

Regional Directory

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Please note that this chapter gives a general overview of the whole Scandinavian Europe region. For information relevant to one particular country, see the Directory section at the end of each country chapter.

Some subjects are covered in *both* places (eg general accommodation options are discussed below, but price ranges plus contact details for useful accommodation organisations appear in each country Directory). We've added cross references where appropriate.

ACCOMMODATION

Throughout this book, accommodation is divided into budget, midrange and top-end categories. Our choices are listed in order of

preference, with favourites first (although in budget sections, camp sites are at the top of each list, no matter what!). See the individual country Directories for an overview of local options, and a rundown of prices and useful associations.

The cheapest places to stay are camping grounds, then hostels and student accommodation. Cheap hotels are virtually unknown in far-northern Europe, but guesthouses, pensions, private rooms, farm accommodation and B&Bs can be good value. Self-catering flats and cottages are worth considering if you're with a group, especially if you're staying in one place for a while.

During peak holiday periods, accommodation can be hard to find and it's advisable to book ahead. Even camping grounds, especially popular big-city ones, can fill up.

If you arrive in a country by train, there's often a hotel-booking desk at the train station. Tourist offices tend to have extensive accommodation lists and the more helpful ones will go out of their way to find you somewhere to stay. There's usually a small fee for this service, but it can save a lot of running around. Agencies offering private rooms can be good value; you may lack privacy, but staying with a local family brings you closer to the spirit of the country.

B&Bs, Guesthouses & Hotels

There's a huge range of accommodation above the hostel level. B&Bs, where you get a room and breakfast in a private home, can often be real bargains. Pensions and guesthouses are similar, but usually slightly more upmarket.

BOOK ACCOMMODATION ONLINE

For more accommodation reviews and recommendations by Lonely Planet authors, check out the online booking service at www.lonelyplanet.com. You'll find the true, insider lowdown on the best places to stay. Reviews are thorough and independent. Best of all, you can book online.

Above this level are hotels, which are always much more expensive than B&Bs and guesthouses; in cities, luxury five-star hotels have five-star prices. Categorisation varies from country to country.

Check your hotel room and the bathroom before you agree to take it, and make sure you know what it's going to cost – discounts are often available at certain times (eg at weekends in Finland, Norway and Sweden) and for longer stays. Also ask about breakfast – it's usually included in the price of the room, but sometimes it's compulsory and you must pay extra for it (which can be a real rip-off).

If you think a hotel is too expensive, ask if they have a cheaper room. If you're with a group or are planning to stay for any length of time, it's always worth trying to negotiate a special rate.

Camping

Scandinavians love their tents! Camping is cheap and immensely popular throughout the region. There's usually a charge per tent or site, per vehicle and per person. National tourist offices have booklets or brochures listing camping grounds all over their country. See p487 for information on the Camping Card International and the Camping Card Scandinavia, both of which offer benefits and discounts.

In most larger towns and cities, camp sites are some distance from the centre. If you're on foot, the money you save by camping can quickly be outweighed by the money spent commuting in and out of town.

Some camping grounds rent small cabins or chalets (common except in Iceland and the Faroes); otherwise you'll need a tent, sleeping bag and cooking equipment.

Camping other than in designated camping grounds is not always straightforward. In Denmark and the Faroes, it's illegal without permission from the local authorities (the police or local council office) or from landowners (don't be shy about asking!). As always, take care to keep toilet activities away from all surface water and use biodegradable soaps for washing up.

There's a concept in Sweden, Norway, Finland, and to a more limited extent Iceland, of a right of public access to forests and wilderness areas. In these countries, within the framework of the regulations,

camping for one night is legal; but there are important restrictions. See the Right of Common Access (p484) section, and the Directories of the relevant country chapters for additional information. Tourist offices usually stock official publications in English explaining your rights and responsibilities.

Hostels

Hostels offer the cheapest roof over your head in Scandinavia, and you don't have to be young to use them. Most hostels are part of national YHAs (Youth Hostel Associations), known collectively across the world as **Hostelling International** (HI; www.hihosels.com). Some Scandinavian hostels are run privately, although the majority are affiliated with HI.

Technically you're supposed to be a YHA or HI member to use affiliated hostels (indicated by a blue triangle symbol) but in practice most are open to anyone. You may have to pay a bit extra without an HI card but this can be offset against future membership. Stay for six nights as a nonmember and you automatically become a member. Prices given throughout this book are member prices. To join HI, ask at any hostel, contact your local or national hostelling office, or register over the internet.

In Scandinavian countries, hostels are geared for budget travellers of all ages, including families with kids, and most have dorms and private rooms. Specially adapted rooms for disabled visitors are becoming more common, but check with the hostel first.

You must use a sleeping sheet and pillowcase or linen in most Scandinavian countries – simply using your own sleeping bag is not permitted – but you can often hire or buy these on the spot. Many hostels (exceptions include most hostels in Iceland and the Faroes) serve breakfast, and almost all have communal kitchens where you can prepare meals.

Some hostels accept reservations by phone or fax but not usually during peak periods; they'll often book the next hostel you're headed to for a small fee. The HI website has a booking form, where you can reserve a bed in advance – however, not all hostels are on the network. Popular hostels in capital cities can be heavily booked in

summer and limits may be placed on how many nights you can stay.

Many hostel guides are available, including HI's annually updated *Official International Youth Hostels Guide 2006* (UK£9.99, €15.95). For further information on Scandinavian hostels, including price ranges, see the Directories in the individual country chapters.

University Accommodation

Some universities and colleges rent out their students' rooms to tourists from June to mid-August; in Finland this kind of accommodation is usually affiliated with HI (see p210). These will often be single or double rooms and cooking facilities may be available. Enquire directly at the college or university, at student information services or at local tourist offices.

ACTIVITIES

A love of the outdoors seems hard-wired into the Scandinavian brain. With such amazingly varied geography and vast wilderness areas, it's not really surprising. Outdoor activities include bird-watching, windsurfing, skiing, snowmobiling, skating, climbing, dogsledding, fishing, hiking, horse riding, mountaineering, kayaking, white-water rafting, cycling, whale-watching, and way-out white-knuckle sports like snowkiting.

For more information, see the relevant country chapters.

Bird-watching

Scandinavia's large, unspoilt areas are fantastic places to spot huge varieties and numbers of birds. In coastal areas, kittiwakes, fulmars and puffins are common. Rarer species include golden eagles and sea eagles. Even reluctant twitchers will be wowed by the Vestmanna (p128) and Látrabjarg (p256) bird cliffs, in the Faroes and Iceland, respectively. Other good areas include the Danish islands Møn, Falster and Lolland (p64); the Norwegian islands Runde (p350), Værøy and Røst (p365); and Oulanka National Park (p199) in Finland.

Boating

The Vikings' trade and communication routes – the lakes, rivers and meandering coastlines of Scandinavia – present a variety

of boating options unmatched anywhere in the world. You can ride the rapids in a Finnish canoe (p210); take a trip on an Arctic icebreaker (p200); kayak around the feet of Icelandic mountains (p266); chug round peaceful lake Mjøsa in Norway (p327) on the world's oldest paddle steamer; or cruise from Helsinki to Stockholm (p215) – manifold possibilities! Country chapters contain more details.

Cycling

Along with hiking, cycling is the best way to get into the scenery and chat to the locals. It's also a fantastic way to whizz around cities without getting throbbing feet or stuck in traffic.

Popular cycling areas include much of Denmark, which sets the world standard for cycling infrastructures; greater Oslo; the islands of Gotland in Sweden; and Åland in Finland. Cycling in certain areas of Iceland can be tough, with blasting sandstorms or endless fjords. In western Norway – as beautiful as it is – there are tunnels galore which prohibit cyclists, the snaking roads to/from mountain passes are killers and, unless you want to pedal an extra 50km around a fjord, you'll have to add on ferry costs. The Faroes also have their fair share of hazardous, nonventilated tunnels and tortuous inclines.

Many long-distance routes (see individual country chapters for details) can be linked together to form an epic Scandinavia wide cycle tour. A popular route is to start from Kiel in Germany, then make your way through Denmark, north along the west coast of Sweden and into Norway. (Note that bikes are banned on the Øresund toll bridge between Denmark and Sweden.) In the UK, the Cyclists' Touring Club (p505) can provide members with route sheets prepared by experienced riders who have pedalled their way around Scandinavia.

If you come from outside Europe, you can often bring your bicycle along on the plane for a surprisingly reasonable fee – check out any restrictions with your carrier. Alternatively, this book lists places where you can rent one (the minimum rental period is usually half a day).

See p505 and the individual country chapters for more information on bicycle touring and tips on places to visit.

Hiking

Keen walkers could spend several lifetimes exploring the region's hundreds of trails – there are enough national parks and nature reserves to make it a veritable paradise. Routes are usually well marked, and accommodation is available along the way. As always, be sure to bring enough food, appropriate clothing and equipment with you, and consult local weather forecasts before setting off.

The Right of Common Access law in effect in Sweden, Norway, Finland and to a lesser extent Iceland allows anyone to walk virtually anywhere, while respecting homeowners' and commercial premises' privacy. Most tourist offices in the first three countries have leaflets outlining what rights and responsibilities you have.

Huge national routes such as Kungsleden in Sweden (p465) and the UKK trekking route (p196) in Finland are popular, as are provincial or regional routes (spanning hundreds of kilometres) and extensive tracks through national parks. Local and regional tourist offices distribute free maps for shorter routes and sell excellent trekking maps for the national parks.

Horse Riding

Another way to see the breathtaking Scandinavian countryside is from the back of a horse. Most stables offer short rides for beginners, with longer treks for experienced riders. Iceland has its own breed of horse, the Icelandic pony, and a great equine tradition (p278). On the Faroes, you can trek between Torhav and Kirkjabour on Icelandic ponies (p128).

Husky Sledding

Hurting over the snow, pulled by a team of near-wolves, has to be one of life's most exhilarating experiences. Husky sledding is particularly popular in northern Finland, around Rovaniemi (p202), Muonio (p208) and Levi (p208); in Røros (p350), and various towns in Finnmark and Svalbard, in northern Norway, and in the far north of Sweden. You can also ride with a team over an Icelandic glacier (p278).

Skiing

A long snow season makes winter sports, particularly skiing, popular Scandinavian pastimes. The longest downhill (alpine)

slopes are in Sweden and Norway, although it's quite an expensive activity (compared to skiing at other European resorts), once the costs of ski lifts, accommodation and evening drinking sessions have been factored in. Cross-country (nordic) skiing has a bigger following, and there are many world-class trails in the region.

Åre in Sweden (p458) is probably the single best area for alpine skiing. The top resorts in Norway are Geilo (p329) and Lillehammer (p328), where telemark skiing, a form of free-heel downhill skiing, is also popular. Finnish ski areas are fairly well equipped – the emphasis is on cross-country skiing – with Ylläs (p208) being one of the best resorts. Several towns in Iceland have lifts and trails.

Renting equipment for downhill skiing is easily organised. However, for cross-country skiing, travellers will normally have to rely on friendly locals to lend them equipment – or plan on buying their own skis, poles and boots. (Flea markets are the probably the cheapest and most likely places to look.)

Skiing – especially cross country – should only be attempted after studying trails and routes (wilderness trails are identified by colour codes on maps and signposts). Practically all towns and villages illuminate some skiing tracks. Wear appropriate clothing and carry food, extra clothing and emergency supplies, such as matches and something to burn. Skiers should be extra careful about darkness. In Scandinavia, days are very short in winter and, during the winter months of December and January, there's no daylight at all in the extreme north.

The skiing season generally lasts from early December to April. Snow conditions can vary greatly from one year to the next and from region to region, but January and February, as well as the Easter holiday period, tend to be the best (and busiest) months. Snow cannons for producing artificial snow are common.

Snowboarding & Snowkiting

The biggest downhill ski resorts (see above) usually make provisions for snowboarders. It's possible to try out the new sport snowkiting in Luleå (Sweden), Geilo (Norway) and Langjökull (Iceland) –

see the website www.snowkiting.com for more details.

Snowmobiling

If zipping through the untouched snowy wilderness on a deafening, bone-shaking, 190km/h machine sounds like fun, there are many places in Scandinavia where you can indulge in two-stroke pleasure. Snowmobile outfits are particularly prevalent in the far north of Finland, Norway and Sweden, with the season generally running from November to April; you can ride on Icelandic glaciers year-round. There's usually no minimum age for passengers, but if you want to drive, you'll need your driving licence. See the country chapters for further details.

Whale-watching

Norway, Iceland and the Faroes are often severely criticised for their policies on hunting whales (see the boxed texts on p127 and p236), so it's perhaps an encouraging sign that whale-watching tours are on the increase, in Norway and Iceland at least (pilot whales in the Faroes that come too close to shore are killed).

All three countries offer spotting trips from around May to October, with a wonderfully high chance of seeing cetaceans. Common species are minke, sperm and killer whales, white-beaked dolphins and the ubiquitous harbour porpoise. Humpback whales appear in certain seasons, and blue whales surface from time to time. In Iceland, Húsavík (p261) is the acknowledged hotspot; in Norway, you're practically guaranteed to see sperm whales on trips around the Vesterålen islands (p366).

Windsurfing & Kitesurfing

The beaches of Denmark, particularly on the West Jutland coast, attract crowds of windsurfers and kitesurfers in summer. Wetsuits enable keener surfers to continue their sport throughout the colder months. Sailboards can be rented in some tourist centres, and courses are sometimes offered for beginners. See p108 for more details.

BUSINESS HOURS

Pubs generally open from 4pm to 11pm, and normal hours for restaurants and cafés are noon to 10pm daily. Variations are noted throughout the text.

WORLD HERITAGE LIST

Scandinavia is rich in sites that have made the Unesco list of 'cultural and national treasures of the world's heritage'. Sites mentioned in this book are as follows.

Denmark

- Jelling Kirke, burial mounds and runic stones (p89)
- Kronborg Slot (p58)
- Roskilde Domkirke (p62)

Finland

- Fortress of Suomenlinna (p153)
- Vanha Rauma (Old Rauma; p179)

Iceland

- Pingvellir National Park (p251)

Norway

- Bryggen (p334)
- Mining town of Røros (p350)

- Rock carvings of Alta (p371)

- Urnes' stave church (p343)
- West Norwegian Fjords – Geirangerfjorden (p346) and Nærøyfjorden (p330)

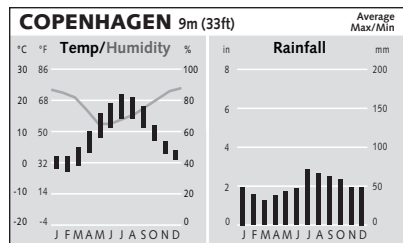
Sweden

- Agricultural landscape of southern Öland (p448)
- Birka and Hovgården (p416)
- Church village of Gammelstad, Luleå (p460)
- Falun mining area (p421)
- Hanseatic town of Visby (p451)
- Höga Kusten (High Coast; p456)
- Naval port of Karlskrona (p450)
- Royal Domain of Drottningholm (p415)

CHILDREN

Most of Scandinavia is very child-friendly, with domestic tourism largely dictated by children's needs. Iceland and the Faroes are exceptions: children are liked and have lots of freedom, but they're treated as mini-adults and there aren't many attractions tailored particularly for them. In Denmark, Finland, Norway and Sweden, you'll find excellent theme parks, water parks and holiday activities. Many museums have a dedicated children's section with toys, games and dressing-up clothes.

Car-rental firms hire out children's safety seats at a nominal cost, but advance bookings are essential. Similarly, highchairs and cots (cribs) are standard in many restaurants and hotels, but numbers may be limited. The choice of baby food, infant formulas, soy and cow's milk, disposable nappies (diapers) etc is wide in most Scandinavian supermarkets.

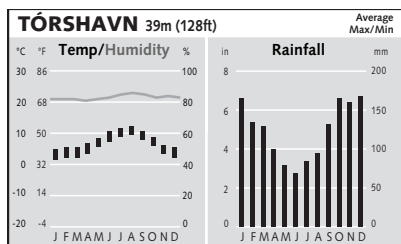
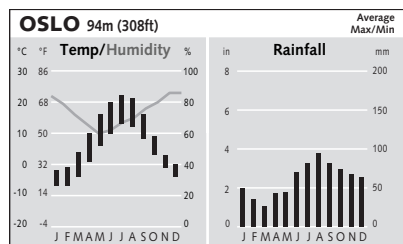
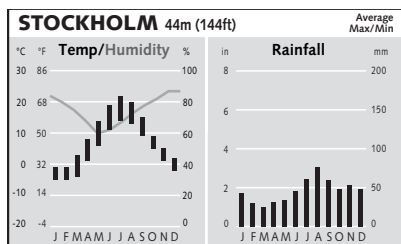
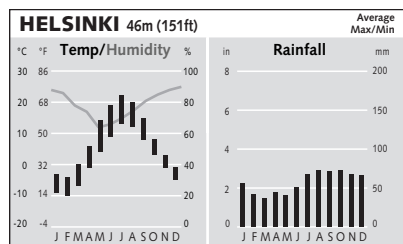
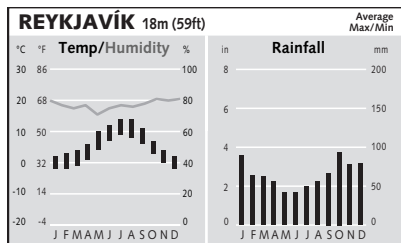


In the Faroes and more rugged areas of Scandinavia, a baby carrier rather than a pram is crucial.

For tips and anecdotes on successful travel with the underage crowd, check out Lonely Planet's *Travel with Children*, by Cathy Lanigan.

CLIMATE

Generalisations about the weather over an area of approximately 2,500,000 sq km are something of an impossibility! Temperatures range from -50°C in the Arctic Circle in winter to summer temperatures of over 30°C in some parts of Sweden. Large chunks of Scandinavia lie within the Arctic Circle, yet the presence of the Gulf Stream makes coastal areas much warmer than you might expect at such a northerly latitude. See the climate charts, and tune in to local weather reports for conditions once you're on the road.



DANGERS & ANNOYANCES

Drugs

Always treat drugs with a great deal of caution. There's a fair amount of dope available in Scandinavia, sometimes quite openly, but that doesn't mean it's legal: a bit of hash can cause a lot of bother. Don't try to bring drugs home with you – energetic customs officials could well decide to take a closer look at your luggage.

Remote Areas

In remote rural areas, hypothermia, injury and getting lost are serious hazards. Never underestimate the wilderness; always take proper equipment and seek local knowledge. People living in isolated places may be suspicious of outsiders, and winter darkness can lead to unpredictable behaviour and alcohol abuse.

Theft

Theft, usually pickpocketing, is only really a problem in major Scandinavian cities like Oslo, Copenhagen and Stockholm. Take care of your belongings and remember that the greatest threat can often be from fellow tourists, who steal from others to fund their trips.

The most important things to guard are your passport, other important documents, tickets and money – in that order. It's always best to carry these next to your skin or in a sturdy leather pouch on your belt.

Train-station lockers or luggage-storage counters are useful places to stash your bags (not valuables) while you get your bearings in a new town. Be very suspicious about people who offer to help you operate your locker.

Carry your own padlock for hostel lockers and watch out for thieves who strike at night in hostel dorms – keep your money and passport well out of reach. Be careful, even in hotels: don't leave valuables lying around your room.

Parked cars, especially those with foreign number plates and/or rental-agency stickers, are prime targets for petty criminals. If possible, remove the stickers (or cover them with local football club stickers or something similar), leave a local newspaper on the seat and try to make it look like a local car. Don't ever leave valuables in the car, and remove all luggage overnight.

In case of theft or loss, always report the incident to the police and ask for a statement, or your travel insurance won't pay up.

Wildlife

Wild animals pose a small risk. Polar bears and wolves roam the Arctic archipelago of Svalbard (Norway). Arctic terns in coastal regions defend their nests aggressively – hold a stick up above your head, as they divebomb the highest part of you.

Clouds of mosquitoes, midges and black-flies can be a real annoyance in some parts of Scandinavia. You might look a fool, but a mosquito head-net (often found for sale in petrol stations) will save you from a faceful of flies.

DISABLED TRAVELLERS

Scandinavia leads the world in terms of facilities for wheelchair-users, but getting around can still be awkward. By law, for example, every new restaurant in Finland must have a wheelchair-accessible toilet; however, that leaves plenty of older restaurants to contend with! There are ramps to practically all public buildings, most department stores, shopping centres and many private shops. Some train carriages are fitted with special lifts for wheelchairs. Iceland and the Faroes are a little further behind the rest of the region – check access issues before you travel.

If you have a physical disability, get in touch with your national support organisation (preferably the 'travel officer' if there is one) and ask about the countries you plan to visit. They often have complete libraries devoted to travel, and they can put you in touch with travel agents who specialise in tours for the disabled. Scandinavian tourist office websites (see 'Tourist Information' in the individual country directories) generally contain good information on disabled access.

DISCOUNT CARDS

Camping Card International

The **Camping Card International** (www.campingcardinternational.com) is basically an ID card you can leave behind a camping ground's reception desk instead of your passport. It incorporates third-party insurance for any damage you may cause, and you may also get small discounts at some amusement parks,

museums and camping grounds. They're obligatory in Denmark (you can also use the Camping Card Scandinavia) and at some Swedish camping grounds (others are affiliated with the Camping Card Scandinavia), valid in Finland and Norway, but not commonly recognised in Iceland or the Faroes.

You can buy one before you leave home from any organisation affiliated with the Fédération Internationale de Camping et de Caravanning (FICC), Fédération Internationale de l'Automobile (FIA) or Alliance Internationale de Tourisme (AIT) – these are usually your country's major automobile associations and/or camping and caravanning groups. The cards are valid for one year and cover up to 11 people.

Camping Card Scandinavia

Similar to the Camping Card International, **Camping Card Scandinavia** (www.camping.se) acts as an ID card, offers discounts at certain camping grounds and attractions, and has built-in third-party insurance.

It's valid in Denmark, Norway and Finland and at most Swedish camp site, and in some other European countries. One card covers you whether you're an individual, a couple or a family with children under 18.

Order the card through the website before you leave home, or pick up a temporary card directly from camping grounds in Scandinavia. The card is 'free' but you have to pay a small fee for a validity sticker, which means your card is valid for one year.

Hostel Card

While not mandatory in Scandinavia, a **Hostelling International** (HI; www.hihostels.com) card gives a sizable discount every time you check in to an affiliated hostel. It's best to buy the card from your national hostelling association before you set off, although in Scandinavia some hostels will issue one on the spot or after six stays (generally more expensive than getting one at home). See p482 for more details on hostelling in the region.

Senior Cards

Museums and other sights, public swimming pools, spas and transport companies frequently offer discounts to retirees, pensioners and to those over 60 (sometimes slightly younger for women; and over 65 in

Sweden). Make sure you bring proof of age; the ever-proper and always polite Scandinavian ticket-collector is not going to admit that you look a day over 39.

If you're going to be travelling by train, those aged over 60 are entitled to discounted Euro Domino passes (p511) and senior versions of the ScanRail pass (p511).

Student & Youth Cards

The most useful of these cards is the International Student Identity Card (ISIC), a plastic ID-style photocard, which provides discounts on numerous forms of transport (including airlines, international ferries and local public transport), reduced or free admission to museums and sights, and cheap meals in some student restaurants – a good way of cutting costs in expensive Scandinavia. Full-time students from the age of 12 upwards are eligible. If you're under 26 but not a student, you can apply for an International Youth Travel Card (IYTC), with similar benefits. Both are available through student unions, hostelling organisations or youth-oriented travel agencies: see the website of the International **Student Travel Confederation** (www.istc.org) for further details.

Also available to anyone aged under 26 is the **Euro26 card** (www.eyca.org), which goes by various names in different countries – see the website for more information.

These cards don't automatically entitle you to discounts and some companies and institutions don't recognise them – but you won't find out until you try.

ELECTRICITY

Most of the region runs on 220V, 50Hz AC. Check the voltage and cycle (usually 50Hz) used in your home country. Most appliances that are set up for 220V will handle 240V quite happily without modifications (and vice versa); the same goes for 110V and 125V combinations.

It's always preferable to adjust your appliance to the exact voltage if you can (some modern battery chargers and radios will do this automatically). Just don't combine 110/125V and 220/240V without a transformer (which will be built into an adjustable appliance).

Several countries outside Europe (eg the USA and Canada) run on 60Hz AC, which will affect the speed of electric motors even

after the voltage has been adjusted to European values, so CD and tape players (where motor speed is all-important) will be useless. However, appliances such as electric razors, hair dryers, irons and radios will be fine.

The standard plug is the so-called 'euro-plug' with two round pins, although some plugs in the Faroes have three pins and some in Iceland have two slanted prongs. Adaptors are available from most supermarkets in Scandinavia. Many europlugs and some sockets don't have provision for earth since most local home appliances are double insulated; when provided, earth usually consists of two contact points along the edge.

EMBASSIES & CONSULATES

See the individual country Directories for specific embassy and consulate addresses.

It's important to realise the things your own embassy can and can't do to help you. Generally speaking, it won't be much help in emergencies if the trouble you're in is your own fault in any way. Remember that you are bound by the laws of the country you are in. Your embassy will not be sympathetic if you end up in jail after committing a crime locally, even if such actions are legal in your own country.

In genuine emergencies you might get some assistance, but only if other channels have been exhausted. For example, if you need to get home urgently, a free ticket is exceedingly unlikely – the embassy would expect you to have insurance. If you have all your money and documents stolen, it might assist with getting a new passport, but a loan for onward travel is out of the question.

GAY & LESBIAN TRAVELLERS

This book lists contact addresses and gay and lesbian venues in the individual country chapters, and your national gay and lesbian organisation should be able to give you more information before you travel. The *Spartacus International Gay Guide* (US\$33), published by Bruno Gmünder Verlag (Berlin), is an excellent international directory of gay entertainment venues. It's updated every two years, so it's best used in conjunction with more up-to-date listings in local papers – venues can change with great speed.

Denmark, Iceland, Norway and Sweden allow gay and lesbian couples to form 'registered partnerships', which grant every right of matrimony except access to church weddings, adoption and artificial insemination. Finland, too, is tolerant of homosexual couples. However, public displays of affection are uncommon in Norway, and it's a good idea to be discreet in the Faroes, where a conservative society and strongly held religious beliefs may cause problems for gay and lesbian couples.

HOLIDAYS

Midsummer's Eve (the longest day of the year) is celebrated in late June across Scandinavia, generally with fervour and large bonfires! For holidays particular to each country, see the Directories at the end of each country chapter.

INSURANCE

Private Travel Insurance

A travel insurance policy to cover theft, personal liability, loss and medical problems is strongly recommended. There's a variety of policies available and travel agencies will have recommendations. International travel policies handled by STA Travel and other student travel organisations are usually good value. Check the small print; some policies specifically exclude 'dangerous activities' such as skiing, motorcycling, mountaineering or even hiking.

Travel insurance also covers cancellation or delays in travel arrangements, for example, if you fall seriously ill two days before departure. The cover will depend on your insurance so ask your insurer to explain where you stand. Ticket loss is also covered by travel insurance.

Buy insurance as early as possible. If you buy it the week before you are due to fly, you may find that you're not covered for delays to your flight caused by strikes or other industrial actions that may have been in force before you took out the insurance.

Paying for your airline ticket with a credit card often provides limited travel accident insurance, and you may be able to reclaim the payment if the operator doesn't deliver. In the UK, for instance, institutions issuing credit cards are required by law to reimburse consumers if a company goes into liquidation and the

amount involved is more than UK£100. Ask your credit-card company what it is prepared to cover.

An insurance policy that pays doctors or hospitals directly may be preferable to one where you have to pay on the spot and claim back later. If you have to claim later, make sure the foreign health centre or hospital gives you all the necessary documentation you'll need for insurance purposes. Some policies ask you to call back (reverse charges) to a centre in your home country where an immediate assessment of your problem can be made. Check if the policy covers ambulances and an emergency flight home.

Worldwide cover to travellers from over 44 countries is available online at www.lonelyplanet.com/travel_services.

Reciprocal Medical Insurance Agreements

Citizens of the European Economic Area (EEA) are covered for emergency medical treatment in other EEA countries (including Denmark, Finland, Iceland, Norway and Sweden) on presentation of a European Health Insurance Card (EHIC), which replaced the E111 form in January 2006. Enquire about EHICs at your health centre, travel agency or (in some countries) post office well in advance of travel. UK citizens can find out more on the website www.dh.gov.uk/PolicyAndGuidance/HealthAdviceForTravellers, and can apply for a card online at www.ehic.org.uk.

Australian Medicare has a reciprocal healthcare agreement (covering emergency treatment only) with eight European countries, including Finland, Norway and Sweden.

The cost of repatriation will not be covered by the EHIC or Australian Medicare, and sometimes other services are also exempt – for example, ambulance costs or emergency dental treatment. You will usually have to pay on the spot for your medical care, but should be able to reclaim most of your expenses – just insist on receipts for everything.

Private travel insurance is still advisable because of the flexibility it offers, and because it usually covers big expenses such as repatriation. For further information about health insurance, see p514.

Car Insurance

See p509.

INTERNET ACCESS

Free web-based email accounts like **Hotmail** (www.hotmail.com) or **Yahoo!** (<http://mail.yahoo.com>) are the easiest way to email when you're abroad. Once you've set up an account, you can get to that all-important inbox from any internet-connected computer in the world.

If you're bringing your own laptop, make sure you've got a universal AC adaptor (which will stop the computer's innards frying if the power supply voltage varies) and a plug adaptor for each country you visit (cheaper if bought at home).

For more information on travelling with a laptop, see the World Wide Phone Guide on the internet at www.kropla.com or TeleAdapt at www.teleadapt.com.

Internet Cafés

You'll find internet cafés throughout Scandinavia: many are listed in the country chapters in this book. In general, libraries provide a free or very cheap internet service, although there may be a waiting list and locals may have priority. You can also find public internet access in some post offices, tourist offices, hostels, hotels and universities.

Wireless Hotspots

Scandinavia is rife with wireless (wi-fi) hotspots. An astonishing number of cafés, bars, hostels and hotels, particularly in cities, offer the service for free. Most modern laptops have built-in wireless LAN, which means you don't require a modem, jacks or other fiddly bits and pieces. If you set up your computer within a hotspot, it should automatically pick up a signal (you may need a password) and you'll be able to surf the internet. Even if your laptop is an older model without built-in wireless, you can buy a wireless adaptor which plugs into a USB port on your laptop and does the job perfectly. As with most things in the region, wireless USB adaptors are relatively expensive, so it's better to pick one up at home.

LEGAL MATTERS

See the individual country Directories for specific legal matters, including drinking laws, drug laws and traffic restrictions.

MAPS

Good maps are easy to come by in Scandinavian Europe, but you might want to buy a few beforehand, especially if you're driving, cycling or have some hefty treks planned. The maps in this book are a useful first reference when you arrive in a city.

Michelin do a general road map of Scandinavia. Some people prefer the meticulous larger-scale Freytag & Berndt, Kümmerly + Frey or Hallwag maps, which have been recommended for Scandinavian countries. Falk Plan city maps are very usable and detailed, and the Falk map of Scandinavia is particularly good.

In Scandinavia, tourist offices are an excellent source for free and up-to-date maps, often in English-language versions. Local automobile associations also provide detailed, free maps to their members.

The following shops sell Scandinavian maps, including motoring maps and topographic maps for hikers, by mail order:

Map Land (☎ 03-9670 4383; www.mapland.com.au; 372 Little Bourke St, Melbourne, VIC 3000, Australia)

Map Shop (☎ 0800 085 4080, 01684-593146; www.themapshop.co.uk; 15 High St, Upton-upon-Severn, Worcestershire, WR8 0HJ, England)

Omni Resources (☎ 336-227 8300; www.omnimap.com; 1004 S Mebane St, PO Box 2096, Burlington, NC 27216-2096, USA)

MONEY

All Scandinavian currencies are fully convertible. Most foreign currencies can be easily exchanged but US dollars, pounds sterling and euros are the best to carry. You may well decide, however, that other currencies suit your purposes better. You lose out through commissions and customer exchange rates every time you change money, so if you only visit Sweden, for example, you may be better off buying some kronor before you leave home. See the relevant country Directories for further details.

ATMs

Credit and cash cards (eg Visa, Cirrus, Plus, Eurocard) are accepted widely throughout Scandinavian Europe; always make sure you know which ATMs abroad will accept your particular card by checking first with your bank at home. Remember that ATMs aren't completely fail-safe. If one

SCANDINAVIA & THE EU

Country	EU member	Currency
Denmark	yes	Danish krone (Dkr)
Faroe Islands	no	Faroesse króna (Fkr) & Danish krone (Dkr)
Finland	yes	euro (€)
Iceland	no	Icelandic króna (lkr)
Norway	no	Norwegian krone (Nkr)
Sweden	yes	Swedish krona (Sk)

swallows your card it can be a major headache. Note that many ATMs in Europe will not accept PINs of more than four digits.

Withdrawals may incur a 'loading fee' (conversion fee) of around 2.75%, plus a transaction fee (usually a flat rate of about \$US2 to \$US5, or a percentage of at least 2%) – check charge rates with your card provider. It's often more economical if you make fewer but larger withdrawals. If you travel abroad a lot, look into opening an account with a bank that doesn't charge rip-off fees!

Charge cards such as American Express and Diners Club may also be hooked up to ATM networks.

Cash

Nothing beats cash for convenience...or risk. If you lose it, it's gone forever and very few travel insurers will come to your rescue. For tips on carrying your money safely, see p487.

It's still a good idea, though, to bring some local currency in cash, if only to tide you over until you get to an exchange facility or find an ATM. Some extra cash in an easily exchanged currency (eg US dollars or pounds sterling) is also a good idea. Remember that banks will always accept foreign-currency paper money but very rarely coins, so you might want to spend (or donate) local coins before you cross a border.

Credit Cards

A credit card can be an ideal travelling companion. Make sure you know what to do in case of theft (usually you need to call a telephone hotline).

Credit and debit cards are very popular in Scandinavia; Visa is the most common, followed by MasterCard. They are more

widely accepted than charge cards (such as American Express and Diners Club) because they charge merchants lower commissions. Their major drawback is that they have a credit limit based on your regular income, and this limit can stop you in your tracks if you're charging major expenses such as long-term car rental or long-distance airline tickets and travelling extensively. You can avoid this by depositing money into your card account before you begin your travels.

Other drawbacks are that many banks slap a 'loading fee' of around 2.75% onto each transaction that you make abroad, which can really add up. Also, interest is charged on outstanding accounts, either immediately or after a set period (always immediately on cash advances), and the card can be very difficult to replace if lost abroad in remote areas.

Although it's rare in this region, fraudulent shopkeepers have been known to make several charge-slip imprints with customers' credit cards when they're not looking. They then simply copy the signature from the signed slip. Try not to let the card out of your sight, and always check your statements carefully.

Moneychangers

Travellers should avoid banks in Scandinavian countries (except in the Faroes and Iceland, where banks are often a better option) in favour of *bureaux de change* (eg Forex) or post offices, which tend to offer better rates and charge lower fees or com-

TAXES & REFUNDS

A kind of sales tax called value-added tax (VAT) applies to most goods and services throughout Scandinavia. International visitors can usually claim back the VAT on purchases (above a set minimum amount) that are being taken out of the country. Remember, though, that travellers who reside in an EU country are not entitled to a refund on VAT paid on goods bought in another EU country (eg a Briton returning home with goods from Finland, Sweden or Denmark). The procedure for making the claim is usually pretty straightforward. For guidance, see the relevant country chapters.

CREDIT & DEBIT CARD TIP

Let your bank know when you'll be going abroad. Unusual spending patterns, for example, a large cash withdrawal in Norway instead of your usual £20-per-week in Northampton, may lead to the bank freezing your card.

missions than banks. They generally have longer opening hours than banks, which are closed at weekends and on public holidays (see the Directories in the individual country chapters for lists). However, most airports, central train stations, some fancy hotels and many border posts have banking facilities outside working hours. If you're visiting several countries, buy a cheap pocket calculator, cut out the list of exchange rates from a newspaper, and stick it to the back of the calculator for easy reference.

Tippling

For the most part, tipping isn't required in Scandinavia, although if you round up the bill or leave a little something in recognition of good service, it won't be refused.

Travellers Cheques

The main advantage of travellers cheques over cash is the protection they offer against theft, although they are losing their popularity as more travellers withdraw their hard-earned money directly via ATMs. American Express, Visa and Thomas Cook cheques are widely accepted and have efficient replacement policies for lost and stolen cheques.

It's vital to keep a record of your cheque numbers and which ones you have used, in case of theft. Keep your list separate from the cheques themselves.

Cheques denominated in US dollars, euros and pounds sterling are the easiest to cash. When you change them, don't just look at the exchange rate; ask about fees and commissions as well. There may be a per-cheque service fee, a flat transaction fee, or a percentage of the total amount irrespective of the number of cheques. In most European countries the exchange rate for travellers cheques is slightly better than the exchange rate for cash.

PHOTOGRAPHY & VIDEO

Scandinavia is extremely photogenic, but the local climate and when/where you travel will dictate what film to take. In autumn, when the sky can often be overcast, photographers should use high-speed film (rated 200 or 400 ASA). In bright conditions, eg in sunny weather or if there's lots of settled snow, slower film (with an ASA of 50 to 100) is the answer.

It's worth noting that if you're taking pictures in reflective conditions, eg of icebergs, water or snow, you need to overexpose your shots; otherwise automatic cameras think it's brighter than it really is, resulting in dark photos. Batteries tend to run out quickly in cold conditions, so carry a spare set. Try to avoid exposing your camera and films to extremes of temperature.

If you're using a digital camera, check that you have enough memory to store your snaps – two 128MB cards will probably be enough. If you do run out of memory space your best bet is to burn your photos onto a CD. Increasing numbers of processing labs now offer this service. To download your pics at an internet café you'll need a USB cable and a card reader. Some places provide a USB on request, but be warned that many of the bigger chain cafés don't let you plug your gear into their computers, meaning that it's back to plan A – the CD.

For more pointers, check out Lonely Planet's *Travel Photography*, by internationally renowned travel photographer Richard l'Anson. It's a full-colour guide designed to be taken on the road.

Still and video film and camera equipment is available throughout Scandinavia, but it would be advisable to bring as much as possible with you, as prices can be exorbitant. Print processing is generally available in towns and cities.

POST

Airmail typically takes about a week to reach North American or Australasian destinations. Postage costs vary from country to country. Postal services are very efficient in Scandinavia.

You can collect mail from post office poste restante sections, although this can be a tricky process in Sweden; see p472 for details. Ask people writing to you to print your name clearly on the envelope, under-

line your surname and use capital letters. When collecting mail, bring along your passport for identification. If an expected letter is not waiting for you, ask post office staff to check under your first name as letters are sometimes misfiled. Unless the sender specifies otherwise, mail will always be sent to the main post office of any city.

You can also have mail (but not parcels) sent to you at American Express offices so long as you have an American Express card or travellers cheques. When you buy American Express travellers cheques you can ask for a booklet listing all their office addresses worldwide.

SOLO TRAVELLERS

Scandinavia is well developed and one of the safest places to travel in Europe, so travelling alone should pose no problems. Inhabitants of Scandinavia are often thought to be pleasant but not particularly gregarious, so you may have to brush up your social skills if you want to make friends locally.

Hostels and camping grounds are good places to meet other travellers.

TELEPHONE & FAX

You can call abroad from almost any phone box in Scandinavia. Reverse-charge (collect) calls are usually possible, and communicating with the local operator in English should not be much of a problem. In some countries you can avoid the local operator, and dial direct to your home operator.

You can send faxes and telegrams from most of the larger post offices and some hotels and public telephone offices.

Mobile Phones

Most populated parts of Scandinavia use GSM 900/1800, which is compatible with the rest of Europe and Australasia, but not with the North American GSM 1900 or the totally different system in Japan (although some North American GSM 1900/900 may work here). If you have a GSM phone, check with your service provider about using it in Scandinavia, and beware of calls being routed internationally (very expensive for a 'local' call). Local telephone companies and national tourist offices can advise on coverage.

Rental of mobile phones is possible everywhere except Norway, and is particularly

easy in mobile-centric Finland. Purchasing a mobile phone is always an option, but it's an expensive option and you'll be unable to use your existing number. Another option is to buy a local SIM card with a rechargeable account – this is particularly good value in Sweden, Iceland and Finland.

Phone Codes

To call abroad you simply dial the international access code (IAC) for the country you are calling from (most commonly 00 in Europe), the country code (CC) for the country you are calling, the local area code (usually dropping the leading zero if there is one) and then the number. If, for example, you are in Norway (which has an international access code of 00) and want to make a call to Sweden (country code 46) in the Stockholm area (area code 08), number ☎ 123 4567, then dial ☎ 00-46-8-123 4567. Again, www.kropla.com has a comprehensive list of international dialling codes.

Phonecards

Public telephones accepting stored-value phonecards are the norm and, in some places, coin-operated phones are almost impossible to find. Phonecards are readily available from post offices, telephone centres, news stands or retail outlets. These cards solve the problem of having the correct coins for calls. More and more public telephone kiosks are giving callers the opportunity to pay by credit card. Beware of public telephones in bars and restaurants – most will eat up your money at an incredible rate.

TIME

Scandinavian Europe sprawls across six time zones. See the individual country Directories for details.

TOURIST INFORMATION

Tourist information offices in Scandinavia are located at train stations or centrally (often in the town hall or central square) in most towns. They tend to be open for longer hours over the summer and reduced hours over the winter; smaller offices may only be open during the peak months of summer.

TELEPHONE CODES

Country	☎ CC	☎ IAC	☎ IO
Denmark	45	00	141
Faroe Islands	298	00	808080
Finland	358	00, 990, 994, 999	020208
Iceland	354	00	1811
Norway	47	00	1882
Sweden	46	00	118119

CC – country code (to call into that country)

IAC – international access code (to call abroad from that country)

IO – international operator (to make inquiries)

Facilities are generally excellent, with piles of regional and national brochures, helpful free maps and friendly employees. Staff are often multilingual, speaking several tongues including Scandinavian languages, English, German and French. They will book hotel and transport reservations and tours; a small charge may apply.

VIDEO SYSTEMS

If you want to record or buy videos to play back home, they won't work if the image registration systems are different. Most of Europe and Australia uses PAL (France and Poland use SECAM), which is incompatible with NTSC in North America and Japan.

Similarly, if you're thinking of buying DVDs, remember that Scandinavia uses Region 2 coding (covering Europe, the UK, Japan, the Middle East, South Africa) and so may not be compatible with your DVD player at home. Even if your DVD player is Region 2, discs bought in Scandinavia still may not be playable because of NTSC/PAL incompatibility (eg Region 2 Scandinavian discs will not play on Region 2 Japanese DVD players).

VISAS

There's a wide variety of visas available, including tourist, transit, business and study visas. Transit visas are usually cheaper than tourist or business visas, but they only allow a very short stay (one or two days) and can be difficult to extend. Often you can get the visa at the border or at the airport on

arrival; check first with the embassies or consulates of the countries you plan to visit.

It's important to remember that visas have a 'use-by date', and you'll be refused entry after that period has elapsed. Visa requirements do change, and you should always check with the individual embassies or consulates or a reputable travel agency before leaving home. If you wish to apply for a visa while still at home, make sure you do it at least three months in advance of your planned arrival. If you plan to get your visas as you go along rather than arranging them all beforehand, carry spare passport photos.

Citizens of the UK, the USA, Canada, Ireland, Australia and New Zealand don't require visas if visiting a Scandinavian country for less than three months; South Africans, on the other hand, need a visa to enter all Scandinavian countries. With a valid passport most travellers will be able to visit Scandinavian countries for up to three (sometimes even six) months, provided they have some sort of onward or return ticket and/or 'sufficient means of support' (money). Except at international airports, it's unlikely that immigration officials will give you and your passport more than a cursory glance.

Many EU countries have abolished passport controls between their borders and an identity card should be sufficient, but it's always safest to carry your passport.

For more specific visa information, refer to the individual Directories in the country chapters.

WEIGHTS & MEASURES

The metric system is used in Scandinavia. Decimals are indicated by commas and thousands are indicated by points.

WOMEN TRAVELLERS

Scandinavia is one of the safest places to travel in all of Europe and women travellers should experience little trouble; however, use common sense when dealing with potentially dangerous situations such as hitching or walking alone at night. Recommended reading is the *Handbook for Women Travellers* by M & G Moss.

WORK

Officially, a citizen of the EU is allowed to work in other EU countries, although the paperwork isn't always straightforward for longer-term employment. Other country/nationality combinations require special work permits that are almost impossible to arrange, especially for temporary work. However, Australian and New Zealand passport holders aged between 18 and 30 can qualify for a one-year working holiday visa in some Scandinavian countries: see the individual country Directories for details.

That doesn't prevent enterprising travellers from topping up their funds occasionally, and not always illegally. Your national student-exchange organisation may be able to arrange temporary work permits to several countries through special programmes.

If you do find a temporary job, the pay may be less than that offered to locals, although this is not always the case in Scandinavia. Teaching English can pay well, but such work is hard to come by. Other typical tourist jobs (such as working in a restaurant, hotel or fish-processing plant) may come with board and lodging, and pay that's little more than pocket money, but you'll have a good time partying with other travellers.

Work Your Way Around the World by Susan Griffith gives good, practical advice on a wide range of issues. Another useful title is *The Au Pair & Nanny's Guide to Working Abroad* by Susan Griffith and Sharon Legg.

Selling goods on the street is generally frowned upon and can be tantamount to vagrancy, apart from at flea markets.

If you play an instrument or have other artistic talents, you could try busking (street entertainment). It's fairly common in many major cities. In Sweden, you'll need to get a busking permit, which is available from the police, although not everybody actually has the permit. In Copenhagen, acoustic music is allowed without a permit in pedestrian streets and squares between 4pm and 8pm on weekdays and noon to 5am at the weekend. Most other Scandinavian countries require municipal permits that can be hard to obtain. Talk to other buskers first.

Transport in Scandinavian Europe

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WARNING

The information in this chapter is particularly vulnerable to change. Check directly with the airline or a travel agency to make sure you understand how a fare (and the ticket you may buy) works and be aware of the security requirements for international travel. Shop carefully. The details given in this chapter should be regarded as pointers and are not a substitute for your own careful, up-to-date research.

AIR

Increased competition among airlines is great news for travellers. There are plenty of cheap tickets from 'no-frills' airlines which sell budget tickets direct to customers.

London is one of the best centres for picking up inexpensive, restricted-validity tickets through discount operators (see p498). Various classes of cheap air tickets and passes are also available on routes within Scandinavian countries (see p505), subject to restrictions. European 'gateway' cities include Amsterdam, Athens, Berlin, Copenhagen, Frankfurt, London, Oslo, Stockholm and Vienna.

Before booking a flight, wheelchair travellers should check the airline's lifting policy, whether it's possible to take a wheelchair with spillable battery on board, and whether the airline requires a 'fit to travel certificate'.

Bicycles are generally accepted as luggage if they're in a bike bag – check conditions with your airline.

Airports & Airlines

Major hubs in Scandinavia include Denmark's **Kastrup International Airport** (☎ 45 32 31 32 31; www.cph.dk), Finland's **Helsinki-Vantaa Airport** (☎ 358-2001 4636; www.helsinki-vantaa.fi), Iceland's **Keflavik Airport** (☎ 354-425-0600; www.keflavikairport.com), Norway's **Oslo Airport** (☎ 47 815 50 250; www.osl.no) and Sweden's **Arlanda Airport** (☎ 46 879 70 000; www.lfv.se).

The main international airlines flying into and out of Scandinavia and Continental Europe are given below. Telephone numbers are for help desks and booking offices in the hub country; for an airline's representatives in other countries, check their website.

Air Canada (airline code AC; ☎ 1-888-247-2262; www.aircanada.ca) Hub: Toronto, Canada.

Air France (airline code AF; www.airfrance.com) France (☎ 08 20 82 08 20) Australia (☎ 1 300 390 190 toll free) Hub: Charles de Gaulle, Paris, France.

Atlantic Airways (airline code RC; ☎ 341000; www.atlanticfo) Hub: Vágar, Faroes.

Austrian Airlines (airline code OS; ☎ 051789; www.aua.com) Hub: Vienna, Austria.

Blue1 (airline code RF; ☎ 20 585 6000; www.blue1.com) Hub: Helsinki-Vantaa, Finland.

British Airways (airline code BA; ☎ 0870 850 9850, ☎ 0191 490 7901; www.britishairways.com) Hub: Heathrow, UK.

Cathay Pacific (airline code CX; ☎ 2747 1888; www.cathaypacific.com) Hub: Hong Kong.

City Airline (airline code CF; ☎ 31-600 385; www.cityairline.com) Hub: Göteborg, Sweden.

EasyJet (airline code U2 ☎ 0870 600 0000; www.easyjet.com) Hub: Luton, London, UK.

Finnair (airline code AY; ☎ 600 140 140; www.finnair.com) Hub: Helsinki-Vantaa, Finland.

Flugfélag Islands (Air Iceland; airline code NY; ☎ 570 3030; www.airiceland.is) Hub: Keflavik, Iceland.

FlyMe (airline code SH; ☎ 0770 790 790; www.flyme.com) Hub: Göteborg, Sweden.

Fly Nordic (airline code 6B; ☎ 08-585 54 400; www.flynordic.com) Hub: Arlanda, Sweden.

Icelandair (airline code FI; ☎ 505 0100; www.icelandair.net) Hub: Keflavik, Iceland.

Iceland Express (airline code FHE; ☎ 550 0600; www.icelandexpress.com) Hub: Keflavik, Iceland.

KLM (airline code KL; ☎ 20 474 7747; www.klm.com) Hub: Schiphol, Amsterdam, Netherlands.

Lufthansa (airline code LO; ☎ 020-1805 83 84 26; www.lufthansa.com) Hub: Frankfurt, Germany.

Norwegian Air Shuttle (airline code DY; ☎ Norway 815 21 815, outside Norway 21 49 00 15; www.norwegian.no) Hub: Oslo, Norway.

Qantas (airline code QF; ☎ 13 13 13; www.qantas.com.au) Hub: Sydney, Australia.

Ryanair (airline code FR; ☎ 01-1812 1212; www.ryanair.com) Hub: Dublin, Ireland.

SAS (Scandinavian Airlines; airline code SK; ☎ 70 10 20 00; www.scandinavian.net) Hub: Kastrup, Denmark.

Skyways (airline code JZ; ☎ 0771 95 95 00; www.skyways.se) Hub: Arlanda, Sweden.

Sterling Airlines (airline code NB; ☎ 70 10 84 84; www.sterling.dk) Hub: Kastrup, Denmark.

Swiss (airline code SR; ☎ 0848 700 700; www.swiss.com) Hub: Zurich, Switzerland.

Thai Airways (airline code TG; ☎ 2628-2000; www.thaiairways.com) Hub: Bangkok, Thailand.

Tickets

For 'full-service' airlines, it's usually cheaper to buy tickets from a travel agency rather than directly from an airline. For extra peace of mind, use a bonded agency, such as one covered by the Air Transport Operators Licence (ATOL) scheme in the UK. Firms such as STA Travel, which has offices worldwide, are not going to disappear overnight and they offer good prices to most destinations.

For budget airlines turn to the internet, which has made booking cheap tickets a breeze. Usually the low-cost carriers' websites offer one-way tickets that are exactly half the cost of the return fare, so you can easily fly into one place and leave from another.

Flights to Scandinavia are most expensive in July and August and at Christmas. Prices given below are approximate high-season return fares.

Asia

Singapore and Bangkok are the discount plane-ticket capitals of Asia. Not all agencies are reliable: ask for advice from other travellers before buying tickets.

Finnair has direct daily flights from Helsinki to Bangkok (€1700, 10 hours), Beijing (€1000, eight hours), Shanghai (€1400, nine hours); and several flights per week to Tokyo (€1300, 9½ hours). Finnair also flies Helsinki–Singapore (€1800, 13 hours) and Oslo–Singapore (Nkr19,600, 13 hours) with a stopover in Bangkok.

Thai Airways flies from Bangkok to Stockholm (Skr11,300, 10½ hours) and to Copenhagen (Dkr31,500, 11 hours).

SAS has flights from Tokyo to Copenhagen (Dkr17,500, 11½ hours).

Aeroflot offers inexpensive deals from India to Europe.

Recommended agencies:

Four Seas Tours (☎ 2200 7777; www.fourseastravel.com/english; Hong Kong)

No 1 Travel (☎ 03 3205 6073; www.no1-travel.com; Japan)

STA Travel (www.statravel.com); Bangkok (☎ 02 236 0262; www.statravel.co.th); Hong Kong (☎ 2736 1618; www.statravel.com.hk); Japan (☎ 03 5391 2922;

GETTING THERE & AWAY

ENTRY REQUIREMENTS

Citizens of the UK, the USA, Canada, Ireland, Australia and New Zealand do not need to apply for a visa if they are visiting a Scandinavian country for less than three months. With a valid passport, most travellers will be able to visit the region for up to three (sometimes even six) months, provided they have some sort of onward or return ticket and/or 'sufficient means of support' (ie money) for the length of their stay.

Many EU countries have abolished passport controls between their borders, requiring only an identity card, but it's always safest to carry your passport. If it's about to expire, renew it before you go – some countries insist that it's valid for a specified minimum period (usually three months but sometimes up to six) after your visit.

Flights, tours and rail tickets can be booked online at www.lonelyplanet.com/travel_services.

www.statravel.co.jp in Japanese); Singapore (☎ 6737 7188; www.statravel.com.sg)

STIC Travels (www.stictravel.com); Delhi (☎ 11 233 57 468); Mumbai (☎ 22 221 81 431)

Australia

Flights to Scandinavian capitals require stop-overs, usually in Singapore or Bangkok and a European city. Return fares cost around A\$3000, and take 26 hours. Air France, Qantas and KLM offer some good deals.

Some travel agencies, particularly smaller ones, advertise cheap air fares in the travel sections of the weekend newspapers. Well-known travel agencies with offices throughout Australia:

Flight Centre (☎ 133 133; www.flightcentre.com.au)

STA Travel (☎ 1300 733 035; www.statravel.com.au)

Canada

Airlines flying to Scandinavia include Finnair, British Airways, Northwest Airlines and Air Canada. Flights leave from all major cities including Montreal, Ottawa, Toronto and Vancouver, and take around 14 hours, with one change in Frankfurt, London or New York. Prices varied quite substantially at the time of research (average C\$2000 plus tax), so shop around.

Travel Cuts (☎ 1 866 246 9762; www.travelcuts.com) is Canada's national student travel agency, with offices in major cities.

For online bookings try www.expedia.ca and www.travelocity.ca.

Continental Europe

Several European cities, particularly Amsterdam, Athens and Berlin, offer bargain flights. Various Scandinavian budget airlines, with numerous cheap internet deals, fly to European towns and cities: Sterling Airlines, who fly from Stockholm, Oslo and Helsinki, are the biggest; Blue 1 (a subsidiary of SAS) fly from Helsinki; Norwegian Air Shuttle fly from Oslo.

Icelandair serves the USA via Reykjavik from numerous European cities. Budget airline Iceland Express has year-round flights to Reykjavik and Akureyri from Copenhagen; and seasonal flights to Reykjavik from Alicante, Berlin, Frankfurt and Friedrichshafen, for around €400 to €500 including taxes.

Atlantic Airways fly to the Faroes from Denmark (two hours) and Iceland (one hour), and from Norway (Oslo and Sta-

vanger, two hours) in the summer. Flights cost around €320.

Across Europe many travel agencies have ties with STA Travel. Agencies in important transport hubs:

FRANCE

Anyway (☎ 0892 302 301; www.anyway.fr in French)

Lastminute (☎ 0899 785 000; www.lastminute.fr in French)

Nouvelles Frontières (☎ 0825 000 747; www.nouvelles-frontieres.fr in French)

OTU Voyages (☎ 01 55 82 32 32; www.otu.fr in French) Specialises in student and youth travel.

Voyageurs du Monde (☎ 08 92 23 56 56; www.vdm.com in French)

GERMANY

Expedia (☎ 01805 900 560; www.expedia.de in German)

Just Travel (☎ 089 747 3330; www.justtravel.de)

Lastminute (☎ 01805 284 366; www.lastminute.de in German)

STA Travel (☎ 069 743 032 92; www.statravel.de in German) For travellers under the age of 26.

ITALY

CTS Viaggi (☎ 199 501150; www.cts.it in Italian)

Specialises in student and youth travel.

NETHERLANDS

Airfair (☎ 0900 771 7717; www.airfair.nl in Dutch)

SPAIN

Barcelo Viajes (☎ 902 200 400; www.barceloviajes.com in Spanish)

New Zealand

British Airways, KLM, Qantas and Swiss are some of the airlines flying to Scandinavia, usually with stopovers in southeast Asia and/or Europe. Return fares cost around NZ\$3500 and take 26 hours. The site www.travel.co.nz is recommended for online bookings.

It's easiest and cheapest to book flights via an agency such as:

Flight Centre (☎ 0800 243 544; www.flightcentre.co.nz)

STA Travel (☎ 0508 782 872; www.statravel.co.nz)

UK & Ireland

NO-FRILLS AIRLINES

Currently, three no-frills airlines offer cheap flights to major entry points in Scandinavia.

Ryanair flies from London Stansted to nine airports in Denmark, Norway, Swe-

den and Finland; from Glasgow Prestwick to Oslo and Stockholm; from Liverpool to Oslo and Tampere; and from Newcastle to Oslo. Some promotional fares cost from as little as UK£30, including taxes, although most are around £120 in peak season.

EasyJet flies from London Stansted to Copenhagen for around UK£100 return.

Iceland Express flies from London-Stansted to Keflavik (Iceland) from UK£69 return, although most peak-season prices are around £230; a new service to Akureyri (Iceland) was due to start in October 2006.

From Ireland, the cheapest way to Scandinavia is to catch a flight from Ryanair to London Stansted, then pick up one of the above no-frills flights.

FULL-SERVICE AIRLINES

SAS was offering some very good deals at the time of writing, including peak-season return flights from London to airports in Denmark, Finland, Norway and Sweden (from around UK£100 return).

City Airline flies from Birmingham and Manchester to Göteborg; internet offers start from UK£130 return, including tax.

Atlantic Airways has flights from Aberdeen to Vágar (Faroe Islands) for around GB£70; see p140 for details. They also have weekly summer flights from London, changing in the Shetlands.

Another option is Icelandair, which flies to the USA from London, Manchester and Glasgow via Keflavik. The cheapest tickets (around UK£160) are available on the internet, with further discounts if you sign up for Icelandair's free Netclub.

DISCOUNT TRAVEL AGENCIES

Discount air travel is big business in London. Agencies advertise in the travel pages of the weekend papers, *Time Out*, the *Evening Standard* and the free magazine *TNT*.

Recommended travel agencies:

ebookers (☎ 0800 082 3000; www.ebookers.com)

Flight Centre (☎ 0870 499 0040; www.flightcentre.co.uk)

North-South Travel (☎ 01245 608 291; www.northsouthtravel.co.uk) Donates a portion of its profits to projects in the developing world.

Quest Travel (☎ 0871 423 0135; www.questtravel.com)

STA Travel (☎ 0870 163 0026; www.statravel.co.uk) For travellers under the age of 26.

Traillfinders (☎ 0845 050 5940; www.trailfinders.com)

Travel Bag (☎ 0870 814 4440; www.travelbag.co.uk)

USA

There are myriad flight options from the USA to Europe. To start with, check out weekly travel sections in larger newspapers, where you'll find travel agencies' advertisements. You should be able to fly return from New York and/or Boston to Copenhagen, Helsinki, Oslo or Stockholm for around US\$2000 in high season, although there are frequent offers of up to two-thirds lower than this. The journey takes around 10 hours. Open-jaw tickets allow you to land in one city and return from another at no extra cost.

Icelandair flies from New York, Boston, Baltimore/Washington, Minneapolis, Orlando, and San Francisco (summer only), via Keflavik in Iceland to many European destinations including Glasgow, London, Oslo, Stockholm and Copenhagen. It has some of the best deals (eg New York-Keflavik US\$650 at the time of writing), and also allows a free stopover of up to seven days in Reykjavik on transatlantic flights.

If you're planning to fly within Scandinavian Europe, SAS sells various internal air passes (see p505) if you travel across the pond with them. They depart from Chicago, New York, Seattle and Washington to Copenhagen and Stockholm.

Airhitch (www.airhitch.org) specialises in internet purchases of standby tickets to Europe from the east coast/west coast for US\$450/590 return. Destinations are by region (not a specific city or country), so you'll need to be flexible.

DISCOUNT TRAVEL AGENCIES

Discount travel agencies are known as consolidators in the USA, and San Francisco is the consolidator king. Other good deals can be found in Los Angeles, New York and other big cities. Track down consolidators through the *Yellow Pages* or the major daily newspapers.

Travel agencies recommended for online bookings:

Cheap Tickets (☎ 1 888 922 8849; www.cheaptickets.com)

Expedia (☎ 1 800 397 3342; www.expedia.com)

Lowestfare.com (☎ 1 800 678 0998; www.lowestfare.com) Website-based.

Orbitz (☎ 1 888 656 4546; www.orbitz.com)

STA Travel (☎ 1 800 781 4040; www.sta.com)

Travelocity (☎ 1 888 709 5983; www.travelocity.com)

LAND Bus

Without a rail pass, it's generally cheapest to get from Europe to Scandinavia by bus. Some coaches are quite luxurious with stewards, air-conditioning, toilet and snack bar. Small bargain-price bus companies regularly appear and disappear – ask student and discount travel agencies for the latest companies.

Eurolines (www.eurolines.com), a conglomeration of 32 coach companies, is the biggest and best-established express-bus network, and connects Scandinavia with the rest of Europe. Most buses operate daily in summer and between two and five days per week in winter; advance ticket purchases are usually necessary. Eurolines' representatives in Europe:

Bohemia Euroexpress International (☎ 224 218 680; www.bei.cz in Czech; Křižíkova 4-6, 18600 Prague 8, Czech Republic)

Bus Éireann (☎ 01-836 6111; www.eurolines.ie; Bus Éireann Travel Centre, Busáras Bus Station, Store Street, Dublin 1).

Deutsche Touring (☎ 01805 790 303; www.eurolines.de; Am Römerhof 17, 60486 Frankfurt am Main)

Eurolines Austria (☎ 01-798 29 00; www.eurolines.at; Busstation Wien-Mitte, Erdbergstrasse 202, 1030 Vienna, Austria)

Eurolines France (☎ 08 92 89 90 91; www.eurolines.fr in French; Gare Routière Internationale, Boite 313, 28 ave du Général de Gaulle, F-93541 Bagnolet, Paris, France)

Eurolines Italy SRL (☎ 39 055 35 71 10; www.eurolines.it in Italian; Via GS Mercadente 2b, 50144 Firenze, Italy)

Eurolines Nederland (☎ 020-560 8788; www.eurolines.nl; Amstel Station, Julianaplein 5, 1097 DN Amsterdam, Netherlands)

Eurolines Scandinavia Denmark (☎ 07 010 00 30; www.eurolines.dk; Halmtorvet 5, Copenhagen, Denmark);

Norway (☎ 2217 2000; www.eurolines.no; Bussterminalen, Schweigaardsgate 6, 0185 Oslo); Sweden (☎ 031 100 240; www.eurolines.se; Busstop, Cityterminalen, Klarabergsviadukten 72, SE-11164 Stockholm, Sweden)

Eurolines Spain (☎ 902 40 50 40; www.eurolines.es in Spanish; Estación Sur de Autobuses, c/Méndez Alvaro, Madrid, Spain)

Eurolines UK Ltd (☎ 0870-580 8080; www.nationalexpress.com/eurolines; 52 Grosvenor Gardens, London, SW1W 0AG, UK)

Sample Eurolines fares: London to Copenhagen (from UK£95 return) and Frankfurt to Copenhagen (€190 return). There's a 10%

discount for those under 26 years or over 60 years.

The Eurolines Pass allows unlimited travel to 40 cities across Europe; the Scandinavian cities included are Copenhagen, Göteborg, Oslo and Stockholm. Between late June and mid-September, a 15-/30-day pass costs €329/439 (€279/359 for those under 26 years and over 60; cheaper at other times).

From St Petersburg in Russia, daily express buses run to Helsinki (see p214 for details). A Russian visa is required.

Car & Motorcycle

Driving to Scandinavia usually means taking a car ferry (opposite). The only land borders in the region are between Finland/Norway and Russia, or between Denmark and Germany. It is possible to drive through Denmark into Sweden using bridges and tunnels.

If you're driving from the UK, you can put your car on a direct ferry to Scandinavia (p504); or get to mainland Europe using the Channel Tunnel car-carrying train, **Eurotunnel** (☎ 0870 535 3535, 01303 282 061; www.eurotunnel.com), then from mainland Europe drive northwards.

See p508 for more information about required paperwork.

Hitching & Car-Ride Services

For local hitching conditions and laws, see the individual country chapters.

After hitching, the cheapest way to head further north in Europe is as a paying passenger in a private car. Car-sharing is particularly well-organised in Germany. After paying a reservation fee to a city-based **Mitfahrzentrale agency** (www.mitfahrzentrale.de in German), you're then linked up with people driving in your direction (petrol money is also due to the driver). Local tourist information offices can help you locate agencies, or in larger German cities, dial the city area code and ☎ 19444.

A list of European car-ride agencies can be found at www.allostop.com under the section 'Carpooling in Europe'.

Train

The monthly *Thomas Cook European Timetable* is the train traveller's bible. It's available from Thomas Cook outlets in the

UK (£13.99), or you can order a copy from www.thomascookpublishing.com.

The **Man in Seat 61** (www.seat61.com) is a slow-travel hero with a wonderfully helpful website about rail journeys.

For further information about rail passes, see p511.

ASIA

Travelling across Asia by train costs about the same as flying – but it's a real adventure. Three routes cross Siberia: the Vladivostok-Moscow Trans-Siberian route (packages around US\$650, seven days); the Beijing-Moscow Trans-Manchurian route (packages around US\$650, seven days); and the popular Beijing-Moscow Trans-Mongolian route (six days), where a 2nd-class sleeper in a four-berth compartment costs around US\$540 excluding visas and meals. Trains then run daily from Moscow to Helsinki (p214), usually requiring a change at St Petersburg.

Prices vary enormously, depending on where you buy the ticket and what's included – prices quoted here are only a rough indication. **Monkey Business** (☎ 8610 6591 6519; www.monkeyshrine.com) in Beijing organises all-inclusive packages and visas for trips starting in Beijing; for the Hong Kong office call ☎ 2723 1376. More expensive packages can be bought in Europe; one well-known UK operator is **Regent Holidays** (☎ 0117-925 4866; www.regent-holidays.co.uk).

Lonely Planet's *Trans-Siberian Railway* is a comprehensive guide to the route; also see www.seat61.com.

CENTRAL EUROPE

Hamburg is the main European gateway for Scandinavia but direct trains also run from Berlin. There are several direct trains daily to Copenhagen from Hamburg (2nd-class €76, five hours); the hour-long ferry trip is included in the ticket price. Direct trains from Berlin run daily to Malmö (2nd-class €130, 8½ hours), via the Sassnitz to Trelleborg ferry (3¾ hours).

In Germany, the Sparpreis fare structures are a good deal: use them to cheapen the rail journey to northern Germany. Sparpreis 25 and Sparpreis 50 give 25% and 50% respectively off long-distance return fares if booked at least three days in advance, with certain restrictions on times of travel and point of departure/return.

In Poland, take a train to Gdynia or Świnoujście for a ferry to Sweden (see p476). For Polish timetables and prices, see www.intercity.com.pl.

A useful website for planning European train journeys is www.europeanrail.com.

UK

Going by train to Scandinavia can be more expensive than flying, but it's more of an experience. The Channel Tunnel makes land travel possible between Britain and continental Europe. **Eurostar** (☎ 0870 518 6186, 01233 617575; www.eurostar.co.uk) passenger services connect London with Calais, Paris, Lille and Brussels. From Brussels connect to Hamburg, which is the main gateway to Scandinavia.

From London, a 2nd-class return ticket costs from UK£250 to Copenhagen (via Cologne or Hamburg), and around UK£450 return to Oslo and Stockholm (via Copenhagen). Contact **Deutsche Bahn UK** (☎ 0870 243 5363; www.bahn.co.uk) for details of frequent special offers, and for reservations and tickets.

For more information on international rail travel (including Eurostar services), contact the **Rail Europe Travel Centre** (☎ 0870 8371 371; www.raileurope.co.uk; 178 Piccadilly, London W1).

SEA

Prices given in this section are sample starting prices, based on a foot-passenger travelling one way in high season, using the cheapest-available sleeping option (usually a reclining seat or couchette – see p510 for a definition). Booking a cabin, travelling on weekends or night boats, or taking a vehicle will obviously up the cost; travelling outside June to August will lower it. Book as early as possible to take advantage of limited cheaper tickets.

See the transport sections of the country chapters for information about boat-train links within Scandinavian Europe. See also p511 for rail passes and their validity on ferries.

Ferry Companies

The following details cover the larger ferry companies operating to Scandinavia.

COLOR LINE

The Norwegian company **Color Line** (www.colorline.com) have year-round routes from Norway to Denmark (all €60, except Bergen-Hirtshals which costs €90) and Germany.

From Hirtshals in Denmark you can get to four Norwegian towns: Kristiansand (4½ hours), Larvik (6½ hours), Stavanger (11 hours), and Bergen (21 hours). From Frederikshavn in Denmark, boats run to Larvik (six hours) and Oslo (6½ hours). Boats also run to Oslo from Kiel in Germany (€110, 20 hours).

It's possible to take a car on these ferry services (around €100 one-way); if you have a full car, packages (around €350 for vehicle and five people) are more economical. Booking agencies:

Denmark Frederikshavn (☎ 99 56 19 77; Postboks

30, DK-9900 Frederikshavn); Hirtshals (☎ 99 56 19 77;

Postboks 30, DK-9850 Hirtshals)

France (☎ 01 42 85 64 50; c/o Scanditours, 36 rue de St-Pétersbourg, 75008 Paris)

Germany (☎ 0431-7300 300; Postfach 2646, D24025 Kiel)

Norway (☎ 81 00 08 11; Postboks 1422 Vika, N-0115 Oslo)

DFDS SEAWAYS

DFDS Seaways (www.dfdsseaways.com) operates year-round routes between Denmark, Norway, Sweden and the UK. Prices below are per person, based on four people sharing the cheapest cabin. Cars cost from UK£75.

Boats run from Oslo to Copenhagen (from Nkr370, 16 hours), via Helsingborg in Sweden (14 hours); from Harwich in the UK to Esbjerg in Denmark (from UK£60, 19 hours); and from Newcastle in the UK to Göteborg in Sweden (from UK£80, 26 hours), via Kristiansand in Norway (19 hours). Booking agencies:

Denmark (☎ 33 42 30 80; Sundkrogsgade 11, DK-2100 Copenhagen Ø)

Germany (☎ 01805-304 350; Högerdamm 41, D-20097 Hamburg)

Norway (☎ 21 62 13 40; Postboks 365 Sentrum, N-0102 Oslo)

Sweden (☎ 031-650650; Kajskjul 107, Frihamnen, Box 8895, SE-40272 Göteborg)

UK (☎ 08702 520 524; Scandinavia House, Parkeston, Harwich, Essex, CO12 4QG)

FJORD LINE

Fjord Line (www.fjordline.com) sails from Denmark and the UK to western Norway.

Ferries run at least four times per week from Hanstholm in Denmark to Egersund in Norway (€40 with reclining seat, seven hours). Some of these services continue from Egersund up the Norwegian coast

to Haugesund (€55, 13 hours) and Bergen (€60, 17 hours).

There are also one or two ferry services per week from Newcastle in the UK to Stavanger in Norway (from €130 per person based on four-person cabin, 20 hours), continuing up the coast to Haugesund and Bergen.

Prices are up to 50% lower for children, students and seniors. Booking agencies:

Denmark (☎ 97 96 30 00; Coastergade 10, DK-7730 Hanstholm)

Germany (☎ 040-3769 3350; Kleine Johannisstrasse 10, D-20457 Hamburg)

Norway (☎ 815 33 500; Skoltegrunnskaiaen, Postboks 7250, N-5020 Bergen)

UK (☎ 0870 143 9669, 0191-296 1313; Norway House, Royal Quays, North Shields, Tyne & Wear, NE29 6EG)

SILJA LINE

Silja Line (☎ 0600 174552; www.silja.com; Keilaranta 9, Espoo, 02060 Silja) runs ferry routes between Sweden, Finland and Estonia; in June 2006 they were being bought out by Tallink, although this probably won't affect routes and schedules.

SMYRIL LINE

From March to mid-October, **Smyril Line** (www.smyril-line.com) operates the car ferry *Norröna* weekly between Hanstholm (Denmark), Bergen (Norway), Lerwick (Shetland Islands, UK), Tórshavn (Faroe Islands) and Seyðisfjörður (eastern Iceland)...although not necessarily in that order! High-season passengers from Hanstholm must disembark for two days in the Faroes while the boat makes side trips to Norway and the Shetlands. At the time of writing, there were controversial plans to abandon the Lerwick leg.

It's a convoluted route: check out the Smyril Line website for full details, or better still, talk to a booking agent about your intended journey.

Fares are highest between mid-June and mid-August, when a one-way adult fare (including a rather claustrophobic couchette) from Hanstholm to Seyðisfjörður costs €230. If your budget will stretch a little further, we recommend the very pleasant cabins: prices start at €320. Bringing a vehicle is not much more expensive than paying for two foot passengers. There's a small charge for bicycles, and there are

discounts available for seniors, students, disabled travellers and children. Booking agencies:

Denmark (☎ 96 55 03 60; www.smyril-line.dk;

Trafikhavnsvej 7, DK-7730 Hanstholm)

Faroe Islands (☎ 345900; www.smyril-line.com;

J Broncksgrøta 35, PO Box 370, FO-110 Tórshavn)

Iceland (☎ 570 8600; www.smyril-line.is; Sætúni 8, 105 Reykjavík)

Norway (☎ 55 59 65 20; www.smyril-line.no; Slotstgaten 1, Postboks 4135, Dreggen, N-5835 Bergen)

UK (☎ 01595-690845; www.smyril-line.com; The Gutters' Hut, North Ness Business Park, Lerwick, Shetland, ZE1 0LZ)

Passengers from mainland UK can connect with the Smyril Line by taking one of the daily **NorthLink Ferries** (☎ 0845 600 0449; www.northlinkferries.co.uk) services (UK£31.20, 13 hours) from Aberdeen via Kirkwall (Orkney) to Lerwick in the Shetland Islands.

STENA LINE

Stena Line (www.stenaline.com) runs daily ferry services between Denmark and Sweden, Denmark and Norway, Germany and Sweden and Poland and Sweden. Some boats sail overnight, with prices around double those quoted below for day sailings.

From Frederikshavn (Denmark), you can sail to Oslo in Norway (Dkr270, 6½ hours) and Göteborg in Sweden (Dkr185, 3¼ hours). Express ferries (Dkr260, two hours) also run the latter route in summer. From Grenå (Denmark), there are twice-daily ferries to Varberg in Sweden (Dkr185, four hours).

From Kiel (Germany), there are daily ferries to Göteborg in Sweden (€70, 13½ hours).

From Gdynia (Poland) there are one or two ferries per day to Karlskrona in Sweden (Skr670, 10½ hours).

Booking agencies:

Denmark (☎ 96 20 02 00; www.stenaline.dk in Danish; Trafikhavnen, DK-9900 Frederikshavn)

Germany (☎ 01805-91 66 66; www.stenaline.de in German; Schwedenkai 1, D-24103 Kiel)

Norway (☎ 02010; www.stenaline.no in Norwegian; Postboks 764, Sentrum, N-0106 Oslo)

Poland (☎ 058-660 92 00; www.stenaline.pl in Polish; Kwiatkowskiego 60, PL-81-156 Gdynia)

Sweden (☎ 031-704 0000; www.stenaline.se in Swedish; Box 94, SE-43222 Varberg)

UK (☎ 0870 570 7070; www.stenaline.co.uk; Station Approach, Stena House, Holyhead, Anglesey LL65 1DQ)

Baltic Countries

There are regular sailings from Estonia, Latvia and Lithuania across the Baltic Sea to Sweden and Finland. In addition to the information below, see the Sweden (p475) and Finland (p214) transport sections.

ESTONIA

Silja Line sails two to six times daily from Tallinn to Helsinki (€48, 3½ hours).

Tallink (Estonia ☎ 640 9808, www.tallink.ee; Finland ☎ 600 15700, www.tallink.fi; Sweden ☎ 08-666 6001, www.tallink.se) sails several times daily from Tallinn to Helsinki (€25, 3½ hours); once daily in summer via Mariehamn to Stockholm (from €65 per person based on four people sharing, 16 hours); and from Paldiski in Estonia to Kapellskär (from €28 per person based on four people sharing, 10 hours), north of Stockholm.

LATVIA

Scandlines (Latvia ☎ 360 7358; Sweden www.scandlines.se; ☎ 04-218 6100) runs three services per week between Ventspils and Karlshamn in Sweden (from €85 per person based on four people sharing, 17 hours) and five per week between Ventspils and Nynäshamn (€75 for reclining seat, 11 hours), also in Sweden. Prices include two meals!

Tallink sails between Stockholm and Riga three times weekly (Skr365 based on four people sharing, 18 hours).

LITHUANIA

DFDS Tor Line (in Sweden ☎ 0454-33680, in Lithuania 46-395051; www.dfdstorline.com) shuttles daily between Klaipėda (Lithuania) and Karlshamn in Sweden (from Skr710, 16 hours).

Germany

The **Scandlines** (☎ 04-218 6100; www.scandlines.se) train, car and passenger ferry from Puttgarden to Rodbyhavn in Denmark (the quickest way to Copenhagen) runs every half-hour around the clock and takes 45 minutes (€7). Frequent Scandlines ferries also run from Rostock to Gedser (€10, two hours) in Denmark.

From Kiel, there are daily Stena Line ferries to Göteborg in Sweden (€70, 13½ hours) and Color Line ferries to Oslo in Norway (€110, 20 hours).

Five large Scandlines ferries run in each direction daily between Sassnitz (eastern

Germany) and Trelleborg (€15, four hours), south of Malmö in Sweden. Three ferries run from Rostock to Trelleborg in Sweden (€24, six hours).

Finnlines (☎ in Finland 09-251 0200, in Germany 0451 150 7443; www.finnlines.fi) has a daily service from Travemünde to Helsinki (from €200 per person based on four people sharing, 34 hours); and to Malmö (€25, nine hours) – for these ferries, ☎ 04-5028 0520 in Germany, ☎ 04-017 6800 in Sweden.

TT Line (☎ in Sweden 0410-56200; www.ttline.com) has daily ferries to Sweden (mostly overnight) between Travemünde and Trelleborg (from €75, seven hours); and between Rostock and Trelleborg (€30, 5½ hours).

See also the relevant transport sections in the individual country chapters.

Poland

Regular ferries cross the Baltic Sea between Poland and Sweden. Stena Line has one or two ferries daily from Gdynia to Karlskrona (Skr670, 10½ hours).

Unity Line (☎ in Sweden 0411-556900, in Poland 091-359 5592; www.unityline.pl; Pl Rodla 8, 70-419 Szczecin) has a daily ferry (Skr550, eight hours) between Świnoujście and Ystad in Sweden.

Polferries (☎ in Sweden 46-401 21700, in Poland 091-322 4396; www.polferries.pl; ul Bema 9/2, 72-600 Świnoujście) links Gdansk with Nynäshamn in Sweden (from Skr670, 18 hours) three times per week. It has one night boat, which operates daily from Świnoujście to Ystad in Sweden (Skr540, seven hours).

It also has four or five departures per week from Świnoujście to Copenhagen (Skr450, 10½ hours), and one on Saturdays to Rønne in Denmark (Skr250, 5¼ hours).

The UK

For the weekly Smyril Line sailing between Lerwick (Shetland Islands) and Seyðisfjörður (Iceland), with additional legs to Denmark, the Faroes and Norway, see p502.

From Newcastle, Fjord Line runs ferries year-round to Stavanger (19½ hours) in Norway, continuing to Haugesund (22 hours) and Bergen (24 hours). High-season fares start from £90.

DFDS Seaways has ferries from Harwich to Esbjerg in Denmark (from UK£60, 19 hours) and from Newcastle to Kristiansand (from UK£80, 19 hours) and Göteborg (from UK£80, 27 hours, twice weekly).

See the relevant transport sections in the individual country chapters for more details.

Transatlantic Passenger Ships & Freighters

If you want to sail from the USA to Europe, you'll have to suffer the privations of a luxury cruise ship! Cunard Line's **QMII** (☎ in Canada & the USA 1 800 728 6273, in the UK 0845 071 0300) sails between New York and Southampton in the UK around 26 times per year, taking six nights/seven days per trip. The cost of a one-way crossing starts at US\$1800. From June to August, the company does three different northern cruises, calling in at Iceland and/or Norwegian villages and towns, including Oslo and Bergen. Most travel agencies can provide the details.

A more adventurous alternative is as a paying passenger on a freighter, which will typically carry six to 12 passengers. They're less luxurious than dedicated cruise ships, but provide a real taste of life at sea. Costs normally hover around US\$100 a day; vehicles can often be included for an additional charge. Although it's out of date and out of print, *Travel by Cargo Ship* by Hugo Verlomme is still a valuable reference.

TOURS

For special-interest trips (canoeing, bird-watching, cycling), see the country chapters in this book, contact your local activity club, check out classified ads in hobby mags, or consult the national tourist offices of the country you're headed for. In the UK, the Cyclists' Touring Club (see opposite) run occasional cycling tours in Scandinavia.

If your time is limited, consider using one of the following tour operators:

Australia

Bentours (☎ 02-9241 1353; www.bentours.com.au; Level 7, 189 Kent St, Sydney 2000) With 25 years experience covering the highlights of Denmark, Norway, Sweden, Finland and Iceland/Greenland, with fjord cruises and trips to St Petersburg and Moscow.

France

Grand Nord Grand Large (☎ 01-40 46 05 14; www.gngl.com in French; 15 Rue du Cardinal Lemoine, 75005 Paris) A 'polar voyage' specialist, with trips to northern Finland, Norway (including Svalbard), Sweden, the Faroes and Iceland.

Germany

Norden Tours (☎ 040-3770 2270; www.norden-tours.de in German; Kleine Johannisstrasse 10, D-20457 Hamburg) Wide range of Scandinavian tours, including cruises.

Nordwind Reisen (☎ 08331-87073; www.nordwind-dreisen.de in German; Maximilianstrasse 17, D-87700 Memmingen, Nordwind) Specialist tours to Iceland, Greenland and Spitzbergen; some winter tours to Sweden and Finland.

Norway

Brand Cruises (☎ 52 85 31 03; www.brand.no; Postboks 33, N-4291 Kopervik) Norwegian cruises, including Svalbard.

UK

Arctic Experience: Discover the World (☎ 01737 -214214; www.arctic-experience.co.uk; 29 Nork Way, Banstead, Surrey, SM7 1PB) Summer and winter wilderness, wildlife and activity holidays in the Faroes, Iceland, Sweden and arctic Norway.

Dick Phillips (☎ 01434-381440; www.icelandic-travel.com; Whitehall House, Nenthead, Alston, Cumbria, CA9 3PS) Mr Phillips has decades of experience leading rigorous, wild hiking and skiing trips in Iceland.

USA

Scantours (☎ 1 800 223 7226; www.scantours.com) Comfortable, hotel-based excursions and cruises throughout Scandinavia, with trips to St Petersburg.

Travcoa (☎ 1 866 591 0070; www.travcoa.com; 2424 SE Bristol St, Ste 310, Newport Beach, CA 92660) Hotel-based tours visiting the highlights of Scandinavia.

GETTING AROUND

Getting around the populated areas of Scandinavia is generally a breeze, with efficient public transport systems and snappy connections. Remote regions usually have trustworthy but infrequent services.

AIR

Domestic networks in Scandinavia are safe and reliable. Internal flights can be expensive, but they're often cheaper than land-based alternatives for longer journeys, and of course can save days of travelling time. Companies running internal airline routes offer reduced rates for internet bookings. For domestic carriers, see the country transport sections.

Travelling between airports and city centres isn't a problem in Scandinavia thanks to good bus and train networks.

Air Passes

Visitors flying **SAS** (☎ in North America 1 800 221 2350, in the UK 0870 607 2727, 020 8990 7159; www.scandinavian.net); on a return ticket to Norway, Sweden or Finland from outside Europe can buy Visit Scandinavia/Europe Airpass coupons (starting at US\$65 each), as can US travellers flying with United Airlines.

Visitors (but not residents of Denmark, Finland, Norway or Sweden) flying SAS return to Scandinavia from inside Europe can buy similar Visit Scandinavia Airpass coupons (starting at €69 each).

The passes allow one-way travel on direct flights between any two Scandinavian cities serviced by SAS, Blue 1, Skyways, Widerøe (☎ 81 00 12 00; www.wideroe.no) and other operators, with stopovers limited to one in each city. You can buy up to eight tickets which are valid for three months. Children fly for around 70% of the adult price. Tickets can be purchased after arriving in Scandinavia if you have a return SAS international ticket.

BICYCLE

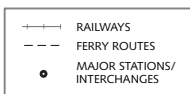
A tour of northern Europe by bike is an exciting prospect, giving you the chance to see vast areas of wilderness under your own steam. One organisation that can help you gear up in the UK is the wonderful **Cyclists' Touring Club** (CTC; ☎ 0870 873 0060; www.ctc.org.uk; Parklands, Raiton Rd, Guildford, Surrey, GU2 9JX). It can help members with cycling conditions, routes, itineraries, maps and specialised insurance. It also organises occasional **tours** (www.cyclingholidays.org) to Denmark and the Norwegian fjords.

English-language books about cycling in Scandinavia are virtually nonexistent. *Europe by Bike*, by Karen and Terry Whitehill, is a little out of date but its descriptions of 18 cycling tours include two for Scandinavia (from Kiel across Denmark to Sweden and from southern Sweden to Stockholm via the Åland islands). *The Essential Touring Cyclist* by Richard A Lovett is full of useful general advice.

The North Sea Cycle Route covers parts of Denmark, Sweden, Norway and the Shetland Islands: see www.northsea-cycle.com for information.

Make sure you take sufficient tools and spare parts, as replacements may be pricey and hard to find. Panniers are essential, and

RAILWAYS & FERRIES



ARCTIC OCEAN



of course a bike helmet is always a good idea. Take a decent lock and use it when you leave your bike unattended; theft is not uncommon in places like Helsinki and Copenhagen.

It's easy to hire bikes throughout Scandinavia, sometimes from train station bike-rental counters, and in some cases it's possible to return them to another outlet so you don't have to double back. On slower trains and local buses in Scandinavia, bikes can usually be transported as luggage, either free or for a small fee. Fast trains and long-distance buses rarely take bikes. Cycling across the Øresund bridge between Denmark and Sweden is prohibited.

For an overview of cycling in Scandinavian Europe, see p483 and the individual country chapters.

BOAT Ferry

You can't really get around Scandinavia without using ferries extensively (although many Swedish services are being replaced by bridge links). The shortest routes from Denmark (Jutland) to Norway and from southern Sweden to Finland are ferry routes. Denmark is now well connected to mainland Europe and Sweden by bridges.

Ferry tickets are cheap on competitive routes, although transporting cars can be costly. Bicycles are usually carried free. On some routes, train pass holders are entitled to free or discounted travel (p511).

Weekend ferries, especially on Friday nights, are significantly more expensive. Teenage travellers are banned from travelling on some Friday-night ferries due to problems with excessive drunkenness.

For further information about the many ferry options available between the destinations in this book, see the transport sections of the individual country chapters. Also see p501 for ferry companies running services between Scandinavian countries.

Steamers

Scandinavia's main lakes and rivers are served by both diesel-powered boats and steamers during the summer. Treat these extended boat trips as relaxing, scenic miniholidays; if you view them merely as a way to get from A to B, they can seem quite expensive.

Sweden has the largest fleets in Scandinavia. Most leave from Stockholm and sail east to the Stockholm archipelago (p415) – a maze of 24,000 islands and islets – and west to historic Lake Mälaren (p415) – home base of the Swedish Vikings a millennium ago. You can also cruise the Göta Canal (p477), the longest water route in Sweden.

The legendary Hurtigruten (p384) links Norway's coastal fishing villages. In Finland, steamships ply Lake Saimaa (p182) and its canal; there are also diesel-engine boats.

BUS

Buses provide a viable alternative to the rail network in Scandinavian countries, and are the only option in Iceland and the Faroes. Compared to trains, they're usually cheaper (Finland is the exception) and slightly slower. Connections with train services (where they exist) are good.

Bus travel tends to be perfect for getting around cities and for short hops, and is sometimes your only choice in remote rural areas (particularly northern Sweden).

Bus Passes

Eurolines offers a variety of city 'loops' and the Eurolines Pass – see p500 for more details.

See the transport section in the country chapters for details of internal bus passes, or contact one of the main long-distance bus operators listed here.

DENMARK

Sondergaards Busser (☎ 70 10 00 33; www.sondergaards-busser.dk)

Thinggaard Expressbusser (☎ 98 11 66 00; www.thinggaardbus.com in Danish)

FAROE ISLANDS

Strandfaraskip Landsins (☎ 343030; www.ssl.fi)

FINLAND

Oy Matkahuolto Ab (☎ 09-682 701; www.matkahuolto.fi)

ICELAND

BSÍ (Bíffreiðastöð Íslands; ☎ 562 1011; www.bsi.is)

NORWAY

Nor-Way Bussekspress (☎ 815 44 444; www.nor-way.no)

SWEDEN

Sjöfflebusen (☎ 0771-151515; www.safflebusen.se in Swedish)

Svenska Buss (☎ 0771-676767; www.svenskabuss.se in Swedish)

Swebus Express (☎ 0200-218218; www.swebus.express.se)

Ybuss (☎ 0771-334444; www.ybuss.se in Swedish)

Reservations

Advance reservations are rarely necessary. However, you do need to prepurchase your ticket before you board many city buses, and then validate your ticket on board. See the individual country chapters for specific details.

CAR & MOTORCYCLE

Travelling with your own vehicle is the best way to get to remote places and gives you independence and flexibility. Drawbacks include being isolated in your own little car-bubble, and stressful city-centre driving.

Scandinavia is excellent for motorcycle touring, with good-quality winding roads, stunning scenery and an active motorcycling scene – just make sure your wet-weather gear is up to scratch. The best time for touring is May to September. On ferries, motorcyclists rarely have to book ahead as they can generally be squeezed in. Anyone considering Scandinavia on two wheels should read *The Adventure Motorbiking Handbook*, by Chris Scott, which gives sound advice on motorcycle touring worldwide.

Bringing Your Own Vehicle

Proof of ownership of a private vehicle should always be carried (this is the Vehicle Registration Document for British-registered cars) when touring Europe. You may also need a *carnet de passage en douane*, which is effectively a passport for the vehicle and acts as a temporary waiver of import duty. The *carnet* may also need to specify any expensive spare parts that you're planning to carry with you, such as a gearbox. Contact your local automobile association for further information.

Vehicles crossing an international border should display a sticker showing their country of registration. (The exception is cars with Euro-plates being taken into

another European Union country). It's compulsory to carry a warning triangle in most places, to be used in the event of breakdown. You must also use headlamp beam reflectors/convertors on right-hand-drive cars.

Driving Licence

An EU driving licence is acceptable for driving throughout Scandinavia, as are North American and Australian licences (in general). If you have any other type of licence, you should obtain an International Driving Permit (IDP) from your motoring organisation before you leave home.

If you're thinking of going snow-mobiling, you'll need to bring your driving licence with you.

Fuel & Spare Parts

Fuel is heavily taxed and very expensive in Scandinavia. Most types of petrol, including unleaded 95 and 98 octane, are widely available; leaded petrol is no longer sold. Diesel is significantly cheaper than petrol in most countries. Always check the type of fuel being supplied – usually pumps with green markings and the word *Blyfri* on them deliver unleaded fuel, and black pumps supply diesel.

Recommended accessories are a first-aid kit, a spare bulb kit, and a fire extinguisher. In Iceland, it's wise to carry general spare parts, including a fan belt and clutch cable, and learn how to make basic repairs; garages and passing motorists can be few and far between. Contact your automobile association or, in the UK, contact the **AA** (☎ 0870 600 0371, 0161 495 8945; www.theaa.com) or the **RAC** (☎ 0870 572 2722, 020 8917 2500; www.rac.co.uk) for more information.

Hire

Renting a car is more expensive in Scandinavia than in other European countries, and the variety of deals, terms and conditions can be mind-boggling. However, there are a few pointers that can help you through the morass. The big international firms – Hertz, Avis, Eurodollar, Budget, and Europe's largest rental agency, Europcar – will give you reliable service, a good standard of vehicle, and the (usually chargeable) option of returning the car to a different outlet when you've finished with it.

Try to prebook your vehicle, which always works out cheaper. If you've left it too late, look for national or local firms, which can often undercut the international companies substantially. It's generally more expensive to hire cars from airport-rental stands than to pick one up in town.

Fly/drive combinations are worth looking into; for example, SAS and Icelandair often offer cheaper car rentals to their international passengers. The ScanRail 'n' Drive package gives you a five-day rail pass and a car for two days to be used within 15 days in Denmark, Norway and/or Sweden. Prices start at US\$410 for an adult on 2nd-class trains and an economy car (US\$720 for two adults), with an option of retaining the car for US\$59 per day.

Holiday Autos International (www.holidayautos.com) usually has good rates for rental, but you need to prebook. It has offices around Europe, including Denmark, Norway and Sweden. Ask in advance if you can drive a rented car across borders.

If you fancy chancing a banger, the US firm **Rent-a-Wreck** (www.rent-a-wreck.com) has franchises in Denmark, Finland, Iceland and Sweden.

Be sure you understand what's included in the price (unlimited or paid kilometres, injury insurance, tax, collision damage waiver etc) and what your liabilities are. Always take the collision damage waiver, although you can probably skip the injury insurance if you and your passengers have decent travel insurance.

The minimum rental age is usually 21, sometimes even 23, and you'll probably need a credit card (or a mountain of cash) for the deposit.

Motorcycle and moped rental isn't particularly common in Scandinavian countries, but it's possible in major cities.

Insurance

Third-party motor insurance is a minimum requirement in most of Europe. Most UK car-insurance policies automatically provide third-party cover for EU and some other countries. Ask your insurer for a Green Card – an internationally recognised proof of insurance (there may be a charge) – and check that it lists all the countries you intend to visit. You'll need this in the event of an accident outside the

country in which the vehicle is insured. Also ask your insurer for a European Accident Statement form, which can simplify things if worse comes to worst. Never sign statements you can't read or understand – insist on a written translation and only sign it if it's acceptable.

A European breakdown-assistance policy, such as those provided by the AA or the RAC, is a good investment: expect to pay about UK£60 for 14 days' cover. It's also worth asking your motoring organisation for details of reciprocal services offered by affiliated organisations around Europe.

Road Conditions & Hazards

Conditions and types of roads vary widely across Scandinavia, but it's possible to make some generalisations. The fastest routes are four- or six-lane dual carriageways, which tend to skirt cities and plough through the countryside in straight lines, often avoiding the most scenic areas. Motorways and other primary routes, with the exception of some roads in Iceland, are universally in good condition.

Road surfaces on minor routes are not so reliable, although normally adequate. These roads are narrower and progress is slower, but in compensation, you'll pass through more scenic places along the way.

Norway has some particularly hair-raising roads; serpentine examples climb from sea level to 1000m in what seems no distance at all on a map. These rollercoasters will use plenty of petrol and strain the car's engine and brakes, not to mention your nerves! Driving a camper van on these kinds of routes is not recommended.

In Norway, there are tolls for some tunnels, bridges, roads and entry into larger towns, and for practically all ferries crossing fjords. Roads, tunnels, bridges and car ferries in Finland and Sweden are usually free, although there's a hefty toll of €32 (Skr290/Dkr235) per car on the Øresund bridge between Denmark and Sweden.

During winter in Scandinavia, snow tyres are compulsory. The tyre chains common in the Alps are allowed in Norway, but are illegal elsewhere.

Suicidal stock, including sheep, elk, horses and reindeer, is a potential hazard. If you are involved in an animal incident, you must report it to the police by law.

Road Rules

You drive on the right-hand side of the road in all Scandinavian countries. Seat-belt use is compulsory for all passengers and headlights must be switched on at all times (except in built-up areas in Finland). Vehicles from the UK and Ireland need their headlights adjusted to avoid blinding oncoming traffic (a simple solution on older headlight lenses is to cover up the triangular section of the lens with a headlight deflector, available from motoring accessory shops). Priority is usually given to traffic approaching from the right.

It's compulsory for motorcyclists and their passengers to wear helmets. Check first if you're thinking of parking motorcycles on pavements (sidewalks). This is illegal in some countries, although the police usually turn a blind eye as long as pedestrians aren't obstructed.

Take care with speed limits, which vary from country to country. Many driving infringements are subject to on-the-spot fines in Scandinavian countries. If you receive a fine for any driving offence, make sure to get a receipt.

Drink-driving regulations are strict: one drink can put you over the limit. The maximum blood-alcohol concentration (BAC) is 0.01% in Norway (the strictest in Europe), 0.02% in Sweden and 0.05% in the rest of Scandinavia.

Your national motoring organisation may distribute free booklets summarising Scandinavian motoring regulations.

HITCHING

Hitching is never entirely safe in any country in the world, and we don't recommend it. Travellers, particularly women, who decide to hitch are taking a small but potentially serious risk – even in 'safe' Scandinavia. People who do choose to hitch will be safer if they travel in pairs and let someone know where they're planning to go.

Hitching is neither popular nor particularly rewarding in most of the region. That said, with a bit of luck, hitchers can end up making good time in some areas, but obviously your plans need to be flexible in case you suddenly become invisible to passing motorists. Don't try to hitch from city centres; take public transport to suburban exit routes.

Hitching is usually illegal on motorways – stand on the entrance ramps.

It's sometimes possible to arrange a lift privately: scan student notice boards in colleges or contact car-sharing agencies (see p500).

TOURS

See the individual country chapters for details of recommended, locally organised tours.

TRAIN

Trains in Scandinavia are comfortable, frequent and punctual. As with most things in the region, prices are relatively expensive, although European train passes can make travel affordable. Finland has the cheapest rail service. There are no trains in Iceland or the Faroes, nor in most of far-northern Norway.

If you plan to travel extensively by train, get the *Thomas Cook European Timetable* (see p500), which gives a complete listing of train schedules and indicates where supplements apply or where reservations are necessary.

Express Trains

Fast trains in Europe, or ones that make few stops, are usually identified by the symbols EC (Eurocity) or IC (Intercity). There are national variations: in Norway, some expresses are called Signatur trains; in Finland they're Pendolino express trains; and in Sweden they're known as X2000. Supplements usually apply on fast trains and it's wise (sometimes obligatory) to make reservations at peak times and on certain lines.

Overnight Trains

If you don't fancy sitting upright all night with a stranger dribbling on your shoulder, overnight trains usually offer couchettes or sleepers. Again, reservations are advisable, particularly as sleeping options are generally allocated on a first-come, first-served basis.

Couchettes are basic bunkbeds numbering four (1st class) or six (2nd class) per compartment and are comfortable enough, if lacking a little privacy. In Scandinavia, a bunk costs around US\$25 to US\$35 for most international trains, irrespective of the length of the journey.

Sleepers are the most comfortable option, offering beds for one or two passengers in 1st class and two or three passengers in 2nd class. In Norway, when individual travellers book a bed for one they'll be booked into a compartment with two other people of the same sex. Denmark has six-person compartments, as well as single and double cabins; charges vary, but these tend to be significantly more expensive than couchettes.

Most long-distance trains have a dining car or snack trolley – bring your own nibbles to keep costs down.

Costs

Full-price tickets can be expensive, but there are generally lots of discounts, particularly if you book ahead. European rail passes are worth buying if you plan to do a reasonable amount of inter-country travelling within a short space of time.

Seniors and travellers under 26 years of age are eligible for discounted tickets, which can cut international fares by between 15% and 40%: see below for details.

Reservations

It's a good idea (and sometimes obligatory) to make reservations at peak times and on certain train lines, especially long-distance trains. Check the individual country chapters for particulars.

Train Passes

There are a variety of passes available, for students, people under 26, seniors and those who intend to do a lot of train travel. Numerous agencies issue youth tickets in Europe, including **STA Travel** (www.statravel.com) and **Wasteels Rejser** (☎ 33 14 46 33; www.wasteels.dk in Danish; Skoubogade 6, DK-1158 Copenhagen K, Denmark).

Supplements (eg for high-speed services) and reservation costs are not covered by passes, and terms and conditions change – check carefully before buying. Pass-holders must always carry their passport on the train for identification purposes.

EURAIL

In Scandinavia, the ScanRail pass (p513) is usually a better deal than the Eurail pass, so the following information is mainly for travellers visiting other parts of Europe too

(however, see details of the new Eurail National Pass and Selectpass below).

Eurail (www.eurail.com) passes can only be bought by residents of non-European countries (residents of Algeria, Morocco, Tunisia, Turkey and Russian Federation countries are ineligible to buy passes). It's always wise to buy a pass before you leave home: you *can* buy them inside Europe, but they're 20% more expensive and there are very few sales outlets. You can buy passes online; the website also has a list of sales agents.

Eurail passes are valid for unlimited travel on national railways and some private lines in Austria, Belgium, Denmark, Finland, France (including Monaco), Germany, Greece, Hungary, Ireland, Italy, Luxembourg, the Netherlands, Norway, Portugal, Spain, Sweden and Switzerland (including Liechtenstein). The passes do *not* cover the UK.

Eurail is also valid on ferries running between Ireland–France, Italy–Greece, and Silja Line routes between Germany, Sweden and Finland.

In addition to the passes listed below, there's a **Eurail Regional Pass**, offering unlimited rail travel in two countries, and valid for five, six, eight or 10 days within a two-month period; however, the only Scandinavian region covered is Germany–Denmark. Eurail have also created a new **Eurail National Pass**, providing unlimited rail travel in a single country, valid for between three and 10 days within a one-month period depending on the country – versions of this pass exist for Denmark, Finland, Norway and Sweden. For both these types of pass, you can choose to travel 1st or 2nd class; Saver and Youth versions are also available.

On most Eurail passes, children aged between four and 11 get a 50% discount on the full adult fare.

Eurail passes include the following:

Eurailpass (15-/21-day pass US\$605/785, 1-/2-/3-month pass US\$975/1,378/1,702) For those aged over 26; valid for unlimited 1st-class travel.

Eurailpass – Saver (15-/21-day pass US\$512/668, 1-/2-/3-month pass US\$828/1,172/1,450) For two to five people travelling together; valid for unlimited 1st-class travel.

Eurailpass – Youth (15-/21-day pass US\$394/510, 1-/2-/3-month pass US\$634/896/1,108) For those aged under 26; valid for unlimited 2nd-class travel.

Eurailpass Flexi (10-/15-day pass US\$715/940) For those aged over 26; valid for 10 or 15 days' 1st-class travel within a two-month period.

Eurailpass Flexi – Saver (10-/15-day pass US\$608/800) For two to five people travelling together; valid for 10 or 15 days' 1st-class travel within a two-month period.

Eurailpass Flexi – Youth (10-/15-day pass US\$465/611) For those aged under 26; valid for 10 or 15 days' 2nd-class travel within a two-month period.

Eurail Selectpass (three-country 5-/6-/8-/10-day pass US\$383/423/503/580, four-country 5-/6-/8-/10-day pass US\$428/468/548/625, five-country 5-/6-/8-/10-/15-day

pass US\$473/513/593/670/850) For those aged over 26; valid for five, six, eight, 10, sometimes 15 days' 1st-class travel through three, four or five countries within a two-month period. Countries must be connected by either rail or ferry.

Eurail Selectpass – Saver (three-country 5-/6-/8-/10-day pass US\$325/360/428/493, four-country 5-/6-/8-/10-day pass US\$363/398/465/530, five-country 5-/6-/8-/10-/15-day pass US\$400/435/503/568/723) For two to five people travelling together; valid for five, six, eight, 10, sometimes 15 days' 1st-class travel through three, four or five countries within a two-month period. Countries must be connected by either rail or ferry.

Eurail Selectpass – Youth (three-country 5-/6-/8-/10-day pass US\$249/275/325/375, four-country 5-/6-/8-/10-day pass US\$278/304/354/404, five-country 5-/6-/8-/10-/15-day pass US\$306/333/383/433/553) For those aged under 26; valid for five, six, eight, 10, sometimes 15 days' 2nd-class travel through three, four or five countries within a two-month period. Countries must be connected by either rail or ferry.

EURO DOMINO

The Euro Domino pass (called a Freedom pass in Britain) is available to people who have been living in Europe for at least six months. It's valid in most of the same countries covered in the zonal Inter Rail pass (see the following section; France, Italy and Spain are not participating).

Adults (travelling 1st or 2nd class) and people under 26 can travel within one country for three to eight days within a one-month period. Examples of adult/youth prices for eight days in 2nd class are UK£102/77 for Denmark, UK£165/123 for Finland, UK£248/189 for Norway and UK£214/149 for Sweden. Children aged between four and 11 travel for half price; and seniors receive a discount of around 15% on adult fares. The websites www.raileurope.co.uk and www.eurodomino.com contain full details.

INTER RAIL

Inter Rail (www.interrailnet.com) passes are valid for unlimited 2nd-class travel in 30 countries in Europe and North Africa, and are available to European residents of at least six

months' standing – passport identification is required. Terms and conditions vary slightly from country to country, but in the country of origin there's only a discount of around 50% on normal fares, rather than free travel.

The Inter Rail pass is split into eight zones. Zone A is Ireland and the UK; B is Finland, Norway and Sweden; C is Austria, Denmark, Germany and Switzerland; D is Bosnia-Herzegovina, Croatia, the Czech Republic, Hungary, Poland and Slovakia; E is Belgium, France, Luxembourg and the Netherlands; F is Morocco, Portugal and Spain; G is Italy, Greece, Slovenia and Turkey; H is Bulgaria, Macedonia, Romania and Yugoslavia.

The price for any one zone is UK£223/145 (if aged over/under 26) for 16 days and UK£295/205 for 22 days. A global pass is better value, allowing one month's travel in all zones for UK£405/285.

SCANRAIL

ScanRail (www.scanrail.com) is a pass covering rail travel in Denmark, Norway, Sweden and Finland, with discounts on some private railways, ferries, boats and buses. It's very important to buy your ScanRail pass outside Scandinavia, or you'll face huge restrictions regarding the days you can travel. The pass comes in two versions (children aged four to 11 travel for half the adult fare):

ScanRail Flexi Pass (adult 5-/8-/10-day pass UK£174/210/234, under-26 5-/8-/10-day pass UK£120/145/162, over-60s 5-/8-/10-day pass UK£153/185/207) For unlimited 2nd-class travel on any five, eight or 10 days within a two-month period.

ScanRail Consecutive Pass – 21 days (adult/under 26/over 60 UK£270/188/237) For unlimited 2nd-class travel over 21 consecutive days.

ScanRail passes are valid on the following major Scandinavian train networks: DSB and Arriva (Denmark); VR (Finland); NSB (Norway); the Arlanda Express (Arlanda Airport-Stockholm), Connex, SJ, Tågkompaniet and some regional services (Sweden). Some other rail and ferry services are discounted or free – see the table for more information.

Country	Transport	Route	Company	ScanRail Discount
Denmark	Train	Hjørring-Hirtshals	Nordjyske Jernbaner	50%
Denmark	Train	Frederikshavn-Skagen	Skagensbanen	50%
Denmark/Germany	Ferry	Rødby-Puttgarden Mitte See	Scandlines	free
Denmark/Norway	Ferry	Copenhagen-Oslo	DFDS Seaways	25%
Denmark/Sweden	Ferry	Helsingør-Helsingborg	Scandlines	free
Denmark/Sweden	Ferry	Grenå-Varberg	Stena Line	30%
Denmark/Sweden	Ferry	Frederikshavn-Göteborg	Stena Line	30%
Denmark/UK	Ferry	Esbjerg-Harwich	DFDS Seaways	25%
Finland	Bus	Kemi-Tornio	Veljekset Salmela	free
Norway	Train	Myrdal-Flåm	The Flåm Railway	30%
Norway	Bus	Åndalsnes-Ålesund	Nettbuss Ålesund AS	50%
Norway	Bus	Åndalsnes-Molde	Veoy Buss AS	50%
Norway	Bus	Mosjøen-Sandnessjøen	Helgelandske AS	50%
Norway	Ferry	Bergen-Haugesund-Stavanger (day sailing)	Flaggruten A/S	50%
Norway	Ferry	Hardangerfjord & southern Hordaland	HSD Sjø AS	50%
Norway/Denmark	Ferry	Larvik-Hirtshals (day sailing)	Color Line	50%
Norway/Denmark	Ferry	Oslo-Hirtshals (day sailing)	Color Line	50%
Norway/Denmark	Ferry	Kristiansand-Hirtshals (day sailing)	Color Line	50%
Norway/Denmark	Ferry	Larvik-Frederikshavn (day sailing)	Color Line	50%
Norway/Denmark	Ferry	Oslo-Frederikshavn	Stena Line	50%
Norway/Denmark	Ferry	Bergen-Haugesund-Egersund-Hanstholm	Fjordline	small discount
Norway/Sweden	Ferry	Sandefjord-Strömstad (day sailing)	Color Line	50%
Norway/UK	Ferry	Bergen-Haugesund-Stavanger-Newcastle	Fjordline	small discount
Sweden	Train	Östersund-Storlien	Nabo-Tåget	50%
Sweden	Train	Mora-Östersund-Gällivare	Inlandsbanan	25% off Inlandsbanan Card
Sweden/Germany	Train	Berlin-Malmö-Berlin	SJ/GVG	small discount
Sweden/Finland	Bus	Luleå-Haparanda-Tornio	Länstrafiken i Norrbotten	free
Sweden	Ferry	Nynäshamn-Visby	Destination Gotland	check for discount
Sweden	Ferry	Oskarhamn-Visby	Destination Gotland	check for discount
Sweden/Finland	Ferry	Stockholm-Helsinki	Silja Line/Viking Line	50% (on limited cabins)
Sweden/Finland	Ferry	Stockholm-Turku	Silja Line/Viking Line	50% (on limited cabins)
Sweden/Norway/UK	Ferry	Göteborg-Kristiansand-Newcastle	DFDS Seaways	25% (limited number)

Health

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Travel in Scandinavia presents very few health problems. The standard of health care is high and English is widely spoken by doctors and medical clinic staff, tap water is safe to drink, the level of hygiene is high and there are no endemic diseases. The main health issues to be aware of are extreme climates (with the potential for hypothermia, frostbite or viral infections such as influenza) and biting insects such as mosquitoes, though they're more an annoyance than a health risk.

BEFORE YOU GO

Prevention is the key to staying healthy while abroad. A little time spent planning before departure, particularly if you have pre-existing illnesses, will save trouble later: see your dentist before a long trip; carry a spare pair of contact lenses and glasses, and take your optical prescription with you. Bring your medications in their original, clearly labelled containers. A signed and dated letter from your physician describing your medical conditions and necessary medications, including their generic names, is also a good idea.

Specific travel vaccinations are not required for visitors to Scandinavia but you should be up to date with all normal childhood vaccinations.

INSURANCE

Citizens of the European Economic Area (EEA) are covered for emergency medical treatment in other EEA countries (including Denmark, Finland, Iceland, Norway and Sweden) on presentation of a European Health Insurance Card (EHIC), which replaced the E111 form in January 2006. Enquire about EHICs at your health centre, travel agency or (in some countries) post office well in advance of travel. Citizens from other countries should find out if there is a reciprocal arrangement for free medical care between their country and the country visited. Health insurance is still recommended, especially if you intend to go hiking or skiing. Make sure you get a policy that covers you for the worst possible scenario, such as an accident requiring an emergency flight home. Find out in advance if your insurance plan will make payments directly to providers or reimburse you later for overseas health expenditures.

ONLINE RESOURCES

The WHO's publication *International Travel and Health* is revised annually and is available online at www.who.int/ith/. Other useful websites include www.mdtravelhealth.com (travel-health recommendations for every country; updated daily), www.fitfortravel.scot.nhs.uk (general travel advice for the layperson), www.ageconcern.org.uk (advice on travel for the elderly) and www.mariestopes.org.uk (information on women's health and contraception).

FURTHER READING

'Health Advice for Travellers' (called the 'T7.1' leaflet) is an annually updated leaflet by the Department of Health in the UK that's available free from post offices. It contains some general information, legally required and recommended vaccines for different countries, reciprocal health agreements and information on how to apply for an EHIC. Lonely Planet's *Travel with Children* includes advice on travel health

for younger children. Other recommended references include *Traveller's Health* by Dr Richard Dawood and *The Traveller's Good Health Guide* by Ted Lankester.

IN TRANSIT

DEEP VEIN THROMBOSIS (DVT)

Blood clots may form in the legs during plane flights, chiefly because of prolonged immobility. The longer the flight, the greater the risk. The chief symptom of DVT is swelling or pain in the foot, ankle or calf, usually but not always on just one side. When a blood clot travels to the lungs, it may cause chest pain and breathing difficulties. Travellers with any of these symptoms should immediately seek medical attention.

To prevent the development of DVT on long flights you should walk about the cabin, contract the leg muscles while sitting, drink plenty of fluids and avoid alcohol and tobacco.

JET LAG & MOTION SICKNESS

To avoid jet lag (common when crossing more than five time zones) try drinking plenty of nonalcoholic fluids and eating light meals. Upon arrival, get exposure to natural sunlight and readjust your schedule (for meals, sleep and so on) as soon as possible.

Antihistamines such as dimenhydrinate (Dramamine) and meclizine (Antivert, Bonine) are usually the first choice for treating motion sickness. A herbal alternative is ginger.

IN SCANDINAVIA

AVAILABILITY & COST OF HEALTHCARE

Good healthcare is readily available and for minor self-limiting illnesses pharmacists can give valuable advice and sell over-the-counter medication. Major cities in Scandinavia have a 24-hour pharmacy. The staff can advise when more specialised help is required and point you in the right direction to find it. The standard of dental care is good, but it is sensible to have a dental check-up before a long trip.

TRAVELLER'S DIARRHOEA

Tap water and food is generally safe throughout Scandinavia, but a change in diet can sometimes cause diarrhoea.

If you develop diarrhoea, drink plenty of fluids, preferably an oral rehydration solution such as Dioralyte. A few loose stools don't require treatment, but if you have more than four or five stools a day you should start taking an antibiotic (usually a quinolone drug) and an anti-diarrhoeal agent (such as loperamide).

ENVIRONMENTAL HAZARDS

Hypothermia

Proper preparation will reduce the risks of getting hypothermia. Even on a hot day in the mountains, the weather can change rapidly. Hikers should carry waterproof clothing, wear warm layers and inform others of the route taken.

Acute hypothermia follows a sudden drop of temperature over a short time. Chronic hypothermia is caused by a gradual loss of temperature over hours.

Hypothermia starts with shivering, loss of judgment and clumsiness. Unless re-warming occurs, the sufferer deteriorates into apathy, confusion and coma. Prevent further heat loss by providing shelter, warm dry clothing, hot sweet drinks and shared bodily warmth.

Frostbite is caused by freezing and subsequent damage to bodily extremities. It is dependent on wind chill, temperature and length of exposure. Frostbite starts as frostnip (white numb areas of skin) from which complete recovery is expected with re-warming. As frostbite develops, the skin blisters and then becomes black. The loss of damaged tissue eventually occurs. Adequate clothing, staying dry, keeping well hydrated

HEADING

It's usually a good idea to consult your government's travel-health website before departure, if one is available:

Australia www.smartraveller.gov.au

Canada www.travelhealth.gc.ca

UK www.dh.gov.uk/PolicyAndGuidance/HealthAdviceForTravellers/

USA www.cdc.gov/travel/

and ensuring adequate calorie intake is the best way to prevent frostbite. Treatment involves rapid rewarming. Avoid refreezing and rubbing the affected areas.

Insect Bites & Stings

Mosquitoes are found in most parts of Scandinavia, particularly in Lapland during summer and around lake areas such as eastern Finland. Malaria is not a problem but irritation and infected bites are possible. Use a DEET-based insect repellent.

In northern Iceland, midges and black-flies can be a real annoyance in summer.

Bees and wasps only cause real problems to those with a severe allergy (anaphylaxis). If you have a severe allergy to bee or wasp stings, carry an 'epipen' or similar adrenalin injection.

Bed bugs lead to very itchy lumpy bites, but Scandinavian hotels and hostels are generally immaculate. Spraying the mat-

tress with crawling-insect killer after changing bedding will get rid of them.

Scabies are tiny parasitic mites that live in the skin, particularly between the fingers. They cause an intensely itchy rash. Scabies are easily treated with lotion from a pharmacy.

WOMEN'S HEALTH

Emotional stress, exhaustion and travelling through different time zones can all contribute to an upset in the menstrual pattern. If using oral contraceptives, remember some antibiotics, diarrhoea and vomiting can stop the pill from working and lead to the risk of pregnancy. Tampons and similar products are widely available in Scandinavia at pharmacies and supermarkets.

Travelling during pregnancy is usually possible but always seek a medical check-up before planning your trip. The most risky times for travel are during the first 12 weeks of pregnancy and after 30 weeks.

Language

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This language guide contains pronunciation guidelines and basic vocabulary to help you during your travels in Scandinavian Europe. For a more detailed guide to the languages in this region, pick up a copy of Lonely Planet's *Scandinavian Phrasebook*.

DANISH

While the majority of Danes speak English, any effort to learn a few basic words and phrases will be greatly appreciated by the people you meet.

Danish has a polite form of address, using the personal pronouns *De* and *Dem*. The Danish translations in this book mostly use the informal pronouns *du* and *dig*, except where it's appropriate and/or wise to use the polite form. In general, you should use the polite form when speaking to senior citizens and officials, and the informal the rest of the time.

Nouns in Danish have two genders: masculine and neuter. In the singular, the definite article ('the' in English) is suffixed to the noun: *-en* (masculine) and *-et* (neuter). In the plural *-ne* is used for the indefinite ('some' in English) and *-ene* for the definite, regardless of gender.

PRONUNCIATION

You may find Danish pronunciation difficult. Consonants are drawled, swallowed and even omitted completely, creating, in conjunction with vowels, the peculiarity of the glottal stop or *stød*. Its sound is rather as a Cockney would say the 'tt' in 'bottle'. Stress is usually placed on the first syllable or on

the first letter of the word. In general though, the best advice is to listen and learn. Good luck!

Vowels

a	as in 'father'
a, æ	as in 'act'
å, o &	
u(n)	a long rounded 'a' as in 'walk'
e(g)	as the sound of 'eye'
e, i	as the 'e' in 'bet'
i	as the 'e' in 'theme'
ø	as the 'er' in 'fern'
o, u	as the 'oo' in 'cool'
o	as in 'pot'
o(v)	as the 'ou' in 'out'
o(r)	as the 'or' in 'for' with less emphasis on the 'r'
u	as in 'pull'
y	say 'ee' while pursing your lips

Consonants

sj	as in 'ship'
ch	a sharper sound than the 'ch' in 'cheque'
c	as in 'cell'
(o)d	a flat 'dh' sound, like the 'th' in 'these'
ng	as in 'sing'
g	a hard 'g' as in 'get', if followed by a vowel
h	as in 'horse'
k	as the 'c' in 'cat'
r	a rolling 'r' abruptly cut short
w	similar to the 'wh' in 'what'
j	as the 'y' in 'yet'

ACCOMMODATION

hotel	<i>hotel</i>
guesthouse	<i>gæstgiveri</i>
hostel	<i>vandrerhjem</i>
camping ground	<i>campingplads</i>

Do you have any rooms available?	<i>Har I ledige værelser?</i>
How much is it per night/per person?	<i>Hvor meget koster det per nat/per person?</i>
Does it include breakfast?	<i>Er morgenmad inkluderet?</i>

I'd like ...	<i>Jeg ønsker ...</i>
a single room	<i>et enkeltværelse</i>
a double room	<i>et dobbeltværelse</i>

one day/two days *en nat/to nætter*

CONVERSATION & ESSENTIALS

Hello.	<i>Hallo/Hej. (informal)</i>
Goodbye.	<i>Farvel.</i>
Yes.	<i>Ja.</i>
No.	<i>Nej.</i>
Please.	<i>Må jeg bede/Værsgo.</i>
Thank you.	<i>Tak.</i>
That's fine/You're welcome.	<i>Det er i orden/Selv tak</i>
Excuse me/Sorry.	<i>Undskyld.</i>
Do you speak English?	<i>Taler De engelsk?</i>
How much is it?	<i>Hvor meget koster det?</i>
What's your name?	<i>Hvad hedder du?</i>
My name is ...	<i>Mit navn er ...</i>

EMERGENCIES – DANISH

Help!	<i>Hjælp!</i>
Call a doctor!	<i>Ring efter en læge!</i>
Call the police!	<i>Ring efter politiet!</i>
Go away!	<i>Forsvind!</i>
I'm lost.	<i>Jeg har gået vild.</i>

SHOPPING & SERVICES

a bank	<i>en bank</i>
a chemist/pharmacy	<i>et apotek</i>
the ... embassy	<i>den ... ambassade</i>
my hotel	<i>mit hotel</i>
the market	<i>markedet</i>
a newsagent	<i>en avisiosk</i>
the post office	<i>postkontoret</i>
the tourist office	<i>turistinformationen</i>

What time does it open/close? *Hvornår åbner/lukker det?*

TIME, DAYS & NUMBERS

What time is it?	<i>Hvad er klokken?</i>
today	<i>i dag</i>
tomorrow	<i>i morgen</i>
morning	<i>morgenen</i>
afternoon	<i>eftermiddagen</i>

Monday	<i>mandag</i>
Tuesday	<i>tirsdag</i>
Wednesday	<i>onsdag</i>
Thursday	<i>torsdag</i>
Friday	<i>fredag</i>

Saturday	<i>lørdag</i>
Sunday	<i>søndag</i>

SIGNS – DANISH

Indgang	Entrance
Udgang	Exit
Åben	Open
Lukket	Closed
Forbudt	Prohibited
Information	Information
Politistation	Police Station
Toiletter	Toilets
Herrer	Men
Damer	Women

0	<i>nul</i>
1	<i>en</i>
2	<i>to</i>
3	<i>tre</i>
4	<i>fire</i>
5	<i>fem</i>
6	<i>seks</i>
7	<i>syv</i>
8	<i>otte</i>
9	<i>ni</i>
10	<i>ti</i>
100	<i>hundrede</i>
1000	<i>tusind</i>

TRANSPORT

What time does ... leave/arrive?	<i>Hvornår går/ankommer ...?</i>
the boat	<i>båden</i>
the bus (city)	<i>bussen</i>
the bus (intercity)	<i>rutebilen</i>
the tram	<i>sporvognen</i>
the train	<i>toget</i>

Where can I hire a car/bicycle? *Hvor kan jeg leje en bil/cykel?*

I'd like ...
a one-way ticket *Jeg vil gerne have ... en enkeltbillet*
a return ticket *en tur-retur billet*

1st class	<i>første klasse</i>
2nd class	<i>anden klasse</i>
left luggage office	<i>reisesagopsopbevar ingen</i>
timetable	<i>køreplan</i>
bus stop	<i>bus holdeplads</i>
tram stop	<i>sporvogn holdeplads</i>
train station	<i>jernbanestation (banegård)</i>

Directions

Where is ...?	<i>Hvor er ...?</i>
Go straight ahead.	<i>Gå lige frem.</i>
Turn left/right.	<i>Drej til venstre/højre.</i>
near/far	<i>nær/fjern</i>

FAROESE

Faroese is a Germanic language derived from old Norse, closely related to Icelandic and some Norwegian and Swedish dialects. In 1890, a standard written version of Faroese, *Føroyskt*, was made official and given equal status with Danish in public and government affairs.

All Faroese speak Danish, can handle Norwegian and Swedish, and some speak English. Nearly every Faroese learns Danish at school (and many also learn English and German), but foreign languages have had little impact on everyday life.

PRONUNCIATION

In most cases, Faroese words are stressed on the first syllable. Grammar is very similar to that of Icelandic, but pronunciation is quite different due to a mix of Icelandic, Danish, and even Gaelic influences, eg the name of Eiði village is inexplicably pronounced 'oy-yeh'; the nearby village of Gjøgv is referred to as 'Jagv'; the capital, Tórshavn, gets the more or less Danish pronunciation, 'torsh-hown'.

Vowels & Diphthongs

a, æ	short, as the 'u' in 'cut'; long, as the 'ai' in 'hair'
á	short, as the 'o' in 'hot'; long, as the 'oi' in French moi
e	as in 'get'
i, y	short, as the 'i' in 'hit'; long, as the 'i' in 'marine'
í, ý	as the 'ui' in Spanish muy
o	as in 'hot'
ó	short, as the 'a' in 'ago'; long, as the 'o' in 'note'
ø	as the 'a' in 'ago'
u	as in 'pull'
ú	short, as a sharp 'u' – purse your lips and say 'ee'; long, as the 'ou' in 'you'
ei	as the 'i' in 'dive'
ey	short, as the 'e' in 'get'; long, as the 'ay' in 'day'
oy	as the 'oy' in 'boy'

Consonants

ð	silent in final position, otherwise taking on the value of surrounding vowels
ðr	as the 'gr' in 'grab'
dj	as the 'j' in 'jaw'
ft	as the 'tt' in 'bitter'
g	silent in final position, otherwise taking on the value of surrounding vowels
ggj	as the 'j' in 'jaw'
hv	as 'kv'
hj	as the 'y' in 'yellow'
ll	as the 'dl' in 'saddle'

ACCOMMODATION

hotel	<i>hotell</i>
guesthouse	<i>gistingarhús</i>
youth hostel	<i>vallarheim</i>
campground	<i>tjaldpláss</i>

Do you have any rooms available? *Eru nokur leys kamur?*

How much is it (per person/per night)? *Hvussu nógv kostar tað (fyri hvønn/eina natt)?*

Does it include breakfast? *Er morgunmatur innifalinn?*

I'd like (a) ...	<i>Eg vil fegin hava ...</i>
single room	<i>eitt einkultkamar</i>
double room	<i>eitt dupultkamar</i>

CONVERSATION & ESSENTIALS

Hello.	<i>Hey/Halló/Góðan dag.</i>
Goodbye.	<i>Farvæl.</i>
Yes.	<i>Ja.</i>
No.	<i>Nei.</i>
Please.	<i>Gerði so væl.</i>
Thank you.	<i>Takk fyri.</i>
Excuse me/Sorry.	<i>Orsaka.</i>
Do you speak English?	<i>Tosar tú eingilskt?</i>
How much is it?	<i>Hvussu nógv kostar tað?</i>
What's your name?	<i>Hvussu eita tygum?</i>
My name is ...	<i>Eg eiti ...</i>

SHOPPING & SERVICES

bank	<i>banka</i>
chemist	<i>apotekið</i>
the ... embassy	<i>...ambassaduni</i>
market	<i>handilsगतuni</i>
the post office	<i>posthúsínum</i>
a public toilet	<i>almennum vesi</i>
the tourist office	<i>ferðaskrivstovuni/turistkontórinum</i>

EMERGENCIES – FAROESE

Help!	<i>Hjálp!</i>
Call a doctor!	<i>Ringið eftir lækna!</i>
Call the police!	<i>Ringið eftir lögregluni!</i>
Go away!	<i>Far burtur!</i>
I'm lost.	<i>Eg eri vilst/vilstur. (m/f)</i>

SIGNS – FAROESE

Atgongd	Entrance
Útgongd	Exit
Neyðútgongd	Emergency Exit
Bannað	Prohibited
Upplýsingar	Information
Løgregla	Police

FINNISH

Finnish is a Uralic language spoken by just six million people, the vast majority of whom live in Scandinavia and in Russian Karelia. The most widely spoken of the Finno-Ugric family is Hungarian, but its similarities with Finnish are few. Suomi refers to both the Finnish-speaking part of Finland and its language.

Staff at hotels, hostels and tourist offices generally speak fluent English. Bus drivers or restaurant and shop staff outside the cities may not, but they'll always fetch a colleague or bystander who does. You can certainly get by with English in Finland, but don't assume that everyone speaks it.

Swedish is spoken on Åland, as well as on the west ('Swedish') coast and around Helsinki and Turku, and all Finns learn Swedish at school.

PRONUNCIATION

Finnish pronunciation is more or less consistent – there is a one to one relationship between letters and sounds. There are nine vowels: **a, e, i, o, u, y, ä, å** and **ö** (the **å** has been adopted from the Norwegian and Swedish alphabets). The final letters of the alphabet are **ä, å** and **ö** (important to know when looking for something in a telephone directory).

Vowels

y	as the 'u' in 'pull' but with the lips stretched back (like the German 'ü')
ä	as the 'oo' in 'poor'
ä	as the 'a' in 'act'
ö	as the 'a' in 'ago'

Consonants

z	pronounced (and sometimes written) as 'ts'
v/w	as the 'v' in 'vain'

h	a weak sound, except at the end of a syllable, when it is almost as strong as 'ch' in German <i>ich</i>
j	as the 'y' in 'yellow'
r	a rolled 'r'

Double consonants like **kk** in *viikko* or **mm** in *summa* are held longer.

ACCOMMODATION

hotel	<i>hotelli</i>
guesthouse	<i>matkustajakoti</i>
youth hostel	<i>retkeilymaja</i>
camping ground	<i>leirintäalue</i>

Do you have any rooms available?	<i>Onko teillä vapaata huonetta?</i>
How much is it per night/per person?	<i>Paljonko se on yöltä/hengeltä?</i>
Does it include breakfast?	<i>Kuuluko aamiainen hintaan?</i>

I'd like ...	<i>Haluaisin ...</i>
a single room	<i>yhden hengen huoneen</i>
a double room	<i>kahden hengen huoneen</i>

one day	<i>yhden päivän</i>
two days	<i>kaksi päivää</i>

CONVERSATION & ESSENTIALS

Hello.	<i>Hei/Terve.</i>
Moi. (informal)	
Goodbye.	<i>Näkemiin.</i>
Moi. (informal)	
Yes.	<i>Kyllä/Joo.</i>
No.	<i>Ei.</i> (pronounced 'ay')
Please.	<i>Kiitos.</i>
Thank you.	<i>Kiitos.</i>
That's fine/You're welcome.	<i>Ole hyvä.</i>
Excuse me/Sorry.	<i>Eipä kestä.</i> (informal)
Do you speak English?	<i>Anteeksi.</i>
How much is it?	<i>Puhutko englantia?</i>
What's your name?	<i>Paljonko se makasaa?</i>
My name is ...	<i>Mikä teidän nimenne on?</i>
	<i>Minun nimeni on ...</i>

SHOPPING & SERVICES

bank	<i>pankkia</i>
chemist/pharmacy	<i>apteekki</i>
... embassy	<i>...-n suurlähetystöä</i>
market	<i>toria</i>
newsagent	<i>lehtikioski</i>
post office	<i>postia</i>
stationer	<i>paperikauppa</i>

tourist office	<i>matkailutoimistoa/ matkailutoimisto</i>
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What time does it open/close?	<i>Milloin se aukeaan/ suljetaan?</i>
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EMERGENCIES – FINNISH

Help!	<i>Apua!</i>
Call a doctor!	<i>Kutsukaa lääkäri!</i>
Call the police!	<i>Soittakaa poliisi!</i>
Go away!	<i>Mene pois! (Häivy!)</i>
I'm lost.	<i>Minä olen eksynyt.</i>

TIME, DAYS & NUMBERS

What time is it?	<i>Paljonko kello on?</i>
today	<i>tänään</i>
tomorrow	<i>huomenna</i>
morning	<i>aamulla</i>
afternoon	<i>iltapäivällä</i>
night	<i>yö</i>

Monday	<i>maanantai</i>
Tuesday	<i>tiistai</i>
Wednesday	<i>keskiviikko</i>
Thursday	<i>torstai</i>
Friday	<i>perjantai</i>
Saturday	<i>lauantai</i>
Sunday	<i>sunnuntai</i>

0	<i>nolla</i>
1	<i>yksi</i>
2	<i>kaksi</i>
3	<i>kolme</i>
4	<i>neljä</i>
5	<i>viisi</i>
6	<i>kuusi</i>
7	<i>seitsemän</i>
8	<i>kahdeksan</i>
9	<i>yhdeksän</i>
10	<i>kymmenen</i>
100	<i>sata</i>
1000	<i>tuhat</i>

TRANSPORT

What time does ... leave/arrive?	<i>Mihin aikaan ... lähtee/saapuu?</i>
the boat	<i>laiva</i>
the bus (city/intercity)	<i>bussi/linja-auto</i>
the tram	<i>raitiovaunu/raitikka</i>
the train	<i>juna</i>

I'd like a one way/return ticket.	<i>Saanko menolipun/ menopalulipun.</i>
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TIME, DAYS & NUMBERS

What time is it?	<i>Hvat er klokkan?</i>
today	<i>í dag</i>
tomorrow	<i>í morgin</i>
morning	<i>morgun</i>
afternoon	<i>seinnapartur</i>
night	<i>nátt</i>

Monday	<i>mánadagur</i>
Tuesday	<i>týsdagur</i>
Wednesday	<i>mikudagur</i>
Thursday	<i>hósdagur</i>
Friday	<i>fríggjadagur</i>
Saturday	<i>leygardagur</i>
Sunday	<i>sunnudagur</i>

1	<i>eitt</i>
2	<i>tvey</i>
3	<i>trý</i>
4	<i>fjóra</i>
5	<i>fimm</i>
6	<i>seks</i>
7	<i>sjey</i>
8	<i>átta</i>
9	<i>níggju</i>
10	<i>tíggju</i>
20	<i>tjúgu</i>
100	<i>hundrað</i>
1000	<i>túsund</i>

TRANSPORT

boat	<i>bátur</i>
bus	<i>bussur</i>
map	<i>kort</i>
road	<i>vegur</i>
street	<i>göta</i>
village	<i>bygd</i>

I'd like a ...	<i>Kundi eg fingið ...</i>
one-way ticket	<i>einvegis ferðaseðil</i>
return ticket	<i>ferðaseðil aftur og fram</i>

SIGNS – FINNISH

Sisään	Entrance
Ulos	Exit
Avoinna	Open
Suljettu	Closed
Kielletty	Prohibited
Opastus	Information
Poliisiasema	Police Station
WC	Toilets
Miehet	Men
Naiset	Women

Where can I hire a car?	<i>Mistä mina voisin vuokrata auton?</i>
Where can I hire a bicycle?	<i>Mistä mina voin vuokrata polkupyörän?</i>

1st class	<i>ensimmäinen luokka</i>
2nd class	<i>toinen luokka</i>
left luggage	<i>säilytys</i>
timetable	<i>aikataulu</i>
bus/tram stop	<i>pysäkki</i>
train station	<i>rautatieasema</i>
ferry terminal	<i>satamaterminaali</i>

Directions

Where is ...?	<i>Missä on ...?</i>
Go straight ahead.	<i>Kulje suoraan.</i>
Turn left.	<i>Käännä vasempaan.</i>
Turn right.	<i>Käännä oikeaan.</i>
near/far	<i>lähellä/kaukana</i>

ICELANDIC

Icelandic belongs to the Germanic language family that includes German, Dutch and all the Nordic languages except Finnish. Its closest 'living relative' is Faroese. Both Icelandic and Faroese are derived from Old Norse and they've changed little since the time of the Vikings.

Icelandic grammar is very complicated; the suffixes which are added to nouns and place names to indicate case may render a place name quite unrecognisable. This can lead to a great deal of confusion, especially when you're trying to read bus timetables and find names of towns spelt several different ways. For example, the sign that welcomes visitors to the town of Höfn reads *Velkomin til Hafnar*. *Hafnar* is the dative of Höfn.

Fortunately, it's not essential for foreigners to speak Icelandic. The second language of most young people is English, then Danish (and therefore Swedish and Norwegian to some degree) and German. Some people also learn French, Italian or Spanish. Other Icelanders will normally know enough English and German to exchange pleasantries.

PRONUNCIATION

Stress generally falls on the first syllable of a word. Double consonants are given a long pronunciation.

Vowels & Diphthongs

a	long, as in 'father' or short, as in 'at'
á	as the 'ou' in 'out'
au	as the word 'furry' without 'f' or 'rr'
e	long, as in 'fear' or short, as in 'bet'
é	as the 'y' in 'yet'
ei, ey	as the 'ay' in 'day'
i, y	as the 'i' in 'hit'
í, ý	as the 'i' in 'marine'
o	as in 'pot'
ó	as the word 'owe'
u	a bit like the 'u' in 'purr'
ú	as the 'o' in 'moon', or as the 'o' in 'woman'
ö	as the 'er' in 'fern', but without a trace of 'r'
æ	as the word 'eye'

Consonants

ð	as the 'th' in 'lather'
f	as in 'far'. When between vowels or at the end of a word it's pronounced as 'v'. When followed by l or n it's pronounced as 'b'.
g	as in 'go'. When between vowels or before r or ð it has a guttural sound as the 'ch' in Scottish loch.
h	as in 'he', except when followed by v, when it's pronounced as 'k'
j	as the 'y' in 'yellow'
l	as in 'let'; when doubled it's pronounced as 'dl'
n	as in 'no'; when doubled or word-final it's pronounced as 'dn' (unless nn forms part of the definite article <i>hinna</i>)
p	as in 'hip', except when followed by s or t, when it's pronounced as 'f'
r	always rolled
þ	as the 'th' in 'thin' or 'three'

ACCOMMODATION

hotel	<i>hótel</i>
guesthouse	<i>gistiheimili</i>
youth hostel	<i>farfuglaheimili</i>
camping ground	<i>tjaldsvæði</i>

Do you have any rooms available?	<i>Eru herbergi laus?</i>
How much is each night per person?	<i>Hvað kostar nóttin fyrir manninn?</i>
Does it include breakfast?	<i>Er morgunmatur innifalinn?</i>

I'd like ...	<i>Gæti ég fengið ...</i>
a single room	<i>einstaklingsherbergi</i>
a double room	<i>tveggjannaherbergi</i>

one day	<i>einn dag</i>
two days	<i>tvö daga</i>

CONVERSATION & ESSENTIALS

Hello.	<i>Halló.</i>
Goodbye.	<i>Bless.</i>
Yes.	<i>Já.</i>
No.	<i>Nei.</i>
Please.	<i>Gjöfðu svo vel.</i>
Thank you.	<i>Takk fyrir.</i>
That's fine.	<i>Allt í lagi.</i>
You're welcome.	<i>Ekkert að þakka.</i>
Excuse me/Sorry.	<i>Afsakið.</i>
Do you speak English?	<i>Talar þú ensku?</i>
How much is it?	<i>Hvað kostar það?</i>
What's your name?	<i>Hvað heitir þú?</i>
My name is ...	<i>Ég heiti ...</i>

EMERGENCIES – ICELANDIC

Help!	<i>Hjálp!</i>
Call a doctor!	<i>Náið í lækni!</i>
Call the police!	<i>Náið í lögregluna!</i>
Go away!	<i>Farðu!</i>
I'm lost	<i>Ég er villtur/villt. (m/f)</i>

SHOPPING & SERVICES

bank	<i>banka</i>
chemist/pharmacy	<i>apótek</i>
... embassy	<i>... sendiráðinu</i>
market	<i>markaðnum</i>
newsagent/stationer	<i>blaðasala/bókabúð</i>
post office	<i>pósthúsinu</i>
tourist office	<i>upplýsingaþjónusta fyrir ferðafólk</i>

SIGNS – ICELANDIC

Inngangur/Inn	Entrance
Útgangur/Út	Exit
Opið	Open
Lokað	Closed
Bannað	Prohibited
Upplýsingar	Information
Lögreglustöð	Police Station
Snyrting	Toilets
Karlar	Men
Konur	Women

TIME, DAYS & NUMBERS

What time is it?	<i>Hvað er klukkan?</i>
today	<i>í dag</i>
tomorrow	<i>á morgun</i>
in the morning	<i>að morgni</i>
in the afternoon	<i>eftir hádegi</i>

Monday	<i>mánudagur</i>
Tuesday	<i>þriðjudagur</i>
Wednesday	<i>miðvikudagur</i>
Thursday	<i>fimmtudagur</i>
Friday	<i>föstudagur</i>
Saturday	<i>laugardagur</i>
Sunday	<i>sunnudagur</i>

0	<i>núll</i>
1	<i>einn</i>
2	<i>tveir</i>
3	<i>þrír</i>
4	<i>fjórir</i>
5	<i>fimm</i>
6	<i>sex</i>
7	<i>sjö</i>
8	<i>átta</i>
9	<i>níu</i>
10	<i>tiu</i>
20	<i>tuttugu</i>
100	<i>eitt hundrað</i>
1000	<i>eitt þúsund</i>

TRANSPORT

What time does ... leave/arrive?	<i>Hvenær fer/kemur ...?</i>
the boat	<i>báturinn</i>
the bus (city)	<i>vagninn</i>
the tram	<i>sporvagninn</i>

I'd like ...	<i>Gæti ég fengið ...</i>
a one-way ticket	<i>míða/aðra leiðina</i>
a return ticket	<i>míða/báðar leiðir</i>
bus stop	<i>biðstöð</i>

ferry terminal timetable *ferjehöfn timadættun*

I'd like to hire a car/bicycle. *Ég vil leigja bíl/reiðhjól.*

Directions

Where is ...? *Hvar er ...?*
Go straight ahead. *Farðu beint af áfram.*
Turn left. *Beygðu til vinstri.*
Turn right. *Beygðu til hægri.*
near/far *nálægt/langt í burtu*

NORWEGIAN

Norway has two official languages – Bokmål and Nynorsk – but the differences between the two languages are effectively very minor. In this language guide we have used Bokmål – it's by far the most common language travellers to Norway will encounter.

English is widely understood and spoken, especially in the urban areas and in most tourist destinations. In the rural areas (where Nynorsk predominates) you may come across people who speak very little English. If you show an effort to speak Norwegian, it will help a great deal in connecting with the Norwegians you meet.

PRONUNCIATION

Vowels & Diphthongs

a long, as in 'father'; short, as in 'cut'
å as the 'aw' in 'paw'
æ as the 'a' in 'act'
e long as in 'where'; short, as in 'bet'; when unstressed, as the 'a' in 'ago'
i long, as the 'ee' in 'see'; short, as in 'hit'
o long, as the 'oo' in 'cool'; short, as in 'pot'
ø long, as the 'er' in 'fern'; short, as the 'a' in 'ago'
u, y say 'ee' while pursing your lips
ai as the word 'eye'
ei as the 'ay' in 'day'
au as the 'o' in 'note'
øy as the 'oy' in 'toy'

Consonants & Semivowels

d at the end of a word, or between two vowels, it's often silent

g as the 'g' in 'get'; as the 'y' in 'yard' before **ei, i, j, øy, y**
h as in 'her'; silent before **v** and **j**
j as the 'y' in 'yard'
k as in 'kin'; as the 'ch' in 'chin' before **ei, i, j, øy** and **y**
ng as in 'sing'
r a trilled 'r'. The combination **rs** is pronounced as the 'sh' in 'fish'.
s as in 'so' (never as in 'treasure'); as the 'sh' in 'she' before **ei, i, j, øy** and **y**

ACCOMMODATION

hotel *hotell*
guesthouse *gjestgiveri/pensionat*
youth hostel *vandrerhjem*
camping ground *kamping/leirplass*

Do you have any rooms available? *Har du ledige rom?*

How much is it per night/person? *Hvor mye er det pr dag/person?*

Does it include breakfast? *Inklusive frokosten?*

I'd like ... *Jeg vil gjerne ha ...*
a single room *et enkeltrom*
a double room *et dobbeltrom*

one day *en dag*
two days *to dager*

EMERGENCIES – NORWEGIAN

Help! *Hjelp!*
Call a doctor! *Ring en lege!*
Call the police! *Ring politiet!*
Go away! *Forsvinn!*
I'm lost. *Jeg har gått meg vill.*

CONVERSATION & ESSENTIALS

Hello. *Goddag.*
Goodbye. *Ha det.*
Yes. *Ja.*
No. *Nei.*
Please. *Vær så snill.*
Thank you. *Takk.*
You're welcome. *Ingen årsak.*
Excuse me/Sorry. *Unnskyld.*
Do you speak English? *Snakker du engelsk?*
How much is it? *Hvor mye koster det?*
What's your name? *Hva heter du?*
My name is ... *Jeg heter ...*

SHOPPING & SERVICES

bank *banken*
chemist/pharmacy *apotek*
... embassy *... ambassade*
market *torget*
newsagent *kiosk*
post office *postkontoret*
tourist office *turistinformasjon*

TIME, DAYS & NUMBERS

What time is it? *Hva er klokka?*
today *i dag*
tomorrow *i morgen*
in the morning *om formiddagen*
in the afternoon *om ettermiddagen*

Monday *mandag*
Tuesday *tirsdag*
Wednesday *onsdag*
Thursday *torsdag*
Friday *fredag*
Saturday *lørdag*
Sunday *søndag*

0 *null*
1 *en*
2 *to*
3 *tre*
4 *fire*
5 *fem*
6 *seks*
7 *sju*
8 *åtte*
9 *ni*
10 *ti*
100 *hundre*
1000 *tusen*

TRANSPORT

What time does ... leave/arrive? *Når går/kommer ...?*
the boat *båten*
the (city) bus *(by)bussen*
the intercity bus *linjebussen*
the train *toget*
the tram *trikken*

I'd like ... *Jeg vil gjerne ha ...*
a one-way ticket *enkeltbillett*
a return ticket *tur-retur*

1st class *første klasse*
2nd class *annen klasse*

left luggage timetable *reisegods ruteplan*
bus stop *bussholdeplass*
tram stop *trikkholdeplass*
train station *jernbanestasjon*
ferry terminal *ferjeleiet*

Where can I rent a car/bicycle? *Hvor kan jeg leie en bil/sykkel?*

SIGNS – NORWEGIAN

Inngang *Entrance*
Utgang *Exit*
Åpen *Open*
Stengt *Closed*
Forbudt *Prohibited*
Opplysninger *Information*
Politistasjon *Police Station*
Toaletter *Toilets*
Herrer *Men*
Damer *Women*

Directions

Where is ...? *Hvor er ...?*
Go straight ahead. *Det er rett fram.*
Turn left. *Ta til venstre.*
Turn right. *Ta til høyre.*
near/far *nær/langt*

SWEDISH

Swedish belongs to the Nordic branch of the Germanic language family and is spoken throughout Sweden and in parts of Finland. Swedes, Danes and Norwegians can understand each others' languages. Most Swedes speak English as a second language.

Definite articles in Swedish ('the' in English) are determined by the ending of a noun: *-en* and *-et* for singular nouns and *-na* and *-n* for plural.

If you learn a few common phrases, your attempts will be greatly appreciated by Swedes, who aren't used to foreigners speaking Swedish.

Sami dialects, which fit into three main groups, belong to the Uralic language family, and are ancestrally related to Finnish, not Swedish.

EMERGENCIES – SWEDISH

Help!	<i>Hjälp!</i>
Call a doctor!	<i>Ring efter en doktor!</i>
Call the police!	<i>Ring polisen!</i>
Go away!	<i>Försvinn!</i>
I'm lost.	<i>Jag har gått vilse.</i>

PRONUNCIATION**Vowels**

The vowels are pronounced as short sounds if there's a double consonant afterwards, otherwise they are long sounds. Sometimes Swedish **o** sounds like the **å**, and **e** similar to the **ä**. There are, however, not as many exceptions to the rules of pronunciation that there are in English.

a	long, as in 'father'; short, as the 'u' in 'cut'
o, u	long, as the 'oo' in 'cool'; short, as in 'pot'
i	long, as the 'ee' in 'seethe'; short, as in 'pit'
e	long, as the 'ea' in 'fear'; short, as in 'bet'
å	long, as the word 'awe'; short as the 'o' in 'pot'
ä	as the 'a' in 'act'
ö	as the 'er' in 'fern', but without the 'r' sound
y	try saying 'ee' while pursing your lips

Consonants

The consonants are pronounced almost the same as in English. The following letter combinations and sounds are specific to Swedish:

c	as the 's' in 'sit'
ck	as a double 'k'; shortens the preceding vowel
tj/rs	as the 'sh' in 'ship'
sj/ch	similar to the 'ch' in Scottish loch
g	as in 'get'; sometimes as the 'y' in 'yet'
lj	as the 'y' in 'yet'

ACCOMMODATION

hotel	<i>hotell</i>
guesthouse	<i>gästhus</i>
youth hostel	<i>vandrarhem</i>
camping ground	<i>campingplats</i>

Do you have any rooms available?	<i>Finns det några lediga rum?</i>
Does it include breakfast?	<i>Inkluderas frukost?</i>
How much is it per night/person?	<i>Hur mycket kostar det per natt/person?</i>

I'd like ...	<i>Jag skulle vilja ha ...</i>
a single room	<i>ett enkelrum</i>
a double room	<i>ett dubbelrum</i>

for one/two nights	<i>i en natt/två nätter</i>
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CONVERSATION & ESSENTIALS

Hello.	<i>Hej.</i>
Goodbye.	<i>Adjö/Hej då.</i>
Yes.	<i>Ja.</i>
No.	<i>Nej.</i>
Please.	<i>Snälla/Vänligen.</i>
Thank you.	<i>Tack.</i>
You're welcome.	<i>Det är bra/Varsågod.</i>
Excuse me/Sorry.	<i>Ursäkta mig/Förlåt.</i>
Do you speak English?	<i>Talar du engelska?</i>
How much is it?	<i>Hur mycket kostar den?</i>
What's your name?	<i>Vad heter du?</i>
My name is ...	<i>Jag heter ...</i>

SHOPPING & SERVICES

bank	<i>bank</i>
chemist/pharmacy	<i>apotek</i>
... embassy	<i>... ambassaden</i>
market	<i>marknaden</i>
newsagent/stationer	<i>nyhetsbyrå/pappers handel</i>
post office	<i>postkontoret</i>
a public telephone	<i>en offentlig telefon</i>
tourist office	<i>turistinformation</i>

What time does it open/close?	<i>När öppnar/stänger de?</i>
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TIME, DAYS & NUMBERS

What time is it?	<i>Vad är klockan?</i>
today	<i>idag</i>
tomorrow	<i>imorgon</i>
morning	<i>morgonen</i>
afternoon	<i>efter middagen</i>

Monday	<i>måndag</i>
Tuesday	<i>tisdag</i>
Wednesday	<i>onsdag</i>
Thursday	<i>torsdag</i>
Friday	<i>fredag</i>
Saturday	<i>lördag</i>
Sunday	<i>söndag</i>

0	<i>noll</i>
1	<i>ett</i>
2	<i>två</i>
3	<i>tre</i>
4	<i>fyra</i>
5	<i>fem</i>
6	<i>sex</i>
7	<i>sju</i>
8	<i>åtta</i>
9	<i>nio</i>
10	<i>tio</i>
100	<i>ett hundra</i>
1000	<i>ett tusen</i>

TRANSPORT

What time does ... leave/arrive?	<i>När avgår/kommer ...?</i>
the boat	<i>båten</i>
the city bus	<i>stadsbussen</i>
the intercity bus	<i>landsortsbussen</i>
the train	<i>tåget</i>
the tram	<i>spårvagnen</i>

I'd like ...	<i>Jag skulle vilja ha ...</i>
a one-way ticket	<i>en enkelbiljett</i>
a return ticket	<i>en returbiljett</i>
1st class	<i>första klass</i>
2nd class	<i>andra klass</i>

left luggage	<i>effektförvaring</i>
timetable	<i>tidtabell</i>
bus stop	<i>busshållplats</i>
train station	<i>tågstation</i>

Where can I hire a car/bicycle?	<i>Var kan jag hyra en bil/cykel?</i>
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SIGNS – SWEDISH

Ingång	<i>Entrance</i>
Utgång	<i>Exit</i>
Öppet	<i>Open</i>
Stängt	<i>Closed</i>
Förbjudet	<i>Prohibited</i>
Information	<i>Information</i>
Polisstation	<i>Police Station</i>
Toalett	<i>Toilets</i>
Herrar	<i>Men</i>
Damer	<i>Women</i>

Directions

Where is ...?	<i>Var är ...?</i>
Go straight ahead.	<i>Gå rakt fram.</i>
Turn left.	<i>Sväng till vänster.</i>
Turn right.	<i>Sväng till höger.</i>
near/far	<i>nära/långt</i>

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