prince's affections. Even back then, it seems, *#thestrugglewasreal*.



MEALS:

- Breakfast

DAY 5 | COPENHAGEN TO STOCKHOLM, SWEDEN

You know it for the IKEA hotdogs and meatballs (plus ridiculously good-looking people), but Sweden's capital also punches way above its weight in design, fashion and some multicultural vibes you wouldn't expect this close to the Arctic Circle.



MEALS:

- Breakfast
- Lunch
- Dinner

DAY 6 | STOCKHOLM

Today we've cleared your schedule, so you can wander the city to your heart's content. Take an optional guided tour of Stockholm City Hall (the famous Nobel Prize banquet venue), or spend the day strolling through one of Stockholm's many museums. Wanna take in some views? Then gaze at the greenery of Djurgården or let a hop-on-hop-off boat transport you around the city's 14 islands.



MEALS:

- Breakfast



INCLUDED TODAY:

- Walking tour of Stockholm



OPTIONAL ACTIVITIES:

- Guided tour of Stockholm City Hall

DAY 7 | STOCKHOLM

The day is yours to do as you please. Need some suggestions? Well, you could always pay an optional visit to the Vasa Museum or watch the changing of the guards at the Royal Palace and drink copious amounts of quality coffee. Note: Swedes treat caffeine the way they do their style: very seriously.



MEALS:

- Breakfast



OPTIONAL ACTIVITIES:

- Visit the Vasa Museum

DAY 8 | STOCKHOLM TO OSLO, NORWAY

From the cosmopolitan city vibes of Stockholm to a more laid-back experience in Oslo. Check out endless stretches of Christmas trees and pretty lakes as you settle in for a day of nature-filled sights on the way to Norway's capital. By the afternoon, you'll be all gawped out and more than ready for dinner in the land of the midnight sun.



MEALS:

- Breakfast
- Lunch
- Dinner

DAY 9 | OSLO

There's just enough time to wake up and take a stroll through Gustav Vigeland's bizarre and eccentric sculpture park this morning. Then: a comprehensive driving tour and an optional visit to the Viking Ship Museum, Kon-Tiki Museum and Fram Polar Ship. Take the rest of the day off to soak up Oslo's funky 60s vibe.



MEALS:

- Breakfast
- Lunch



INCLUDED TODAY:

- Driving tour of Oslo



OPTIONAL ACTIVITIES:

- Visit The Viking Ship Museum
- Visit The Kon-Tiki Museum
- Visit The Fram Polar Ship Museum

DAY 10 | OSLO TO ÅNDALSNES, VIA LILLEHAMMER

On to Lillehammer, home of the 1994 Winter Olympics. Do an optional run down the bobsled track before we move on to Åndalsnes for a full day on the Geiranger Fjord. To call the scenery epic would be an understatement (check out Google Images for proof). Also today: a visit to the distinctive Ringeby Stave Church.



MEALS:

- Breakfast
- Lunch
- Dinner



INCLUDED TODAY:

- Visit the Ringeby Stave Church



OPTIONAL ACTIVITIES:

- Ride the Lillehammer Olympic Bobsleigh

DAY 11 | ÅNDALSNES

Grab yourself a window seat as we wind our way around some of Europe's most scenic roads en route to the famous Trolls' Path Crossing. Sit back and drink in the sheer scale of the breathtaking fjords - long recognised as some of the world's greatest natural attractions. Later, we'll get up close and personal with the impossibly beautiful Geirangerfjord on a sightseeing cruise. One word: wow.



MEALS:

- Breakfast
- Lunch
- Dinner



INCLUDED TODAY:

- Drive the famous Trolls' Path Crossing
- Cruise the majestic Geirangerfjord

DAY 12 | ÅNDALSNES TO STEINKJER, VIA TRONDHEIM/HELL

Today we chase the sun to Trondheim, the religious capital of Norway. Repent your sins – the next stop is Hell. Yes, really (only this one is usually frozen over). Temperatures can dip down as low as -25°C. After snapping up some photographic proof of our visit, we're off to Steinkjer for the night.



MEALS:

- Breakfast
- Lunch
- Dinner



INCLUDED TODAY:

- Visit Trondheim and the town of Hell

DAY 13 | STEINKJER TO BJERKA

Today we embark on a coastal drive to Bjerka, an inland village surrounded by mountains. Look forward to some peace and quiet – not to mention more greenery than you can poke a pine tree at.



MEALS:

- Breakfast
- Lunch
- Dinner

DAY 14 | BJERKA TO TYSFJORD, VIA SVARTISEN GLACIER

On to Tysfjord for the night to experience the narrowest point in Norway. Look forward to the chance to check out Svartisen, Norway's second largest glacier. Covering a full 370 square kilometres and at just 20 m above sea level, it's the lowest glacier in mainland Europe – making it easily accessible for hikes and nature-based experiences. Top tip: wear your comfy shoes.



MEALS:

- Breakfast
- Lunch
- Dinner
- Optional activity:
- Visit Svartisen (weather dependent)



INCLUDED TODAY:

- Visit the Arctic Circle

DAY 15 | TYSFJORD TO SKIBOTN

Today, we're headed for Skibotn – where polar ice baths and wood-fired saunas await your arrival (lifelong bragging rights are awarded to those who take the plunge).



MEALS:

- Breakfast
- Lunch
- Dinner



INCLUDED TODAY:

- Warm up in a wood-fired sauna
- Do a 'polar plunge' in an Arctic river

DAY 16 | SKIBOTN TO OLDERFJORD

Onwards and upwards, we're heading north for the last time to witness the height of the midnight sun (so named as it doesn't set between May and June). If you're lucky with the weather, you can expect to see nature at its absolute best.



MEALS:

- Breakfast
- Lunch
- Dinner



OPTIONAL ACTIVITIES:

- Midnight sun Nordkapp experience (weather dependent)

DAY 17 | OLDERFJORD

Fuel up with a late breakfast. Then: a hike through the rugged countryside. After an included dinner with the crew, you'll go to bed counting reindeer and dreaming of fjords.



MEALS:

- Breakfast
- Lunch
- Dinner

DAY 18 | OLDERFJORD TO ROVANIEMI, FINLAND

Cross back over the Arctic Circle and practise your best 'Jingle Bells' as we make our way to Rovaniemi for a trip to Santa's Village. Excitement level: 100/10. Keep your eyes peeled for Santa's reindeer from your window seat.



MEALS:

- Breakfast
- Lunch
- Dinner



INCLUDED TODAY:

- Visit Santa's Village

DAY 19 | ROVANIEMI TO JYVASKYLA

Next up: the university town of Jyväskylä. This Finnish city boasts a party scene to rival some of the best, so this is your chance to let your hair down and rub shoulders with the locals.



MEALS:

- Breakfast
- Lunch
- Dinner

DAY 20 | JYVASKYLA TO HELSINKI

A short trip south to the quirky Finnish capital, Helsinki. Kick back and let us show you the highlights of this funky town on a driving tour. Think: art-nouveau buildings and oh-so-fancy cafés.



MEALS:

- Breakfast
- Lunch



INCLUDED TODAY:

- Driving tour of Helsinki

DAY 21 | HELSINKI TO TALLINN, ESTONIA

More fairytale magic as we hop across to Tallinn with its old city walls and medieval buildings. A walking tour will show you the highlights before we hand you over to the city.



MEALS:

- Breakfast
- Dinner



INCLUDED TODAY:

- Walking tour of Tallinn

DAY 22 | TALLINN

It's all about whatever tickles your fancy today as the trip ends after breakfast. See the Alexander Nevsky Cathedral or check out the KGB museum for a history lesson on the antics of the Soviet Union's former security agency. Pro tip: Old Town is where you'll get the best kind of Estonian #throwback vibes. See you next time!



MEALS:

- Breakfast

MEALS

Your included meals are detailed in the 'Included Essentials' section of this document.

Breakfasts (usually continental breakfasts) are included every day, except on the first morning of your trip. A typical continental breakfast may consist of cereals with milk or yogurt, bread, croissants, cold meats, and cheese – with fruit juice, tea or coffee to drink. It is rare to get a hot breakfast in continental Europe, though on some occasions some hot food may be available.

Included meals will be provided at local restaurants and the accommodations in which we stay. In most cases, table water is provided with meals. If you wish to purchase additional drinks, you can do so at your own expense.

If you have any dietary requirements, we'll make every effort to cater to your needs – as long as you advise your travel agent or Customer Service Consultant when you book. You can also make a note of dietary requirements in the Topdeck app when you check-in.

PLEASE NOTE: Although we'll do everything in our power to cater to your needs, we cannot guarantee this will be possible in every restaurant we visit. We also cannot cater to tastes or dislikes, as most of our included evening meals feature a set menu.

OTHER INFORMATION

TOPDECK APP

Feeling appy? Download the Topdeck app and get PUMPED for the adventure ahead. Best bit is: from 45 days before departure you'll be able to chat with your soon-to-be tripmates.

Plus, get your itinerary at your fingertips – so you know where you'll be going and what you'll be doing on each day of your trip. Nice!

Links:

Apple <https://apps.apple.com/gb/app/topdeck/id994727866>

Android <https://play.google.com/store/apps/details?id=com.FlexiTechSolutions.TopDeck&hl=en>



YOUR SAFETY

NIGHTS OUT

We love a good night out – experiencing the nightlife and entertainment places have to offer is a big part of travelling. But alongside the fun it's important to be aware of your surroundings and personal safety.

When you're out late, remember to avoid walking alone – particularly through deserted areas like beaches and back streets. Always stick together, take a registered taxi where possible, and keep a note of your accommodation so you can find your way back to your fellow Topdeckers if you become separated. Make sure you have your trip mates' mobile numbers in case you need to get hold of them while out and about.

In some countries, alcoholic measures can be considerably larger than what you may be used to. Try to keep track of what you're drinking – and if you see one of your trip mates looking a little worse for wear, take them back to your accommodation. Never leave your drink unattended.

It's also important to be aware that what you might consider harmless flirting may be interpreted differently in some countries. Be yourself and have fun, but stay savvy – you don't want to find yourself in an uncomfortable situation.

DRUG USE

Topdeck has a strict zero-tolerance drug policy. Customers should not bring any illegal substances onto the Topdeck coach or into any of the accommodation we stay in on our trips. This includes marijuana – even if it is legal in some of the states your trip passes through. If you are found in possession of drugs, you will be removed from the trip immediately. All instances of drug possession will be reported to Topdeck Head Office, who may consider alerting the relevant authorities.

REMEMBER: if you are found in possession of drugs, not only do you risk getting in trouble with the local police, but our Driver will also be held responsible if they are found on the Topdeck coach. Trust us, you don't want that to happen to any of our Drivers – they're awesome.

MENTAL HEALTH AND WELLBEING

Culture shock, homesickness, random periods of feeling down – these things happen and are totally normal. You can rest assured that if you're feeling low, your Topdeck crew will do their utmost to cheer you up.

Measures you can take to look after your mental health and wellbeing while on the road with us are:

- Call home. Sometimes it's nice to hear a familiar voice and have a good old-fashioned catch up with your loved ones
- Eat well. Never underestimate the power of a good, wholesome meal. Nobody feels at their best when they're hungry!

- Drink responsibly. Not only will you swerve the dreaded hangover, but by keeping an eye on what you drink you could also avoid getting into any potentially uncomfortable situations
- Talk to your Trip Leader. Don't forget, they're probably far from home too – so they're sure to know some tried- and- tested ways to beat the blues
- Integrate with your fellow Topdeckers. This one is key! The more fun you're having on your trip, the less likely you are to feel homesick (fact!)

TRAVEL SINCE COVID-19

Travel looks a bit different since COVID-19. That's why we've put some new procedures in place to help keep you safe on the road.

What remains the same? Your Topdeck trip will be run hygienically, responsibly, and with your safety at the forefront of everything we do. End of.

Here's the info: <https://www.topdeck.travel/resources/travel-safely>

RESPECT ON THE ROAD

RESPECTING FELLOW TRAVELLERS

Our trips are for everyone. We're a family – and we want every Topdecker to have an incredible time.

What we're not about is excluding people or making them feel like they don't belong. That's why we always encourage Topdeckers to be kind and courteous to their fellow tripmates . The golden rules? Respect each other's space, be mindful of causing excessive noise in shared accommodation, and treat others how you'd wish to be treated. Easy!

HOW TO BE A RESPONSIBLE TRAVELLER

Responsible travel isn't difficult to achieve. With a little conscious thought and preparation, you can have an awesome adventure AND a positive impact on the places you visit. Sweet!

Here are five things you can do to ensure you're travelling responsibly:

- Conserve water. You know the drill – reuse your room towels, take short showers and remember to turn off the tap when you're brushing your teeth
- Reduce your waste. Ditch the plastic bag, refuse unnecessary packaging, dispose of your waste responsibly and recycle as much as possible
- Go local. Hunt down locally owned and operated restaurants and bars, shop in local markets, and book tours and activities run by local guides
- Consider the wildlife. Avoid any attractions that involve closely engaging with wild animals
- Respect local people and culture. Obeying local laws is a given – but also remember to dress and behave in a manner appropriate to the community. Be polite and keep an open mind!

INSURANCE

Before your trip departs, it's compulsory for all passengers to take out comprehensive travel insurance covering cancellation, medical expenses (including repatriation), loss or damage to baggage and personal belongings, money and personal liability.

Head to our FAQ for more info: <https://www.topdeck.travel/resources/faqs-0>

Got more Qs? Chat with our Customer Service team: <https://www.topdeck.travel/about-us/contact>

PASSPORTS AND VISAS

Please make sure your passport is valid for at least six months after the last day of your trip. Some countries will refuse entry if you do not have at least six months validity remaining on your passport after your departure date. Depending on your nationality, you may require a visa to enter certain countries.

It is your responsibility to obtain visas prior to your trip's departure. To determine which visas you'll need, you can consult either your own government's website or the government websites of the countries in which you will be travelling. Check out our handy interactive map showing global visa requirements:

<https://www.topdeck.travel/resources/latest-border-restrictions>

PLEASE NOTE: some visas can take up to six weeks to acquire, so don't leave it until the last minute. Also, bear in mind that the validity of a visa often runs from its date of issue rather than the date of entry into the country. Please check with the appropriate embassy/embassies prior to departure, as requirements do change periodically.

TIPPING

Your Topdeck Trip Leaders and Drivers never expect tips, and they won't ask for any either. We also know how much tipping can cost you. So go ahead – spoil yourself with the money you save travelling with us (just don't forget Mum's souvenir).

WHAT TO BRING

Based on our experience, these items are key. Everyone's different though – so if you want to bring more or less, go for it! (As long as you don't exceed your 20kg allowance, that is.)

- 1 pair of comfortable walking shoes
- 1 pair of smart casual shoes
- 1 pair of thongs/jandals/flip-flops
- 2 pairs of jeans/trousers
- 2 pairs of shorts/skirts
- 4 shirts/T-shirts
- 2 sweaters/jumpers
- Smart casual evening wear
- 1 rainproof jacket
- 1 warm jacket

Underwear and socks

Swimwear

Snow gear

Towel

Toiletries

Hat and sunscreen

Basic medical kit (including plasters, aspirin etc)

Insect repellent

Conversion plug

Reusable water bottle



THAT'S IT!