

**10D7N 10天7夜 挪威于瑞典+罗弗敦群岛**

# NORWAY & SWEDEN

  **LOFOTEN ISLAND** —————

VALIDITY : 1 NOV - 15 APRIL 2026

**EW10LO**

AURORA VIEWING %



98%





# Tour Highlights

## SWEDEN

**Kiruna**  
Ice hotel 365  
Snow Mobile  
Reindeer Sleigh  
Husky Ride

**Abisko**  
Scenic Arctic Circle Train ride

## NORWAY

**Narvik**  
Cable car ride to the top of Mount  
Narvikfjellet

**Henningsvaer**  
Thermal Baths experience  
Swiss Wine experience

**Svolvaer**  
Capital of Lofoten

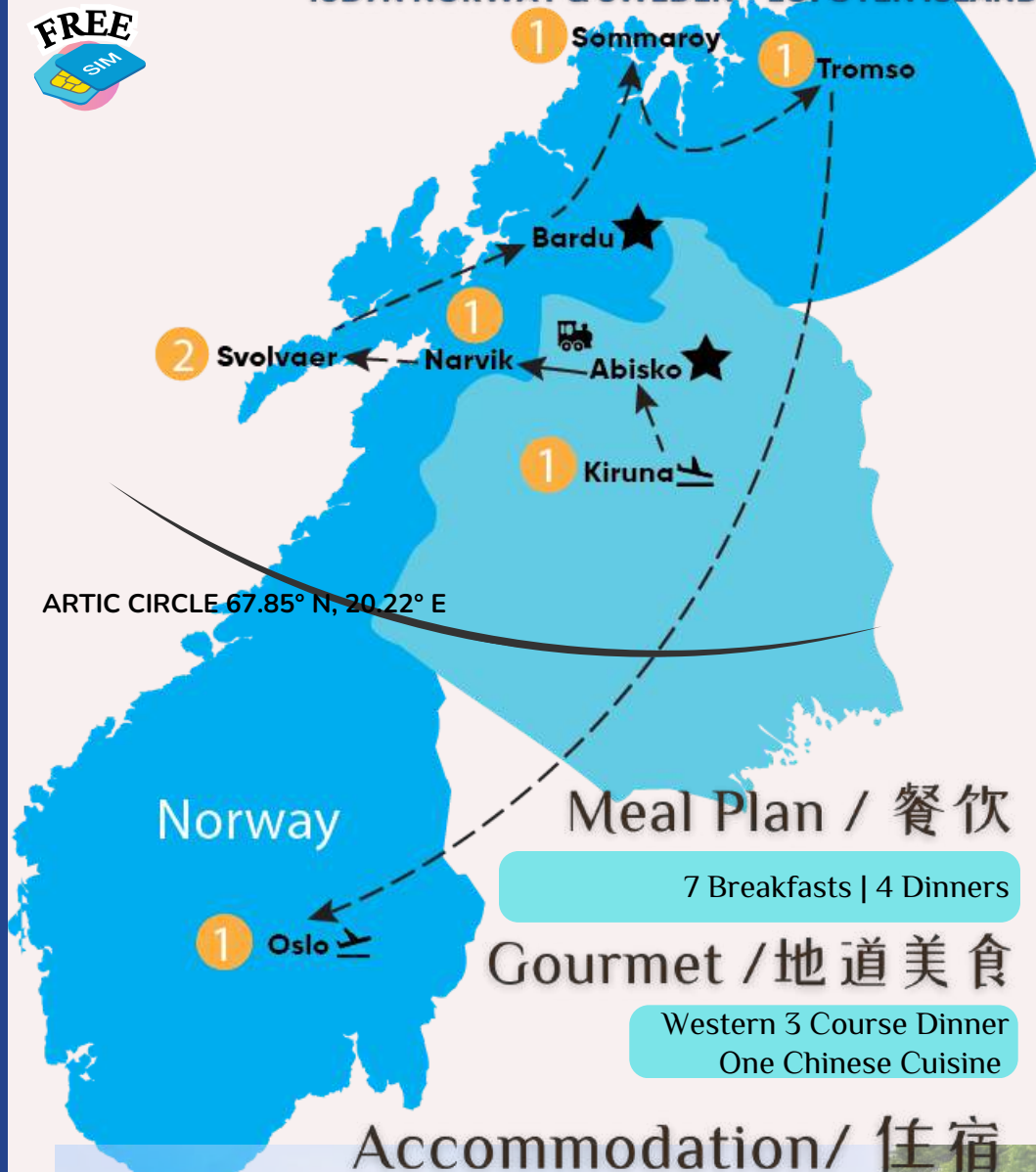
**Bardu**  
Polar Park

**Sommaroy**

**Tromso**  
Norway Art Museum  
Tromso Cathedral  
Tromso Bridge  
Storgata Shopping Street

**Oslo**  
Holmenkollen Ski Jump area  
Royal Palace  
Oslo City Hall  
Karl Johans Gate Shopping street

### 10D7N NORWAY & SWEDEN + LOFOTEN ISLAND



### Meal Plan / 餐饮

7 Breakfasts | 4 Dinners

### Gourmet / 地道美食

Western 3 Course Dinner  
One Chinese Cuisine

### Accommodation / 住宿

Kiruna - 4\* Scandic Kiruna or similar  
Narvik - 4\* Scandic Narvik or similar  
Svolvaer - 4\* Thon Hotel or similar  
Sommaroy - 4\* Arctic Hotel Sommaroy or similar  
Tromso - 4\* Scandic Grand Tromso or similar  
Oslo - 4\* Radisson Blu Hotel Oslo Alna or similar

### Optional Tours

Day trip to Reine village, located on the Island of Moskenes.  
Viking museum and Nusfjord (Euro 180) per person  
\*\*All excursions stated above are subject to price changes\*\*

Service Fee Guideline  
10D7N -Euro 80 per person



# 10D7N NORWAY & SWEDEN + LOFOTEN ISLAND

## 01 SINGAPORE - KIRUNA

Meals on board

Assemble at Changi Airport for flight to Kiruna, Sweden via a transit city

## 02 KIRUNA - JUKKASJARVI- KIRUNA

Meals on board, Dinner

- **Jukkasjarvi** - Visit Ice Hotel 365 (Entrance). first in the world to offer ice experiences. and an art exhibition made of ice and snow from the frozen Torne River, painstakingly sculpted by builders and artists.
- **Activity 1 - 2 hours Snow Mobile**, this is unforgettable through the pristine arctic wilderness of Lappland, perfect for first timer. (2 persons per snow mobile)
- **Activity 2 - Husky rides** in Kiruna, Sweden, offer a variety of dog sledding experiences. (2 person in 1 snowmobile). (subject to weather condition)



## 03 KIRUNA - ABISKO - NARVIK

Breakfast, Dinner

- **Kiruna** - Drive (1h20m) to Abisko.
- **Abisko** - Arrival at Abisko train station. Board the Scenic Arctic Circle train ride to Narvik in Norway. The journey approximately (1h 45m).
- **Narvik** . Arrive Narvik Station and transfer to hotel. Narvik is a great location for seeing the Northern Lights. It's situated within the auroral zone, one of the excellent spot for viewing the aurora borealis.



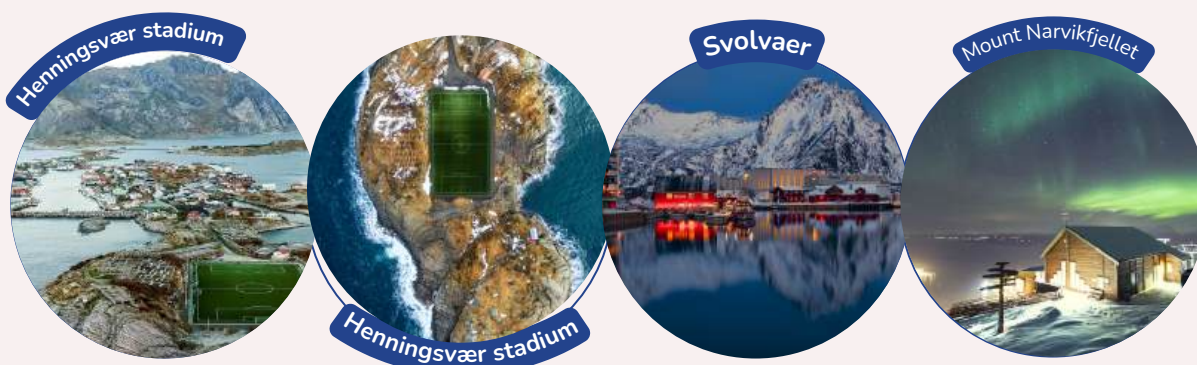
## 04 NARVIK - HENNINGSVAER - SVOLVAER

Breakfast, Dinner

- **Narvik** - Round-trip cable car ride to the top of **Mount Narvikfjellet** and enjoy the stunning panoramic fjords and mountains view. \*\*If closed or under maintenance, it will be replaced by a visit to Narvik war museum – the large collection from WWII

- Visit the Henningsvær stadium, one of the world's most amazing and scenic football fields tucked in between tall mountains surrounded by sea and fjords and has been dubbed the most beautiful football stadium in the world.

Svolvær is the largest town and considered the capital of the Lofoten archipelago in Norway.



## 05 SVOLVAER FREE DAY

Breakfast

- **Svolvær** - Free at your own leisure or you may join optional tour to Lofoten Viking Museum and Nusfjord Village. You may explore on your own such as War Memorial Museum, Svolvær Church, Town Square and Magic Ice Lofoten,



## 06 SVOLVAER - BARDU - SOMMAROY

Breakfast, Dinner

- **Svolvaer** - Drive to Bardu Municipality (4h 30m) to visit Polar Park.
- **Polar Park** - Enter to **Polar Park**, The world's northernmost animal park and home to wolves, bears, lynx, moose, reindeer and deer, surrounded by stunning and remote wilderness. one hour guided tour by park ranger.
- Transfer to Sommaroy, is an old fishing village. The best observer's location to see the northern lights in Norway.



## 07 SAMMAROY - TROMSO

Breakfast, Dinner

- Today transfer to **Tromso (2 hours)**, Photo stop at **Northern Norway Art Museum, Tromso Cathedral, Tromso Bridge and Storgata Shopping Street**.
- After dinner, transfer to hotel.



## 08 TROMSO- OSLO (DOMESTIC FLIGHT)

Breakfast, Dinner



- Today take **domestic flight back to Oslo**. Upon arrival, rediscover Oslo orientation tour. Photo stop at **Holmenkollen Ski Jump area, Royal Palace and Karl Johans Gate Shopping street** for shopping.
- After dinner, transfer to hotel.



## 09 OSLO - SINGAPORE

Breakfast, Meals on board

- Transfer to airport for your flight back to Singapore

## 10 SINGAPORE

Meals on board

Arrive into Singapore

Thank you very much for choosing Nam Ho Travel as your preferred travel agent for your vacation. We hope to see you soon in the near future



## NOTES

A copy of our TERMS & CONDITIONS is available at :  
[https://namho.com.sg/media/2022\\_07\\_24\\_Terms\\_n\\_Conditions\\_For\\_TMS.pdf](https://namho.com.sg/media/2022_07_24_Terms_n_Conditions_For_TMS.pdf)

Other than the T&C, Customer is requested to take note the following:-

- Tour is conducted in English unless otherwise specified
- **Min. group size for confirmed departure: 15 pax**
- In the event of unforeseen circumstances, the sequence of the itinerary, flight schedules and hotels are subject to change without prior notice.
- Accommodations are based on the local star rating
- **Different tour group maybe merge without prior notice. If pax are not acceptable will be refunded subject to NH Travel Terms & Conditions.**
- Activities are subjected to weather conditions
- \*During major events, accommodation may be relocated to outside of the city or in another city without prior notice.
- Switzerland has strict regulations against counterfeit goods under the Intellectual Property Code. Passengers carrying, wearing or purchasing counterfeit goods will be punished.
- Most hotels in Europe do not have triple rooms with three formal beds. Most hotels in Europe will provide a double room with an extra bed (sofas or extra beds). If a traveler cannot accept this arrangement, it is recommended that they do not request three people to stay in one room. we seek your understanding.
- Due to environmental protection, Europe has longer cold winters and shorter hot summers. In addition, the temperature difference between day and night in summer are huge different, night time are cool. Therefore, some hotel rooms are only equipped with heating system, which is necessary in Winter.



## 01 新加坡 - 基律纳

机上餐食

集合于樟宜机场, 经中转城市飞往瑞典, 位于北极圈小镇名为基律纳。

## 02 基律纳 - JUKKASJARVI - 基律纳

机上餐食, 晚餐

尤卡斯耶尔维 - 参观冰雪酒店 365 (入口)。这是世界上第一个提供冰雪体验的酒店。还有一个由来自冰冻的托尔纳河的冰雪制成的艺术展, 由建筑商和艺术家精心雕刻而成。

活动 - 2 小时雪地摩托, 穿越拉普兰原始北极荒野, 令人难忘, 非常适合初学者。(每辆雪地摩托可载 2 人)

## 03 基律纳 - 阿比斯库 - 纳尔维克

早餐, 晚餐

基里乌纳 - 驾车 (1 小时 20 分钟) 前往阿比斯库。

阿比斯库 - 抵达阿比斯库火车站。登上风景秀丽的北极圈火车前往挪威纳尔维克 (行程约1小时45分钟)。

纳尔维克 - 抵达纳尔维克车站并送往酒店。纳尔维克是一个观赏北极光的绝佳地点。它位于极光带内, 是观赏北极光的绝佳地点之一。

## 04 纳尔维克 - 亨宁斯韦尔 - 斯沃尔韦尔

早餐, 晚餐

纳尔维克 - 乘坐往返缆车前往纳尔维克山顶, 欣赏壮丽的峡湾和群山全景。\*\*如遇关闭或维修, 将改为参观纳尔维克战争博物馆——馆内收藏了大量二战时期的文物。

参观亨宁斯韦尔体育场, 这是世界上最令人惊叹、“风景最优美的足球场之一”, 坐落在被大海和峡湾环绕的高山之间, 被称为世界上最美的足球场。

斯沃尔韦尔是挪威罗弗敦群岛最大的城镇, 被认为是该群岛的首府。

## 05 斯沃尔韦尔自由活动

早餐

斯沃尔韦尔 - 今天自由活动, 或参加自费项目- 参观罗弗敦群岛维京博物馆和努斯峡湾村。如果不要参与, 您可以自行探索战争纪念馆、斯沃尔韦尔教堂、城镇广场和罗弗敦群岛魔幻冰雪小镇。





## 06 斯沃尔韦尔 - 巴尔杜 - 索玛罗伊

早餐, 晚餐

斯沃尔韦尔 - 驱车前往巴尔杜市 (4 小时 30 分钟) 参观极地公园。

**极地公园** - 进入极地公园, 这是世界上最北端的动物园, 也是狼、熊、猞猁、驼鹿、驯鹿和鹿的家园, 周围是令人惊叹的偏远荒野。由公园管理员进行一小时的导览游。

前往索玛罗伊 (Sommaroy), 一个古老的渔村。这里是挪威观赏北极光的最佳地点。

## 07 索玛罗伊 - 特罗姆瑟

早餐, 晚餐

今天前往特罗姆瑟 (2小时), 在挪威北部艺术博物馆、特罗姆瑟大教堂、特罗姆瑟桥和斯托尔加塔购物街拍照。

晚餐后, 送往酒店。

## 08 特罗姆瑟—奥斯陆 (国内航班)

早餐, 晚餐

今天乘坐国内航班返回奥斯陆。抵达后, 重新探索奥斯陆。在霍尔门科伦滑雪跳台区、皇宫和卡尔·约翰斯门购物街拍照留念, 尽情购物。

晚餐后, 送往酒店。

## 09 奥斯陆 - 新加坡

早餐, 机上餐食

自由活动直到送往机场, 搭乘航班返回新加坡。

## 10 新加坡

机上餐食

非常感谢您选择南和旅行社, 希望您和我们一起度过一个愉快的旅程。我们也希望能很快再次和您出游



### 重要备注

我们的条款和条件副本可在以下网址获取:  
[https://namho.com.sg/media/2022\\_07\\_24\\_Terms\\_n\\_Conditions\\_For\\_TMS.pdf](https://namho.com.sg/media/2022_07_24_Terms_n_Conditions_For_TMS.pdf)

除条款和条件外, 客户还需注意以下事项: -

- 除非另有说明, 否则旅游将以英语进行
- **确认出发的最低团体人数: 15 人**
- 图片仅供参考
- 行程顺序、航班时刻表及酒店如有更改, 恕不另行通知
- 住宿以当地星级为准
- **不同的旅行团可能会合并, 恕不另行通知。如乘客不满意, 我们将根据南和旅行社的条款和条件退款。**
- 活动受天气状况影响
- \*重大活动期间, 住宿可能会迁至城外或其他城市, 恕不另行通知。
- 瑞士《知识产权法典》对假冒商品有着严格的规定, 携带、佩戴或购买假冒商品的旅客将受到处罚。
- 歐洲大部份飯店無三張正常床型之三人房, 如旅客需求三人同住一房, 無法保證所住之房型為三張正常床, 大部份為雙人房加床 (沙發床或行加床), 如旅客無法接受此一安排建議勿需求三人同住一房。敬請了解。
- 歐洲因環保及氣候特性冬季寒冷時間較長, 夏季炎熱時間較短, 且夏季日夜溫差大夜晚涼爽, 因此部份飯店房間僅設置冬天必備之暖氣設備, 無冷氣設備, 敬請了解。