

Costa Diadema
Denmark, Norway, Germany
 16 maggio, Copenhagen

ITINERARY



DATE	PORT	ARRIVAL	DEPARTURE
16/05	Copenhagen	-	1800
17/05	...CRUISING...	-	-
18/05	Flam	0800	1830
19/05	Bergen	0900	1900
20/05	Stavanger	0900	1900
21/05	...CRUISING...	-	-
22/05	Kiel	0700	1930
23/05	Copenhagen	1000	-

The sale prices listed are intended as of the date of issuance of this document, as indicated at the bottom right, and may be subject to changes. Therefore, the sale prices on MyCosta at the time of booking individual excursions are to be considered valid. Only for Guests belonging to group bookings, the sale prices indicated in this document are valid for a maximum of 30 days from the date of issuance.

AVAILABLE EXCURSIONS

Flam - 18/05/2026

- 00GF** AN ADVENTURE ON BOARD A RIB TO THE NÆRØYFJORD, Adult price 125,00 EUR - Child price 125,00 EUR
- 00Z0** FLÅM BY TRAIN AND ON FOOT: THE THRILLS OF THE FJORDS AND WATERFALLS, Adult price 199,00 EUR - Child price 199,00 EUR
- 01XT** ALL OF AURLANDSFJORD: SHEER SENSATIONS FROM STEGASTEIN, Adult price 99,00 EUR - Child price 69,30 EUR
- 01XU** PADDLING THROUGH THE VERY HEART OF THE FJORD, Adult price 159,00 EUR - Child price 159,00 EUR
- 02TF** VIKING GAMES, WATERFALLS AND FJORDS, Adult price 139,00 EUR - Child price 97,30 EUR
- 03YH** ON THE FLÅMSBANA: A BREATHTAKING EXPERIENCE OF NORWAY, Adult price 139,00 EUR - Child price 139,00 EUR
- 04UB** A LEISURELY TOUR OF FLÅM: FROM AURLANDSFJORD TO THE RJOANDEFOSSEN WATERFALL, Adult price 69,00 EUR - Child price 69,00 EUR
- 2351** THE AURLAND VALLEY: NORWAY'S GRAND CANYON, Adult price 99,00 EUR - Child price 69,30 EUR
- 2356** FLÅM AND VOSS: A TRAIN RIDE TO SEE THE FJORDS AND WATERFALLS, Adult price 199,00 EUR - Child price 139,30 EUR
- 2357** STALHEIM AND UNDREDAL: THE WILDER SIDE OF NÆRØYFJORD, Adult price 95,00 EUR - Child price 66,50 EUR
- 2359** THE WILDER SIDER OF NORWAY BY TRAIN AND BIKE, Adult price 199,00 EUR - Child price 139,30 EUR

Bergen - 19/05/2026

- 2311** ALL OF BERGEN: THE GRAND BUILDINGS, MARKETS AND HISTORIC STREETS, Adult price 79,00 EUR - Child price 55,30 EUR
- 2313** HARDANGERFJORD: WATERFALLS, FJORDS AND PICTURESQUE VILLAGES, Adult price 149,00 EUR - Child price 104,30 EUR
- 2314** DISCOVER THE ØYGARDEN ISLANDS BY KAYAK, Adult price 225,00 EUR - Child price 225,00 EUR
- 03YJ** IN BERGEN: STREETS, STALLS AND ICY TOASTS, Adult price 99,00 EUR - Child price 69,30 EUR
- 04B4** TAKE A SEAPLANE OVER THE FJORDS OF BERGEN, Adult price 319,00 EUR - Child price 319,00 EUR
- 039G** BETWEEN THE MOUNTAINS AND FJORDS OF BERGEN: AN AUTHENTIC NORDIC WALK, Adult price 65,00 EUR - Child price 65,00 EUR
- 039I** EXPLORE ALL OF BERGEN BY ELECTRIC BUS: THE FJORDS AND HISTORIC DISTRICTS, Adult price 89,00 EUR - Child price 89,00 EUR
- 2892** IN THE HEART OF BERGEN: ON FOOT AND BY FUNICULAR RAILWAY, Adult price 99,00 EUR - Child price 69,30 EUR
- 2895** FUNICULAR RIDE AND HIKING ON MOUNT FLØIEN, Adult price 95,00 EUR - Child price 66,50 EUR

Stavanger - 20/05/2026

- 04UA** A KAYAK AND SUP ADVENTURE ON THE FRAFJORD, Adult price 179,00 EUR - Child price 125,30 EUR
- 04F2** LYSEFJORD: IN A HISTORIC BOAT UP TO PREIKESTOLEN, Adult price 135,00 EUR - Child price 94,50 EUR
- 02FE** ADRENALINE ON LYSEFJORD: THE THRILL OF A SPEEDBOAT, WATERFALLS AND PREIKESTOLEN, Adult price 175,00 EUR - Child price 175,00 EUR

- 04UE** VIKING LEGENDS AT STAVANGER, Adult price 99,00 EUR – Child price 69,30 EUR
03Q8 LYSEFJORD: NATURAL MARVELS OF LAND AND WATER, Adult price 199,00 EUR – Child price 199,00 EUR
03WT IN THE COUNTY OF ROGALAND: HIKING THROUGH WOODLAND AND PAST WATERFALLS., Adult price 75,00 EUR –
2490 STAVANGER AND PREIKESTOLEN: ADVENTURE ON THE LYSEFJORD, Adult price 169,00 EUR – Child price 118,30 EUR
2491 STAVANGER: VIKINGS, LANDSCAPES AND NORWEGIAN SYMBOLS, Adult price 99,00 EUR – Child price 69,30 EUR
2493 SAILING ON THE LYSEFJORD: PREIKESTOLEN UP CLOSE, Adult price 139,00 EUR – Child price 97,30 EUR
2494 A TASTE OF STAVANGER AND ITS HISTORY, Adult price 110,00 EUR – Child price 77,00 EUR
2497 ALL OF STAVANGER: ITS WOODEN HOUSES, THE MARKET AND HISTORY, Adult price 59,00 EUR – Child price 41,30 EUR
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Kiel – 22/05/2026

- 01J7** KIEL: A SEA-THEMED STROLL, Adult price 79,00 EUR – Child price 55,30 EUR
0120 LUBECK, THE BALTIC JEWEL, Adult price 109,00 EUR – Child price 76,30 EUR
012P HAMBURG: A CONTRAST BETWEEN THE CITY AND THE SEA, Adult price 89,00 EUR – Child price 62,30 EUR
04S5 TO HAMBURG WITH COSTA GOROUND. 1 ROUND-TRIP TICKET TO THE CITY CENTER, Adult price 69,00 EUR – Child
2850 KIEL AND LABOE: CANALS, SAILORS AND SUBMARINES – the tour ends at the airport, Adult price 69,00 EUR – Child
2856 HAMBURG: THE LAKE AND PANORAMAS BETWEEN PAST AND PRESENT – the tour ends at the airport, Adult price
-

Copenhagen – 23/05/2026

- 03P8** COPENHAGEN: FEET ON THE GROUND, EYES ON THE WATER, Adult price 75,00 EUR – Child price 52,50 EUR
038K TOUR OF TWO KINGDOMS – DENMARK AND SWEDEN, Adult price 110,00 EUR – Child price 77,00 EUR
038N COPENAGHEN, THE VIKINGS AND ROSKILDE CATHEDRAL, Adult price 115,00 EUR – Child price 80,50 EUR
01GH THE LESSER KNOWN CORNERS OF COPENHAGEN: ON FOOT AND BY BOAT, Adult price 89,00 EUR – Child price 62,30
01GI THE BEST OF COPENHAGEN, Adult price 175,00 EUR – Child price 122,50 EUR
2701 COPENHAGEN: THE LITTLE MERMAID AND THE ROYAL PALACES (ends at the airport), Adult price 75,00 EUR – Child
2704 COPENHAGEN EXPRESS: ALL THE KEY SIGHTS (ends at the airport), Adult price 59,00 EUR – Child price 41,30 EUR
2706 COPENHAGEN: THE LITTLE MERMAID AND THE ROYAL PALACES, Adult price 75,00 EUR – Child price 52,50 EUR
2707 SPECIAL SOUVENIRS FROM COPENHAGEN, Adult price 50,00 EUR – Child price 35,00 EUR
2708 COPENHAGEN: EXPLORING THE CANALS OF COPENHAGEN BY BOAT, Adult price 99,00 EUR – Child price 69,30 EUR
2811 THE WONDERS OF COPENHAGEN, Adult price 99,00 EUR – Child price 69,30 EUR

Flam

AN ADVENTURE ON BOARD A RIB TO THE NÆRØYFJORD

In a nutshell

Board a RIB (rigid inflatable boat) and sail along the deep waters of the **Aurlandsfjord** between sheer rock faces, to reach the narrowest ford, the spectacular **Nærøyfjord**. With stop-offs to admire the views and talks on the fauna and life in these extreme valleys, you will see the fjords close up - a powerful experience - impossible to forget.

Main stops

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00GF	2 Hours approximately	Moderate	125,00 EUR	125,00 EUR

Type

Flam

FLÅM BY TRAIN AND ON FOOT: THE THRILLS OF THE FJORDS AND WATERFALLS

In a nutshell

Snow-capped mountains, plunging ravines and fjords that will take your breath away. From the picturesque village of **Flåm** you will board the legendary **Flåm train**, on a journey past surging waterfalls and stunning landscapes, to reach **Vatnahalsen**. Then on foot, to: walk between **Blomheller** or **Berekvam**, through woods, in the pure air, surrounded by water. A return trip by train? Just to get your breath back and start dreaming all over again.

Main stops

- Flåm
- Flåm Railway
- Spectacular landscapes
- Vatnahalsen
- Blomheller or Berekvam

The programme

- We will set off from **Flåm**, a village with 450 inhabitants that takes its name from the ancient Norwegian word *flå*, which means "plain" and refers to the flood plains of the River Flåm.

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- The **Flåm Railway**, or Flåmsbana, is one of the world's steepest railways: 80% of its length has a gradient of 5.5%. We will admire spectacular sights, steep mountains and thundering waterfalls as we pass through 20 tunnels, captivated by the variety of the landscapes. National Geographic has named the Flåmsbana one of the world's ten most picturesque train rides, while Lonely Planet described it as the most beautiful of all in 2014.
- On arrival at **Vatnahalsen** (Aurland Valley) station, we will begin our walk up river towards **Blomheller** (approx. 7 km) or Berekvam (approx 9 km). As we walk, we will literally be surrounded by the wonderful natural paradise of the fjords.
- As soon as we arrive in Blomheller (or Berekvam), we will board a train back to the port of Flåm.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
0020	4 Hours approximately	Hard	199,00 EUR	139,30 EUR

Type

Flam

ALL OF AURLANDSFJORD: SHEER SENSATIONS FROM STEGASTEIN

In a nutshell

A spectacular tour of the fjords and mountains: you will climb up to reach the **Stegastein** viewing platform, suspended 30 meters in the air, and then walk down to the picturesque village of **Aurland**, for an all-round experience of western Norway's most stunning views.

Main stops

- * Panoramic tour along the Aurlandsfjord
- * Stegastein viewpoint
- * Aurland village

The programme

* We leave the port by coach on a ****sightseeing tour along the Aurlandsfjord****, a narrow stretch of sea flanked by green slopes with countless waterfalls emerging from the glaciers above.

* We pass the village of Aurland and continue our climb as far as the ****Stegastein**

viewpoint** perched above the fjord.

The viewpoint was built in 2006 as part of a project to promote national tourist trails and is made up of a **ramp jutting out 30 metres from the mountainside** so visitors can feel truly surrounded by the panorama of the fjord.

* Made entirely of laminated wood, the structure is perfectly integrated with the surrounding environment and offers **breathtaking views** of the fjord and of the Aurland village 650 metres below.

* We get back on our coach and descend as far as the **charming village of Aurland**.
Here, we enjoy some free time to stroll around the houses, take a few pictures and admire the small Medieval stone church.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
01XT	2 Hours approximately	Easy	99,00 EUR	69,30 EUR
Type				

Pick&Choose

Flam

PADDLING THROUGH THE VERY HEART OF THE FJORD

In a nutshell

You'll paddle through the heart of the **Nærøyfjord**, past rock faces reflected in the water and a silence that seems unreal. **From Gudvangen to Bleiklindi**, you will touch along the coastline at a slow pace, discovering tiny landing places, traces of the vikings and glimpses of primordial nature. A break for a picnic in a timeless dimension, and then back to the kayak: the same route, new emotions. You don't just look at Norway here, you experience it.

Main stops

- * Gudvangen village
- * Kayak ride along the fjord
- * Bleiklindi
- * Holmo peninsula and picnic
- * Return to Gudvangen

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The programme

- * We leave the small port of Flåm behind us to reach the Viking village of **Gudvangen**, nestled in the Naerøyfjord and surrounded by a fairy-tale landscape.
- * This is where our **kayak adventure** starts. After a brief introduction on how to use kayaks, we jump on board to discover the wild nature of the fjord.
- * We paddle for one hour along the coast, admiring the spectacular surroundings, as far as **Bleiklindi**, a small harbour named after a rare sample of wild lime tree which grew directly above the jetty. It is a very peculiar plant as, unlike all other plants, its leaves turn yellow in spring and green in autumn.
- * We then reach the small **Holmo peninsula**, where Viking burial grounds dating back to the late Iron Age have been found.
- * We disembark here and enjoy a **delicious picnic** in a fairy-tale setting.
- * After lunch, we return to our kayaks to head back and admire the **breathtaking views** from a different angle.
- * We recommend that you book early because only a limited number of places are available.
- * There is no tour rep: a local guide will provide general information in English.
- * You must be physically fit to take part in this excursion and not suffer from back pain.
- * We recommend wearing comfortable shoes, preferably with a rubber sole as they may get wet.
- * Minimum age: 12 years.
- * The excursion is suitable for everyone and no previous kayaking experience is necessary.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
01XU	5 Hours approximately	Hard	159,00 EUR	159,00 EUR
Type				
Basket Lunch				

Flam

VIKING GAMES, WATERFALLS AND FJORDS

In a nutshell

If you're seeking an experience that will please young and old alike, you've found the answer. **From Flåm**

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to **Nærøy valley**, this tour offers a heady mix of stunning nature and fun for all ages.

There's a never a dull moment: from a waterfall plunging from a height of 110 meters, to a fjord that is a UNESCO World Heritage site and a viking village where visitors can play, experiment and learn while they have fun. **From Tvinde to Gudvangen**, each stage is a chance to marvel at and discover Norway together.

Main stops

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02TF	4 Hours approximately	Moderate	139,00 EUR	97,30 EUR

Type

Flam

ON THE FLÅMSBANA: A BREATHTAKING EXPERIENCE OF NORWAY

In a nutshell

Ready for a trip that defies gravity and the imagination? On the **Flåmsbana**, one of the world's steepest and highest railways, you will be thrilled by a dreamlike Norwegian landscape: deep fjords, mountains that seem to touch the sky, cascading waterfalls and plunging ravines. **From Flåm to Myrdal**, each bend is a thrill, each stop a stunning view. Get ready to take some memorable photos, to listen to the legend of the Huldre and enjoy an adventure that will be a lasting memory: Norway as you've never seen it before.

Main stops

- Sightseeing train tour along the Flåmsbana: photo stops

The programme

- All aboard! **Camera in hand**, your journey along the **Flåmsbana** begins in **Flåm**, at the foot of **Aurlandsfjord** and of **one of the world's most beautiful railroads**.
- While the train slowly climbs, you've got time to look left and right and listen to your **guide**. It might seem unbelievable, but this railroad line dating back to 1909 is among the steepest of them all: just think, the difference in altitude is 900 meters!
- Ever higher up, the **Flåm river** is now far behind and the **mountain** seems to go on forever. But it's when the forest opens out onto the view of the fjord that you'll find yourself open-mouthed. Snap out of it and listen: it's time to get out and take your **photos**.
- And this is just a taste. At the **Kjosfossen falls**, the play of water, rock and sky represents an

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unmissable challenge: capture the **perfect view** and you'll remember the power of nature in this narrow gorge forever.

- After **20 km of scenery and tunnels**, there's **Myrdal station, 876 meters above sea level**. Before heading back, listen out: think you can hear bells? As the legend has it, the **huldra** may be nearby!
- This experience will be narrated in English.
- The length of the train ride can vary between 2 and 2 and a quarter hours, depending on the seasonal timetable.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03YH	2 Hours approximately		139,00 EUR	139,00 EUR

Flam

A LEISURELY TOUR OF FLÅM: FROM AURLANDSFJORD TO THE RJOANDEFOSSEN WATERFALL

In a nutshell

Flåm will welcome you with its outstanding beauty. On this walk of approximately 3 km, you will discover the **most iconic parts** and the **essence of the town**, from the slopes of the **Aurlandsfjord** to the **Flåm railway**, the **Rjoandefossen waterfall** and the **oldest church**. The walk is easy, but will give you a complete vision of Flåm and the Aurlandsfjord, a spectacular fjord where uncontaminated nature and history merge in full.

Main stops

- Walk in the picturesque valley of Flåm
- Rjoandefossen waterfall

The programme

We start directly from **Flam pier**, where our 3 km walk begins, to discover the city's landscapes and iconic places. We're in the heart of the picturesque **Aurlandsfjord**, a unique place of mountain slopes and farms where time seems to have stood still. We'll follow the road that skirts alongside the super-famous **Flam railway**. The landscape is so enchanting that you'll feel like you're immersed in a painting, a dream for the eyes!

Once of the most unmissable moments of the tour? We've got it - it's the impressive **Rjoandefossen** waterfall, which is over 390 meters high!

Then we'll stop to admire the oldest church in Flam, a symbol of the city in typical Norwegian style. And as we head back towards the port, enjoy the last few moments in the town of Flam - you'll feel as if

you've stepped into a fairytale.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04UB	2 Hours approximately	Moderate	69,00 EUR	48,30 EUR

Type

Flam

THE AURLAND VALLEY: NORWAY'S GRAND CANYON

In a nutshell

From **Flåm** to the stunning fjords, past picturesque villages and spectacular mountains, to reach the magnificent **Aurlandsdalen**, 'Norway's Grand Canyon'. Through breathtaking valleys, isolated farms and fairytale scenery, you will reach **Østerbø**, a small, age-old settlement, which in the past would be cut off in winter. Enjoy some refreshments here, before your return. Surrounded by nature that is so powerful, it will make you feel tiny and incredibly alive.

Main stops

- Aurland: Gothic church
- Lake and village of Vassbygda: power lines
- Laavisdal
- Valley of Stonndalen
- Valley of Aurland
- Østerbø: farm and refreshments

The programme

- We will start our coach tour by leaving the port at Flåm and skirting the fjords all the way to **Aurland**, a typical coastal town with a wonderful stone **Gothic church** from the 13th century, with windows painted by Norwegian artist Emanuel Vigeland.
- From Aurland we climb the river of the same name - known for its abundance of salmon - and, having passed the **Vassbygda lake**, we reach the **village** of the same name. Hydroelectric power is produced here, as you might deduct from the many **power lines**. The generators are located inside the mountain.
- The road that takes us even higher, up to **Laavisdal**, comprises hairpin bends and tunnels, giving us a magnificent view of Vassbygda and the region of Aurland.
- We climb further, to **Stonndalen**, a spectacular wide mountain valley typical of western Norway.

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- Finally we will reach the **Aurland valley** which, with its breathtaking natural landscape, is known as the "Norwegian Grand Canyon" and is one of the country's most famous tourist routes. The valley, from Geiteryggen to Vassbygdi, is roughly 40 km in length and varies between 50 and 1660 metres above sea level. Along the way, we will admire the spectacular scenery, which is rich in flora and fauna.
- We will cross the valley to **Østerbø**, a small farm that was inhabited until the end of the 1920s. During the winter, a season that could last from six to eight months in this region, the **farm** was totally cut off from the rest of the world.
- At Østerbø we will enjoy **refreshments**, before taking the same road back to Flåm.
- Places on this excursion are limited. We recommend booking early.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2351	3 Hours approximately	Easy	99,00 EUR	69,30 EUR
Type				
Tasting				

Pick&Choose

Flam

FLÅM AND VOSS: A TRAIN RIDE TO SEE THE FJORDS AND WATERFALLS

In a nutshell

A train ride that is an experience in itself: **from Flåm to Voss**, past fjords, plunging waterfalls, lakes and wild valleys, climbing up and down past scenery that seems unreal. Here Norway is not just to look at: you will travel through it, bit by bit, from the best lookout possible.

Main stops

- Flåm, Kjosfossen waterfall, Myrdal
- Gravhalsen Tunnel, Raundalen valley, Lake Vangs
- Voss, the Tvinde waterfall, Oppheim lake
- Nærøy river

The programme

- We depart by train from the picturesque village of **Flåm**, at the tip of the Aurlandsfjord, and begin one of the most thrilling and spectacular tours of Norway. The train will slowly take us through some

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evocative scenery, stopping close to the marvellous **Kjosfossen waterfall** - roughly 220 metres high - and giving us chance to take some photos.

- After a 45-minute trip, during which we will experience an altitude change of 800 metres, we reach the station of **Myrdal**, located on the main Oslo-Bergen line.
- At Myrdal station we will take another train, through the **Gravhalsen tunnel** and down towards the **Raundalen valley**, to Voss. Immersed in breathtaking surroundings close to **Lake Vangs**, Voss is a renowned all-year-round tourist destination. Its position and the many activities that one can enjoy (rafting, paragliding, etc.) have given it a reputation, internationally, as Norway's adventure capital.
- Leaving the train, we will continue on by coach to the **Tvinde waterfall** that drops down the side of the mountain; we will then reach the **Oppheim Lake** and we travel alongside the salmon-rich **Nærøy river**, crossing two long tunnels.
- Places on this excursion are limited. We recommend booking early.
- This excursion is not recommended for guests with mobility problems.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2356	6 1/2 Hours approximately	Moderate	199,00 EUR	139,30 EUR
Type				

Flam

STALHEIM AND UNDREDAL: THE WILDER SIDE OF NÆRØYFJORD

In a nutshell

Have you ever seen Norway from so close up? Experience the very heart of the **Nærøyfjord area**, between narrow fjords and mountains that defy gravity, past villages where time seems to have stood still. You will sail past **Gudvangen and Stalheim**, around breathtaking bends and past scenery that will leave a lasting impression, and on to discover the tiny authentic village of Undredal, with its goat's cheese and the smallest wooden church in all of Scandinavia. A heady mix of the real Norway, unhone and spectacular - all for you.

Main stops

- Gudvangen and Nærøyfjord
- Nærøy valley and river
- Village of Stalheim and Stalheim Hotel photo break
- Undredal village

The programme

- We leave from the picturesque village of Flåm, at the tip of the Aurlandsfjord, and head for the other side of the mountain and the Viking village of **Gudvangen**, which is located at the tip of the **Nærøyfjord**. This fjord, roughly 17 km in length, is part of the larger Sognefjord and is considered to be the most spectacular branch of this fjord. The Nærøyfjord is also the world's narrowest fjord. At one point it measures only 250 m and is surrounded by 1800 m high mountains that loom over its tranquil waters. In 2005 it was made a UNESCO World Heritage Site along with Geirangerfjord, together with which it was also elected by National Geographic as the world's most significant natural heritage site.
- After taking a photo break, we will continue along the **Nærøy valley**, following the salmon-rich **river of the same name**, and pushing on to **Stalheim** on the side of the mountain. Between 1647 and 1909, the village of Stalheim was a resting place for travellers taking the Royal Postal Road between Copenhagen, Christiania (Oslo) and Bergen. In 1780, a road for horses and carriages was constructed and Stalheim became the resting place for postmen who would rest and change their horses after climbing the valley. From Stalheim we can enjoy a breathtaking view of the Nærøy valley and the surrounding mountain range. We will stop at the **Stalheim Hotel** to take a **photo break**.
- Before returning to Flåm, we will visit the splendid **village of Undredal**, renowned for its long tradition of producing goats cheese, both fresh and mature. Undredal has a population of 80 and boasts Scandinavia's smallest wooden church.
- Places on this excursion are limited. We recommend booking early.
- In the event of adverse weather conditions the Stalheimskleiva road may be closed. In this case the tunnel road will be used in both directions.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2357	2 1/2 Hours approximately	Easy	95,00 EUR	66,50 EUR
Type				
Tasting				

Pick&Choose

Flam

THE WILDER SIDER OF NORWAY BY TRAIN AND BIKE

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In a nutshell

From **Flåm to Myrdal**, past soaring mountains and narrow fjords, the Flåmsbana railway will take you up to the top, and then by bike you can pedal down past remote villages and cascading waterfalls. A day where you play the leading role, in the heart of the most authentic part of Norway.

Main stops

- Flåmsbana: the Flåm railway line to Myrdal station
- Kjosfossen waterfall: short stop
- Panoramic bike ride back to Flåm

The programme

- The **Flåmsbana** is one of the most **spectacular** historical railways in the world: the tracks climb over four hills of different altitudes to **Myrdal**, which is 876 meters above sea level. **Your guide** will explain the history of its construction. Do they know everything? Sure - they've lived here for 15 years.
- On the ascent, the fjord will seem bottomless, and your ears will pop: the difference in altitude is 900 meters! You're so high it seems a bit like magic.
- And of course, there's a Norwegian legend associated with this place too: on the train, you will hear the story of the "**huldra**", the nymph who seduces men with her singing.
- After the darkness of the **Nåli** tunnel, the train will come to a halt, with fairytale views of the valley. Shortly afterwards, you will drop back down for an **enchanted encounter**. With whom? No spoilers!
- When you think you've already seen it all, in **Berekvam** you'll get back on your **bike** and retrace your route to Flåm from a new perspective, still in the midst of nature.
- The waterfalls are now even higher, the villages more isolated, the rocks of the fjord steeper. After a day like this, **it's impossible not to feel just a little Norwegian**.
- Wear appropriate clothing for the trail, without forgetting a windproof jacket and sports shoes, ideally waterproof.
- Helmets and bicycles are provided by the local agency.
- Minimum age: 12 years.
- Maximum weight: 120kg.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2359	3 1/2 Hours approximately	Hard	199,00 EUR	139,30 EUR

Type

Bergen

ALL OF BERGEN: THE GRAND BUILDINGS, MARKETS AND HISTORIC STREETS

In a nutshell

Set off to discover **Bergen** by **coach** and explore the best this location has to offer. Admire King Haakon's Hall and the Rosenkrantz tower, stroll past the colorful wooden houses of the **Bryggen district, a UNESCO world heritage site** and take in the lively atmosphere of the fish market. Discover the delightful Nordnes peninsula, its panoramic views and the Bergen **Aquarium** before returning to ship, with some free time for further exploration.

Main stops

- Panoramic tour of Bergen
- Hanseatic Quarter of Bryggen
- Nordnes Peninsula

The programme

- We leave the port by coach and set off to explore **Bergen**, the second largest city in Norway after the current capital, Oslo. Bergen was founded in 1070 AD. Between the 12th and 13th centuries the city was the capital of Norgeseveldet, the Norwegian Empire which included Iceland, Greenland and part of Scotland. Bergen flourished thanks to the export of fish (mostly dried fish) which was the city's main product in the Middle Ages. Even after Oslo became capital in 1299, Bergen continued to grow as a business centre, becoming the largest in Norway.
- Our panoramic tour begins by passing in front of some of the city's most important and symbolic landmarks, including **King Haakon's Hall** (Håkonshallen), the imperial residence, and the **Rosenkrantz Tower** (Rosenkrantzårnet), built around 1560 by the Governor of Bergen Tower, Erik Rosenkrantz, to serve as both as a residence and a fortified tower.
- Our tour then continues to the other symbol of the city, the ancient and picturesque **wharf district of Bryggen** ("bryggen" in Norwegian means "wharf"), which was built around 1350 by the Hanseatic League. It is the most enchanting neighbourhood of the city and extends along the eastern side of the port of Vågen, with long parallel rows of coloured buildings with sloping roofs (and leaning walls, in many cases), which are built with rough wooden planks on stacked-stone or wooden foundations. In the past, these buildings were used as offices, homes and stores and were used by the German merchants of the Hanseatic League, which enjoyed a trade monopoly with Norway. Today the Bryggen District is listed as a UNESCO World Heritage Site and boasts shops, restaurants, cafés and artisan workshops.
- Passing by the bustling **Fish Market** (Fisketorget), we head for the **Nordnes Peninsula**, with its typical

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19th-century white wooden houses. The **Bergen Aquarium** (Akvariet) at the tip of the peninsula, boasts one of the largest collections of marine and freshwater fish and invertebrates in Europe, in addition to seals and penguins; in the tropical section there are crocodiles, snakes, turtles and monkeys.

- As we continue on our way, we enjoy the splendid panorama that opens up on both sides of the port and, before returning to the ship, we cross the Fish Market once again and head for the **Øvregaten**, the oldest street in Bergen.
- Those who wish can stay a little longer at the Fish Market and return to the ship independently.
- The tour is suitable for people with disabilities and those with mobility problems as long as they can board the coach autonomously.
- Places on this excursion are limited. We recommend booking early.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2311	2 Hours approximately	Easy	79,00 EUR	55,30 EUR

Type

Pick&Choose

Bergen

HARDANGERFJORD: WATERFALLS, FJORDS AND PICTURESQUE VILLAGES

In a nutshell

Discover western Norway and its cascading waterfalls, magnificent fjords and picturesque villages. You will set off from Bergen and walk behind the famous **Steindalsfossen** waterfall, enjoy a **lunch with local specialties** at Norheimsund, admire the calm of Mundheim and end with a stroll past the colorful houses of **Bryggen** and the panoramic view from the point known as Queen Maud's outlook. A tour combining nature, history and picture-postcard views.

Main stops

- Steindal waterfall
- Charming village of Norheimsund: lunch
- Mundheim
- Bryggen: UNESCO World Heritage Site
- Queen Maud viewpoint

The programme

- Discover the spectacular landscapes of Western Norway on a panoramic journey through the Hardanger region. From Bergen's vibrant harbor, board your comfortable coach and set off towards one of Norway's **most photographed waterfalls: Steindalsfossen**, where you can walk behind the thundering cascade in an unforgettable photo opportunity.
- Continue your scenic ride to the charming village of **Norheimsund**, nestled along the Hardangerfjord, where a delicious lunch featuring local ingredients awaits.
- After lunch, enjoy a beautiful drive hugging the shores of the fjord, with a photostop at **Mundheim**, a quiet spot offering stunning views across the water. Your route then leads overland via Tysse, and a comfort stop at Trengereid allows for a brief break.
- Upon arrival in Bergen, enjoy a short guided walk near the historic wharf area of **Bryggen**, a **UNESCO World Heritage Site**, where colorful wooden houses whisper stories of Bergen's Hanseatic past.
- Before returning to the ship, pause for a last photo at the **panoramic Queen Maud viewpoint**, capturing Bergen from above.
- Places on this excursion are limited. We recommend booking early.
- This excursion is purely scenic and involves long stretches travelling by coach on winding roads (about 6 hours).

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2313	7 1/2 Hours approximately	Easy	149,00 EUR	104,30 EUR
Type				

Bergen

DISCOVER THE ØYGARDEN ISLANDS BY KAYAK

In a nutshell

Paddle a **kayak** through the calm waters and among the craggy cliffs as you discover the unspoilt nature of the **islands of Øygarden** in a **sustainable way**. As you keep your eyes peeled for sea eagles and seals lying in the sun, your **expert guide will reveal anecdotes about the natural and local history** of this place. Before you go back, a delicious **lunch of seasonal fruit and vegetables** is just what you need!

Main stops

- Kayak trip along the coast of the Øygarden islands
- Lunch with local seasonal products

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The programme

- Along the coast of the **Øygarden** islands, immerse yourself in nature in **an environmentally-friendly manner and from a unique perspective**. Before climbing into your **double kayak**, your **expert guide** will provide you with all the equipment and instructions you need to enjoy the trip.
- Have a good look around: you may spot some of the **seals** that live on this coastline basking on the rocks, or even **vast sea eagles in flight!**
- All with the tales narrated by your **guide** in the background. While you slip across the fjord, you'll discover the secrets of **life on the coast** in these places, along with the **traditional fishing techniques** used to brave these glacial waters and find herring and salmon. Then, the **beauty of the cliffs** that have been sculpted by the wind will transport you through the **various geological eras**.
- To finish, you can enjoy a **lunch with local products in the peace and tranquility of these parts**, lending an extra flavor to your experience.
- Minimum age: 8 years.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2314	5 Hours approximately	Hard	225,00 EUR	225,00 EUR

Type

Bergen

IN BERGEN: STREETS, STALLS AND ICY TOASTS

In a nutshell

Nestled snugly between seven mountains, **Bergen** is a reflection of its long maritime history: discover it on foot with a **local guide** in the **Bryggen harbor** neighborhood, with its **wooden houses** which were once a hub of ancient trade and which have been rebuilt as they were in the Middle Ages, and in front of the stalls of the **fish market**, among the treasures and flavors of the Arctic. The finale is ice cold: **a glass of wine at the Magic Ice Bar**, where **everything is sculpted from ice!**

Main stops

- Stroll through the streets of the old harbor of Bryggen
- Visit to the open-air fish market
- Break with a glass of wine at the Magic Ice Bar

NORTHERN EUROPE & FJORDS



The programme

- The brightly-colored **houses** of the **neighborhood of Bryggen**, which line the **old port**, will welcome you to this authentic **UNESCO World Heritage site**.
- Did you know that they were all destroyed in various fires, but have since been rebuilt exactly as they were in Medieval times? Your **local guide** will tell you that in the 16th century, they were inhabited by **German merchants of the Hanseatic League**, who had their trading bases here.
- This is why the atmosphere still retains its old seafaring air, but with a modern touch added by the **museums, art galleries and restaurants** that enliven the atmosphere.
- The **fish market** is even more vibrant, and has been one of Norway's most popular since 1200: oysters, shrimps and other **delicacies caught in the Arctic waters** are displayed on the stalls with their myriad colors and scents.
- Meanwhile, the temperature is about to drop as you head to the **Magic Ice Bar**: here, everything is sculpted from ice, including the glass containing your **welcome glass of wine**.
- You'll sip it clad in a warm **poncho and gloves**, while you enjoy the iridescent play of light, the ice sculptures and the **works of art by local artists**. Would you ever have imagined that you'd be raising a toast in a real **ice kingdom**?
- During the experience at the Magic Ice Bar, we'll take care of the gloves and poncho to keep you warm.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03YJ	3 Hours approximately	Hard	99,00 EUR	69,30 EUR

Type

Bergen

TAKE A SEAPLANE OVER THE FJORDS OF BERGEN

In a nutshell

Bergen seen from above is a real once-in-a-lifetime experience. Enjoy it to the full on board a **seaplane**, as you fly over **fjords, mountains** and houses that are a real **patchwork of colors**, while the **blue of the Veafjord** whizzes by beneath. Your adrenaline will rise, along with your desire to take home plenty of memories of this amazing flight: keep your eyes to the window, to capture a shot of Norway from the clouds.

Main stops

- Sightseeing seaplane tour: Veafjord; mount Ulriken and mount Fløyen; Bergen

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The programme

- Climb aboard the **bus** and in a few minutes, you'll arrive in **Sandviken**, just outside the city of Bergen: here, your **seaplane** awaits, ready to **zoom through the skies of western Norway, having taken off from the water**.
- In the blink of an eye, you'll be flying over the **fjords of Bergen and the Veafjord**: a narrow tongue of blue water that meanders between the mountainsides. From above, you can count its curves and follow its route to the open sea.
- Then it's the turn of **mount Ulriken and mount Floyen**, the high peaks that will accompany you to the city of **Bergen**: seen from above, it's a **mosaic of colors**. Among the many houses, the buildings in **Bryggen**, a medieval neighborhood with **UNESCO world heritage status**, are particularly striking with their **sloping wooden roofs**.
- The **pilot** will enrich your flight even further with **stories and curious facts**, and on landing, your camera roll will be full of **incredible photos of fjords, villages and mountains**. You can really say that you've touched the sky today!
- Minimum age: 6 years.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04B4	1 Hours approximately	Moderate	319,00 EUR	319,00 EUR

Type

Bergen

BETWEEN THE MOUNTAINS AND FJORDS OF BERGEN: AN AUTHENTIC NORDIC WALK

In a nutshell

Discover **Bergen** step by step with a **Nordic walk** combining exercise and stunning panoramas. Historic alleys, authentic districts and a spectacular view of the city and fjord, surrounded by its famous seven mountains. An active, yet relaxing way to experience the heart of the Norwegian fjords.

Main stops

- *Nordic walking* in Bergen between majestic mountains and fascinating fjords
- Sandviken, old district with narrow cobbled alleyways
- Charming views 275 metres above sea level

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The programme

- Once off the ship, we reach our guide who briefs us on **Nordic walking**, which uses special walking sticks to which force must be applied with every step. It is a philosophy typical of Northern Europe that combines physical activity and observation of the environment.
- After collecting our sticks, we set off to discover this charming coastal city nicknamed the **city of seven mountains** due to the peaks that surround it as well as **gateway to the fjords**. Although it is the second largest city in Norway, it preserves the atmosphere of a provincial city full of charm and character.
- As the guide reveals various anecdotes on Bergen, we walk along the **narrow cobbled alleyways** leading to the various districts including **Sandviken**, one of the oldest parts of the city.
- We are rewarded for reaching the **highest point of the itinerary** located at 275 feet above sea level with enchanting views over the city and the fjord surrounded by majestic mountains.
- With our body and spirit reinvigorated by this thrilling adventure, tour ends at pier.
- This excursion will be led in English.
- The tour is entirely on foot and includes a walk of 2 hours.
- We recommend wearing sports shoes.
- You need to be physically fit to take part in this excursion.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
039G	3 Hours approximately	Hard	65,00 EUR	45,50 EUR

Bergen

EXPLORE ALL OF BERGEN BY ELECTRIC BUS: THE FJORDS AND HISTORIC DISTRICTS

In a nutshell

Discover **Bergen** on board an **electric bus** to see its most iconic sights and hidden spots. Wander around the **Bryggen** district - a UNESCO World Heritage site, see the fish market, the **Nordnes** peninsula and the scenic streets of the **Nøstet** district, with stops to take photos along the way. A comprehensive, leisurely and sustainable tour to **see the entire city**.

Main stops

- Tour on small electric buses
- Fortress and Medieval buildings
- Picturesque Bryggen port

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- Lively fish market
- Peaceful Nordnes peninsula
- Nøstet residential district

The programme

- We leave the ship behind us to board our eco-friendly and comfortable means of transport – **small electric buses** take us in fact to discover the main attractions as well as some hidden gems in the coastal city of Bergen.
- Thanks to our guide, we find out that Bergen, which was founded in 1070 AD, was once the capital of Norway and thus boasts numerous historic sites such as the **Fortress** with its **Medieval buildings** including the **Royal Castle, Håkonshallen and the Rosenkrantz tower**.
- Ever since the Middle Ages, the city owed its wealth and importance to fish trade, as testified by the **picturesque port of Bryggen**, declared a UNESCO World Heritage Site and boasting colourful wooden houses as well as the **lively fish market**, which has been supplying the locals since 1276.
- Our comfortable electric buses then take us to the **Nordnes peninsula** with its picturesque white wooden houses and where we stop to **take a few photos** in the park of the same name.
- We cross **Nøstet**, one of Bergen's most popular and panoramic residential areas, drive past the **student campus with its botanical garden**.
- Our pleasant excursion of this charming city comes to an end and we return to the ship after getting off the bus.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
039I	2 Hours approximately	Easy	89,00 EUR	62,30 EUR

Type

Bergen

IN THE HEART OF BERGEN: ON FOOT AND BY FUNICULAR RAILWAY

In a nutshell

Discover Bergen on foot, wandering down the alleys of **Bryggen**, past colorful facades and craft shops, then take the **funicular** up to Floyen for breathtaking views over the fjord and North Sea. Markets, wooden houses and the rebuilt stave church **Fantoft Stavkirke** round off the tour with its historic echoes, nature and fairytale atmosphere.

Main stops

- Håkonshallen, Rosenkrantz Tower and Bryggen Hanseatic Wharf
- Fløibanen Funicular, Mount Fløien
- Central Park and Lake
- Residential area, wooden houses, gardens, Royal Residence, the wooden Fantoft Stavkirke (stave church)

The programme

- Our tour begins with passing by **King Haakon's Hall** (Håkonshallen), the imperial residence with adjoining banquet hall built by King Håkon Håkonsson in 1261 and the nearby **Rosenkrantz Tower** (Rosenkrantzstårnet), which was built around 1560 by the Governor of Bergen, Erik Rosenkrantz, to serve both as a residence and a fortified tower. Today it even incorporates part of the keep (1273) of King Magnus the Lawmender and Jørgen Hansson's fortress of 1520.
- We will stop on at the picturesque old **wharf district of Bryggen** ("bryggen" in Norwegian means "wharf"), which was built around 1350 by the Hanseatic League. It is the most picturesque district of Bergen, extending along the eastern side of the port of Vågen, with its long parallel rows of colourful buildings. Once, these buildings were used as offices, homes and stores by the German merchants of the Hanseatic League. Today the Bryggen District is listed as a UNESCO World Heritage Site and boasts shops, restaurants, cafés and artisan workshops. We wander around the alleys between the picturesque warehouses that line the street and along the seafront to enjoy the quaint atmosphere of this neighbourhood.
- We then arrive at the **Fløibanen funicular** station, which has been in operation since 1910. Once aboard, we are transported up the 26% gradient to an altitude of 320 metres a journey of about 8 minutes to reach the summit of **Mount Fløien** (one of the seven mountains that surround Bergen, its name derives from the wind vane placed at the summit many centuries ago to indicate the force and direction of the wind to sailors entering or leaving the port below). Mount Fløien is very popular with the inhabitants of Bergen as a recreation area all year round. From the summit the view is truly impressive: we can see the heart of Bergen at our feet and looking to the west, on a clear day, you can also see the North Sea, and the neighbouring archipelagos.
- We take the funicular back down, and after boarding the coach, we cross the **Fish Market** square, with its seafood, flowers, fruit and vegetables and souvenir stalls and we head for the **central park** and the **lake**.
- We then go through the **residential area**, admiring the well-preserved **wooden houses**, the **gardens** and the **Royal Residence** on our way to **Fantoft Stavkirke**. This wooden **stave church**, located in an enchanting wooded area to the south of Bergen, was rebuilt in 1992 after a terrible fire and is the exact replica of the original building which dated back to 1150. In the Middle Ages, in Norway, there

were at least 800 of these typical stave churches; today there are only 30 remaining.

- Places on this excursion are limited. We recommend booking early.
- In the event of inclement weather, the view from the platform of the funicular may not be ideal; in these conditions you are also advised to wear appropriate clothing.

The funicular is very popular among both locals as well as visitors; therefore, long lines at the Funicular should be expected.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2892	3 1/2 Hours approximately	Easy	99,00 EUR	69,30 EUR

Type

Bergen

FUNICULAR RIDE AND HIKING ON MOUNT FLØIEN

In a nutshell

An unmissable excursion by funicular and on foot to enjoy spectacular views of Bergen and its surroundings from the top of Mount Fløien; breathtaking views that embrace the fjord, the city and the surrounding landscape!

Main stops

- Fløibanen Funicular, Mount Fløien, panoramic view of Bergen
- Hiking on the Fløien Hills, Lake Skomakerdiket, the Blåmansveien hiking trail
- Rundemansvegroad and Rundemanen

The programme

- We begin our excursion walking to the Fløibanen funicular station, which has been in operation since 1910. Once aboard, we are transported up the 26% gradient to an altitude of 320 metres a journey of about 8 minutes to reach the summit of **Mount Fløien** (one of the seven mountains that surround Bergen, its name derives from the wind vane placed at the summit many centuries ago to indicate the force and direction of the wind to sailors entering or leaving the port below). Both the funicular ride and the belvedere at the top offer a magnificent **panorama of Bergen** and its surroundings.
- After the funicular ride, we begin our **walking tour of the Fløien Hills**, a very popular recreational spot with the inhabitants of Bergen all year round. We walk along one of the many gravel roads, which

leads us through woods with gentle hills, until we come to the small, idyllic **Lake Skomakerdiket**; we then take the **main Blåmansveien hiking trail**.

- As we walk uphill, the view becomes increasingly spectacular: we can see the fjord with its many islands, the city of Bergen at our feet and the North Sea in the distance to the west.
- After walking for about 2.5 km, we come to a crossroads. If the weather is favourable, we take the **Rundemansvegroad** and, as we leave the trees behind us, a broad panorama opens before us on all sides. We then come to the highest point, **Rundemanen**, at an altitude of approximately 570 metres, where we stop to rest and enjoy the fresh air.
- Depending on how physically fit you are, and the weather conditions, there is the possibility to extend or shorten the hike. In any case, at the end of the hike we go back down to the city with the funicular.
- Places on this excursion are limited. We recommend booking early.
- The excursion foreseen a total of approximately 10 km of walking you are therefore advised to wear trekking or sports shoes and comfortable multi-layered clothing.
- Minors under 16 years of age must be accompanied by an adult.
- Participants should bring along clothing that is appropriate for the weather conditions, a backpack for personal items and water to stay hydrated along the way.
- To participate in this excursion, you must be physically fit; the tour is not recommended for those who have mobility problems, heart problems or knee problems.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2895	4 Hours approximately	Hard	95,00 EUR	66,50 EUR
Type				

Pick&Choose

Stavanger **A KAYAK AND SUP ADVENTURE ON THE FRAFJORD**

In a nutshell

Do you want to feel the thrill of crossing the fjord in your own **kayak**? Or, even better, of slipping over the waters on a **SUP** board? Enjoy the experience of navigating the **Frafjord** in an eco-friendly way, and in close contact with nature: A tour for real sporty types awaits you, suitable for anyone who wants to have fun and get stuck in!

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Main stops

- Sporting adventure on the fjord
- Choose from kayaking or stand-up paddle board (SUP)
- Photo stop at Gloppedalsure

The programme

With this tour, you can go home and say: I paddled across the fjord! Dress comfortably and get ready for a little exercise – this is an adventure for real sporty types.

We'll set off from the port of **Stavanger** by bus, and after a short journey, we'll arrive at the kayak center, where we will be welcomed by an instructor who will give us a short introductory course, showing us how to use the **kayaks** and the **SUPs** (if you've never seen one, it's a bit like a surfboard that you have to stand on and paddle using a paddle...easy in theory, right?).

After choosing your means of transport and getting kitted up, we're off! Accompanied by expert guides, we will navigate across the wonderful **Frafjord**, with its breathtaking views and perfectly clean waters.

After plenty of sport, it's time to warm up with a hot drink, with views directly over the fjord, before returning on the bus which will take you back to the ship. A little tip for the return journey: there'll be a strategic stop to snap a few photos of the **Gloppedalsure**, the most impressive landslide in Norway.

- The excursion does not include a guide.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04UA	4 1/2 Hours approximately	Hard	179,00 EUR	125,30 EUR
Type				

Stavanger

LYSEFJORD: IN A HISTORIC BOAT UP TO PREIKESTOLEN

In a nutshell

Admire the natural landscapes of this **Viking country** **at a slow pace, just like in the old times**. A **typical Norwegian boat** awaits you, on which you'll glide on the waters of the **Lysefjord**, **leisurely enjoying** the landscape that surrounds you. The **Preikestolen** will leave you amazed **at a staggering rock pulpit** overlooking the fjord that will give you **a taste of times past**.

Main stops

- Tour on the Lysefjord on a typical Norwegian boat

The programme

- Set sail with your guide for a trip on a ~~Meteran boat~~ **historic Norwegian boat** that will **leisurely** take you along the **Lysefjord**.
- The **atmosphere is filled with charm and tradition** and the fjord will amaze you with its constantly changing scenery: From **lush mountains** to great **rocky cliffs**.
- By the way, you'll also admire **one of the most famous Norwegian natural wonders** from up close: The **Preikestolen**, an impressive ~~rock pulpit~~ **rock pulpit** proudly standing at **604 meters** above sea level.
- Approaching this gigantic cliff is a breathtaking experience, and doing so on board this boat will plunge you back into the **Norwegian seafaring atmosphere of a century ago**.
- Bring a warm windproof jacket with you.
- To enable you to enjoy an exclusive experience, the number of places is limited: Book in advance.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04F2	4 Hours approximately	Easy	135,00 EUR	94,50 EUR

Type

Stavanger

ADRENALINE ON LYSEFJORD: THE THRILL OF A SPEEDBOAT, WATERFALLS AND PREIKESTOLEN

In a nutshell

On board a **motorboat**, you and a small group will speed along the **Lysefjord**, the **fjord of light**, as part of a **land experience that will leave you with goosebumps**. Moving between giant cliffs, you will plunge into some of the most **secluded places** in **Norway's natural landscape**, which only a **Stavanger native** really knows - they can tell you everything about these **pristine lands**.

Main stops

- Exploration of the Lysefjord on board a motorboat: Preikestolen and Mount Kjerag

The programme

- In **Stavanger**, a powerful **motorboat** is the perfect way to slip into caves and inlets. A waterproof jacket may come in handy, because **you'll be passing under some waterfalls!**
- **Only you and another lucky few** can follow the same **routes as those who live here**: larger tourist boats cannot venture into such inaccessible areas of the fjord.

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- With your local captain, you'll skip across the waves to **Lysefjord**, with the wind caressing your face and chasing the cobwebs away. **50 km** of living rock, glaciers and inhabited islets will rush into view, in a **landscape that leaves you speechless**.
- From the bottom of the fjord, everything looks immense. Like its king: it is called **Preikestolen**, the famous "rock pulpit", a granite cliff that is an amazing 604 meters high. Very few people are lucky enough to see it from the water like you.
- Your captain will point out one curiosity after another: from the **first house built on the fjord** to a **cave** that **thieves** once used to...communicate. Focus your gaze: can you see something embedded in the rock?
- Minimum age: 8 years.
- The land experience is not suitable if you have back problems.
This excursion does not feature a guide.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02FE	2 1/2 Hours approximately		175,00 EUR	175,00 EUR
Type				

Stavanger VIKING LEGENDS AT STAVANGER

In a nutshell

You'll reach **Ullandhaug** where you can enjoy a spectacular view of the fjord and islands on the horizon. Admire the majestic Sverd i Fjell, the three swords commemorating the historic viking battle of 872. Explore the history of the northern warriors through virtual reality at the **Viking House**, and then wander through the alleys of **old Stavanger** and its wooden houses and charming corners, led by our expert guide. A morning to enjoy legends, landscapes and the authentic Norway.

Main stops

- Viking House Museum
- Swords in the Stone Sverd i Fjell
- Guided walking tour through Stavanger city centre
- Stavanger Cathedral (exterior visit)

The programme

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- Drive out to the **Ullandhaug viewpoint** for magnificent panoramic views of the surrounding area and the island-dotted fjord in the distance. Stop nearby to photograph the striking monument to the 872 battle of Hafrsfjord, where three 33-foot-tall bronze swords (**Sverd i Fjell**) plunge into rocks on the coastline.
- Focus your attention on local Viking history at the VR-based attraction, **Viking House**. The movie is about the Battle of Hafrsfjord and the circumstances surrounding it. The 15 min long movie also tells the tale of Harold, the Viking King.
- End your tour with a guided **city walk of Stavanger Old town**.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04UE	3 Hours approximately	Moderate	99,00 EUR	69,30 EUR

Type

Stavanger

LYSEFJORD: NATURAL MARVELS OF LAND AND WATER

In a nutshell

Majestic nature? See it right before your eyes from **your boat** and then **from your window: waterfalls** cascading down from the granite rocks of **Lysefjord**, the famous **Preikestolen** or "pulpit rock", and **Kjerag**, the mountain which is home to Norway's "hanging" boulder. Then, after **27 hairpin bends overlooking the fjord**, enjoy a break with a **sweet Nordic flavor!**

Main stops

- Tour of the Lysefjord: waterfalls, Preikestolen, Kjerag, Flørlil
- Sightseeing bus tour to Lysebotn
- Byrkjedalstunet: typical snack and visit to the candle shop

The programme

- Today your natural backdrop is a mix of **granite rocks**: discover the **Lysefjord**, also known as the "Fjord of Light".
- **From your boat**, you will see an amazing natural spectacle, as **majestic waterfalls** tumble into its chilly waters! Close encounters that you'll never forget.
- The fjord's 42 km of grandeur paves the way for some record-breaking sights, including **Preikestolen**, the "pulpit rock", a 604-meter cliff that overlooks **Lysefjord**. The perfect place for capturing a few

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adrenalin-filled videos!

- Now feast your eyes on even more **splendor**: the mountain of **Kjerag** is home to Kjeragbolten, a rock suspended in its crevasse, while **Flørli** has the world's longest wooden staircase, with **4444 steps**.
- There are some thrilling panoramas for you too, as the view changes as you wind your way up the 27 hairpin bends on **the bus** to **Lysebotn**. **Incredible** shots with zero effort? No problem.
- After the astonishing nature, take a **sweet break** at **Byrkjedalstunet**: taste **Norwegian waffles** and check out the **candle shop**. Small local works of art for you to peruse.

The excursion includes a long stretch of road with hairpin bends, so it is not recommended for guests suffering from car sickness.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03Q8	6 Hours approximately	Moderate	199,00 EUR	199,00 EUR
Type				
Tasting				

Stavanger

IN THE COUNTY OF ROGALAND: HIKING THROUGH WOODLAND AND PAST WATERFALLS.

In a nutshell

In **Rogaland county**, there's a **footpath through the forest** that leads you far away from civilization, and **places you at the heart of Norwegian nature**: walk its length on a **trek** with a **local guide**, among the secrets of the place that only they know. Your reward? **One of the biggest waterfalls in Norway**, falling freely from the rocks. The **myth** associated with this natural marvel and the wild north act as a backdrop.

Main stops

- Trek along the footpath that leads to the **Månafossen waterfall**

The programme

- It's a bit of a walk, but rest assured that this **trek** through the unspoilt nature of the **county of Rogaland** is worth every one of your steps.
- The climb is steep, among **centuries-old woodland** and **rocks**. Keep the pace with your **local guide**: they know the air that you breathe in these places, the flora and fauna, the culture and traditions.
- They'll explain it all to you, among the rays of light that warm the landscape as you make your way to the **Månafossen waterfall**, which falls from more than 90 meters into the **blue fjord of Fraffjord**.

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- Standing before it, all you'll feel is its power, and hear the voice of your guide: it is thought that the Vikings offered their swords to the gods here. And that they in turn transformed these into the waterfall as a sign of their gratitude. Or rather, into the **ninth biggest waterfall in Norway**.
- Minimum age: 8 years.
- Wear appropriate hiking shoes and clothing for the trail.
- This experience will be narrated in English.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03WT	4 Hours approximately	Hard	75,00 EUR	52,50 EUR

Type

Stavanger

STAVANGER AND PREIKESTOLEN: ADVENTURE ON THE LYSEFJORD

In a nutshell

From Stavanger you'll reach the **Preikestolen basecamp**, and experience an adventure in Norwegian nature. The route takes you to Preikestolen, the **spectacular rock platform suspended above the Lysefjord**. A powerful panorama, strong emotions and one of the most iconic locations of Norway at your feet.

Main stops

- Stavanger
- Preikestolen Refuge
- Hike towards the Preikestolen
- Lysefjord

The programme

- We will skirt the port of **Stavanger** by coach. Heart of the Norwegian oil industry, Stavanger is the country's fourth largest city in terms of population and is located at the entrance to the Gandsfjord, sheltered from the North Sea.
- We will then continue by coach to the **Preikestolen Refuge**.
- From there, we will walk along a rocky mountain path to admire the stunning views dotted with small lakes. This area, which is home to a substantial population of ptarmigan, is well-known to local hunters and fishermen.
- Continuing our walking tour, we will reach the **Preikestolen (the "pulpit"rock)**, a flat rock that

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overlooks the Lysefjord from a height of 604 metres above sea level. From here, we can enjoy beautiful views of the surrounding mountains.

- After our visit, we will return along the same path to the Preikestolen Refuge, where our coach will be waiting to take us back to Stavanger.
- The Preikestolen area is not secure. We therefore recommend you move with caution and keep a safe distance from the cliff edge.
- The experience takes place on an uneven mountain track that also has steep sections. Accordingly, for your own safety, it is important to wear walking shoes. If you do not have any with you, they can be rented on site.
- We recommend you wear a waterproof windbreaker over your clothes.
- This outdoor excursion will take place in all weathers, with the exception of snow.
- The walk covers a distance of approximately 8 km with a difference in height of approximately 340 metres from start to finish and is only recommended for guests accustomed to walking on rough paths.
- Minimum age 6 years old

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2490	7 1/2 Hours approximately	Hard	169,00 EUR	118,30 EUR

Type

Basket Lunch

Stavanger

STAVANGER: VIKINGS, LANDSCAPES AND NORWEGIAN SYMBOLS

In a nutshell

From Stavanger to the origins of Norway. Visit the **Iron Age Farm at Ullandhaug**, overlooking the Hafrsfjord, cross the **countryside at Jæren** and admire the **Ryfylke mountains**. Stop in front of the iconic swords in the stone and then head back to Stavanger, its Cathedral and the alleys of the **historic center**. A tour featuring the Viking past alongside Norway's modern side.

Main stops

- Ullandhaug & Iron age farm
- Jæren landscape
- Ryfylke Mountains
- Sverd i fjell (the "Swords in Rock")

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- Stavanger Cathedral (outside visit)
- Old Stavanger

The programme

- We will set off from the port by coach through **Ullandhaug**, an area famous for its reconstructions of Iron Age farms. Ullandhaug also boasts breath-taking views of the **Hafrsfjord** where, in 872, the Viking king Harald Fairhair defeated the last of the local princes and unified 29 small kingdoms under one crown, founding the Kingdom of Norway. To the east stretches the fertile **landscape of Jæren**, with the **Ryfylke Mountains** in the distance.
- We will then continue to the outskirts of Stavanger to admire the **Sverd i fjell ("Swords in Rock")**, a fascinating memorial by the sculptor Fritz Røed. The monument depicts three 10 metre-high swords that commemorate the historic battle of Hafrsfjord. The largest sword represents the victorious Harald, while the smaller ones symbolise the vanquished kings. The monument is also intended to symbolise peace, as the swords are struck in solid rock, from which they can never be removed.
- We will now pass through both the older and more modern districts of Stavanger; we will admire the outside of the **Cathedral**, built in around 1125 by Bishop Reinald of Winchester with the help of British craftsmen. Of all the churches built in Norway during the Middle Ages, Stavanger Cathedral is the only one that still retains its original features.
- Before returning to the ship, we will treat ourselves to a walk through "Old Stavanger", with its typical narrow streets lined with picturesque wooden houses that date back to the 18th and 19th centuries, a time when it was home to sailors, craftsmen and merchants. This unique area, located just a few minutes from the port, is now at the centre of the city's most ambitious redevelopment project.
- Places on this excursion are limited. We recommend booking early.
- The Cathedral is currently under renovation, so the visit will be from outside.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2491	3 Hours approximately	Easy	99,00 EUR	69,30 EUR

Type

Pick&Choose

Stavanger **SAILING ON THE LYSEFJORD: PREIKESTOLEN UP CLOSE**

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In a nutshell

Leave Stavanger and **sail through the heart of the Lysefjord**, between steep mountains, islands and farms where time seems to have stood still. The highlight is below the legendary **Preikestolen**, with all its majestic might towering above you. There's no climbing, just the sea and one of Norway's most iconic landscapes. The finale? A **secret grotto** along the coast, before returning.

Main stops

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2493	2 1/2 Hours approximately	Easy	139,00 EUR	97,30 EUR

Type

Stavanger A TASTE OF STAVANGER AND ITS HISTORY

In a nutshell

A tour of **nature, traditions and the city**. You'll travel by coach skirting the Dirdal river, to discover **Byrkjedalstunet**, its local crafts and typical flavors. Then you'll return to Stavanger for a walk in the historic town center, and the iconic wooden houses of **old Stavanger**. A tour combining atmosphere, taste and authenticity.

Main stops

- Coach ride along the River Dirdal
- Byrkjedalstunet
- Historic centre of Stavanger

The programme

- We will begin our excursion with a coach ride along the **River Dirdal** to **Byrkjedalstunet**, a restored cheese factory that dates back to 1920. The site is now home to a restaurant, hand-made candle store, and small shops selling souvenirs and handicrafts. During the visit, we will also have the opportunity to sample typical Norwegian pancakes before enjoying some free time to explore the surroundings.
- Returning to **Stavanger**, we will cross the historic centre and admire the city's many sites of interest en route.
- Before returning to the ship, we will stroll through "Old Stavanger", characterised by narrow streets

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lined with picturesque wooden houses dating back to the 18th and 19th century, when activities such as herring fishing and shipbuilding contributed to building the city's fortunes, turning it into the main commercial and industrial hub it has been ever since. Once home to sailors, craftsmen and merchants, this unique area, located just a few minutes from the port, is now at the centre of the city's most ambitious redevelopment project.

- Places on this excursion are limited. We recommend booking early.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2494	4 Hours approximately	Easy	110,00 EUR	77,00 EUR
Type				Tasting

Pick&Choose

Stavanger

ALL OF STAVANGER: ITS WOODEN HOUSES, THE MARKET AND HISTORY

In a nutshell

Discover all of **Stavanger on foot**, at a leisurely pace. Stroll past the wooden houses of the old part of the town, take in **the atmosphere of the port and the market** and admire the historic Cathedral from the outside. A simple, comprehensive visit to capture Stavanger's soul, its traditions and daily life.

Main stops

- Old Stavanger
- Market square
- Harbour bay
- Stavanger Cathedral (outside visit)

The programme

- We will leave the port on foot and begin exploring the city.
- We will enjoy a stroll through **Old Stavanger**, characterised by narrow streets lined with picturesque wooden houses, complete with pretty gardens and historic gas lanterns. Dating back to the 18th and 19th centuries, these houses were once home to sailors, craftsmen and merchants. The charm of the area appears to have remained intact for centuries and the entire neighbourhood is now at the centre of the city's most ambitious restoration project.

- A short walk will take us to the **market square** and the **harbour bay**. During the summer months, you will have the opportunity to browse the stalls and admire the wide range of fruit and vegetable.
- On leaving the square, we will continue to the **Cathedral** for an outside visit Dedicated to St. Svithun, patron saint of the city, and built in around 1125 by Bishop Reinald of Winchester, with the help of British craftsmen, Stavanger Cathedral is the best-preserved medieval church in Norway, second only to the Nidaros Cathedral in Trondheim.
- After admiring the cathedral, we will return to the port.
- Space is limited, so please reserve early.
- Tour will take place also in case of bad weather conditions, therefore suitable clothes are recommended.
- This excursion is not recommended for those guests with mobility problems.
- The Cathedral is currently under renovation, so the visit will be from outside.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2497	2 Hours approximately	Moderate	59,00 EUR	41,30 EUR

Type

Pick&Choose

Kiel

KIEL: A SEA-THEMED STROLL

In a nutshell

Do you want to discover a city with a **'lasting link' with the sea**? The aquatic roots of **Kiel** will amaze you **with every step** you take as you watch **the comings and goings of the boats on its canal**, and with your guide, admire the **grand buildings overlooking the water** and **open-air pools** from which **northern fur seals** emerge. Follow the canal to see the **neoclassical Town Hall**, the **Opera House** and the nautical **Church of Saint Nicholas**. You'll even have something tasty for your palate: tuck into a **'fish bun'**, the traditional sandwich **made with local fish!**

Main stops

- Walk through Kiel: seafront; Town Hall building; St. Nicolai church; Opera House; former Franciscan convent
- Snack with **fish bun**

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The programme

- As you stand in front of the ships departing from the port of **Kiel**, you'll want to find out more about this **city with a natural affinity for water**: dive in, on **a walk with your guide!**
- They will tell you that this was the only town by the sea in this Saxon territory, but that it is also called the "city of sailing", for its unique regatta: this explains the sails and sailors you will glimpse along the **waterfront**.
- Meanwhile, near the port, you might come across a friendly **seal** or two splashing around in an **open-air pool**, capturing everyone's attention as they pop up.
- And even though the salty tang fades as you walk through the streets of the center, water is always at the heart of everything: The **neoclassical Town Hall and Opera House** look out over the canal, while **St. Nikolai Church** was originally a maritime place of worship dedicated to the patron saint of seafarers.
- Has all that walking given you an appetite? There's a typical **fish bun** ready and waiting for you - **a sandwich filled with fresh fish caught right here**. The Baltic in a mouthful.
- And if you're still hungry for more maritime discoveries, **you can explore Kiel however you like**, before returning to the ship.
- Wear comfortable shoes and clothing suitable for the experience.
- The sandwich can be enjoyed with soured herring, salmon or vegetables.
- Limited number of English guides: if none are available, you will be accompanied by a guide who will conduct the tour in English.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
01J7	3 Hours approximately	Moderate	79,00 EUR	55,30 EUR

Type

Tasting

Kiel

LUBECK, THE BALTIC JEWEL

In a nutshell

You'll start from **Kiel** and head straight to **Lubeck**, 'Queen of the Hanseatic League'. You'll go past the imposing **Holsten Gate**, the proud symbol of the city. Then on to the **historic city center**, a **Unesco World Heritage site**, past the Seven Towers and the imposing **Hospital of the Holy Spirit**. You'll pass the **Gothic Town Hall**, admire the magnificent **Church of Saint Mary**, the grand homes of noble families and the salt warehouses. A nod to the Mann family at Buddenbrook House and then indulge in the legendary

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Niederegger Marzipan. Afterwards enjoy some free time for shopping and refreshments.

Main stops

- Old Town and its landmarks
- Free time

The programme

Lubeck has much to offer, not only for the historians among you!

Start off at the pier in Kiel with an approx. 1,5 h scenic transfer to Lubeck. You will start with Lubeck's **Holsten Gate**, where you have your first of many photo opportunities. The gate from the 15th century is the landmark of Lubeck, which is symbol not only of the well-fortified medieval town but also of the self-confidence of the former Queen of the Hanseatic League.

Your walking tour starts at the city center. Your tour leads through the picturesque **Old Town** which was declared a World Cultural Heritage Site by the UNESCO in 1987. Walking the historic alleyways and courtyards, see **the Seven Spires and the Hospital of the Holy Spirit** dating back to 1280. This hospital is not only one of Europe's oldest social institutions but also one of the most significant monumental buildings from the Middle Ages.

Proceed to the historic **Town Hall** which was built in the 13th century and is considered to be one of the oldest, most magnificent in Germany. Have a view at the **St. Mary's Church** which is the third-largest church building in Germany. Of particular interest are also numerous 15th- and 16th-century patrician residences and salt storehouses.

Pass by the **Buddenbrook House**, the former home of the Lubeck-born authors Heinrich and Thomas Mann.

Another highlight is the unique Marzipan-exhibition in the trademark **Café Niederegger**.

Enjoy your **free time** for having a lunch break and for exploring the narrow, cobble-stoned streets and the variety of small and elegant shops.

- The journey to Lubeck takes approximately 1,5 hours each way.
- This excursion is not recommended for guests with mobility problems.
- You ought to wear comfortable shoes.
- Lunch not included.
- English speaking guides are limited in number.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
0120	6 1/2 Hours approximately	Moderate	109,00 EUR	76,30 EUR

Type

Kiel

HAMBURG: A CONTRAST BETWEEN THE CITY AND THE SEA

In a nutshell

Escape from your usual routines and head to **Hamburg**, the city that loves contrasts. You'll set off along the Elba river, past elegant, grand buildings and the port, on to **Alster Lake** and then a stop-off for a little shopping at **Jungfernstieg**. Admire **the Town Hall and Stock Exchange**, the modern outline of the television tower, the parks and architectures that change pace at each turn you take. You'll end at the superb **Saint Michael's Church** and the historic **Krameramtsstuben**. Hamburg is not just a city that tells a tale: it's an experience, to discover layer after layer.

Main stops

- Panoramic drive
- Free time
- Outside visit of St. Michaels church and Krameramtsgasse

The programme

Escape the ordinary and discover Hamburg, a city of captivating contrasts. Your journey begins with a scenic drive, where elegant mansions along the Elbe River give way to the vibrant downtown. You'll pass the serene **Alster Lake**, where the city's exclusive side shines, and cruise past **Jungfernstieg**, a paradise of luxury shops.

The city's rich history and modern energy are on full display as you see the grand **City Hall** and **Stock Exchange**, followed by stunning contemporary architecture, lush parks, and the towering silhouette of the **TV tower**. As traffic allows, you'll have the chance to hop off for that perfect photo.

The tour culminates with an outside visit to the iconic **St. Michaelis Church**, affectionately known as "Michel," a symbol of Hamburg's resilience and spirit. You'll also get an intimate look into the past at the **Kramer Amtsstuben**, a beautifully preserved 18th-century complex that offers a glimpse into life long ago. This is Hamburg, a city of layers, waiting to be explored.

- St. Michael can be closed due to church service at short notice

INFORMATIONS

Code	Duration	Level	Adult price	Child price
012P	7 Hours approximately		89,00 EUR	62,30 EUR

Type

Kiel

TO HAMBURG WITH COSTA GOROUND. 1 ROUND-TRIP TICKET TO THE CITY CENTER

In a nutshell

Explore at your own pace with our **Costa GoRound** bus. It will be waiting for you right by the ship, to take you on a journey to discover the most iconic sights in **Hamburg**. See the concert halls, model railways and contrasting aspects of the city, free to explore and enjoy it at your own pace, right to the very last minute: the bus will then take you back to the ship at the right time. Costa GoRound is the most convenient, flexible and safe way to explore in freedom.

Main stops

- By bus to the city center and to return to the ship.
- Do whatever you wish, you have total freedom.

The programme

- The tour does not include a guide.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04S5	6 1/2 Hours approximately	Moderate	69,00 EUR	48,30 EUR

Type

Kiel

KIEL AND LABOE: CANALS, SAILORS AND SUBMARINES – the tour ends at the airport

In a nutshell

You'll set off from the port, to discover the maritime heart of **Kiel**, its grand **Town Hall** and the immense **Canal**, winding its way between two seas and centuries of history. You'll then head to **Laboe** and visit the **Naval Memorial**, climbing to the top of the tower overlooking the Kiel firth. Afterwards, you'll head down to the beach and **climb on board the U995 submarine**: cramped spaces, war-time technology and life on board all depict an intense history. A powerful finale, made up of memories, steel and the sea, before heading back to Hamburg.

Main stops

- Kiel: major places of interest in the city, City Hall, Kiel Canal
- Laboe: Naval Memorial to the Sailors who died in battle and exhibition inside, U995 submarine with

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museum

The programme

- We leave the port to start our panoramic tour of the city of **Kiel**. The capital of the Federal State of Schleswig-Holstein boasts a long tradition as a maritime city and port, which pervades daily life.
- Our route winds past the **main points of interest** in the city, including the **City Hall** and the spectacular **Kiel Canal**, which links the North Sea to the Baltic Sea.
- At the end of our city tour, our coach will take us to the eastern shore of the Kiel Fjord to the town of **Laboe**, where we visit the **Memorial to the Sailors who were killed in battle**. The tower was first erected to commemorate the soldiers of the German Navy who died in the First World War. Later, it was also dedicated to the sailors who died in the Second World War. In 1954, it became a memorial to all the fallen from the Navies of all nationalities.
- After an interesting visit to the **exhibition inside the monument**, we climb to the top of the building to enjoy the **spectacular view** that unfolds before us.
- Lastly, the **U995 submarine**, one of the dreaded U-Boats that destroyed the allied ships in the north-eastern Atlantic, awaits us on the nearby beach. Today, it houses a museum where we can learn about some of the aspects of the hard life of the crew on board submarines.
- Our visit to the memorial is over and we set off by coach for Hamburg airport.
- We recommend wearing comfortable shoes.
- This excursion is not recommended for guests with mobility problems.
- The tour guides will leave the group at the end of our tour of Kiel. The journey to the airport does not include a guide.
- This excursion is reserved for guests who disembark at Kiel and whose flights depart after 4.00 p.m.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2850	4 1/2 Hours approximately	Moderate	69,00 EUR	48,30 EUR

Type

Kiel

HAMBURG: THE LAKE AND PANORAMAS BETWEEN PAST AND PRESENT - the tour ends at the airport

In a nutshell

Discover **Hamburg** starting from the water: you'll go round **lake Alster**, through elegant districts and

along **Jungfernstieg** street, buzzing with its boutiques and city life. You'll go past the **grand renaissance buildings of the Town Hall and Stock Exchange**, then change pace with parks and gardens, nineteenth-century architecture and the television tower. Stop to take a few photos and then continue on to the **Church of Saint Michael**, the symbol of the city. Round off the tour at the historic **Krameramtsstuben**, before your transfer to the airport.

Main stops

- Lake Alster
- Jungfernstieg
- Renaissance City Hall and Stock Exchange Buildings
- Modern part of the city
- St. Michael's Church
- Krameramtsstuben

The programme

- This fantastic tour will give us the opportunity to discover the vibrant city of Hamburg, the second largest metropolis in Germany after the capital, Berlin.
- Our panoramic tour winds its way past the main points of interest in the city. First of all, our route runs alongside the **Lake formed by the River Alster** in the city centre, and then crosses the residential districts and the **Jungfernstieg**, the famous fashion street, lined with luxury boutiques and shopping malls.
- We drive past the **Renaissance buildings of the City Hall and Stock Exchange** and venture into the **more modern part of the city**, with its parks and gardens, the television tower, 19th century buildings and much more.
- Weather and traffic permitting, we will have the opportunity to leave the coach and make a few photo stops.
- Our next stop will be a visit of the exterior of **St. Michael's Church**, affectionately known as Michel by the inhabitants of Hamburg; this is one of the main Protestant churches in the city, and one of the most important architectural structures in Germany.
- Our tour ends in the **Krameramtsstuben** area, a complex of 5 buildings, built between 1620 and 1676 by the merchants' guild to provide homes for traders' widows. They are well preserved and give us an idea of what life was like at the beginning of the 18th century.
- Afterwards our coach will bring you to Hamburg airport.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
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2856

4 1/2 Hours
approximately

69,00 EUR

48,30 EUR

Type

Copenhagen

COPENHAGEN: FEET ON THE GROUND, EYES ON THE WATER

In a nutshell

Exploring **Copenhagen on foot** is the best way to discover the city's **connection with the water**. A paradox? Not at all. From the statue of **the Little Mermaid**, heroine of children, to the **Gefion fountain**, which evokes ancient myths, the **royal residences** with their **gardens**, and the **Nyhavn canal**: with your **guide**, you will discover the aquatic DNA of this city.

Main stops

- Little Mermaid statue
- Gefion Fountain
- Rosenborg Castle and The King's Gardens
- Churchill Park, Frederiksstad district, Amalienborg Palace
- Nyhavn canal
- Kastellet

The programme

- Walk with your guide to the **Little Mermaid statue**, which has been the symbol of the city since 1913. Here, a passion for the sea is instilled at an early age, even if only by listening to **Hans Christian Andersen's fairy tale**.
- From fairy tales to myth: in front of **Gefion Fountain**, discover the legendary origins of Zealand: a patch of land stolen from the sea with an ox-drawn plow. It is the island upon which the city rests!
- It stretches to **Churchill Park**, where water brings life to flowers and meadows, and the **Frederiksstad district**, with the **Amalienborg Palace**, residence of the Danish royal family. Guess what: it is only separated from the harbor basin by **The Amalie Garden**.
- Along the **Nyhavn canal**, the old port, a host of colorful houses are reflected in the water, while **Rosenborg Castle** is mirrored in the lake of its **gardens**: a home for fish, geese and swans.
- But the last piece of your puzzle is **Kastellet**, a 17th-century citadel surrounded by water. Here in **Copenhagen**, everything - even the most monumental structures - seem to float.

INFORMATIONS

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Code	Duration	Level	Adult price	Child price
03P8	3 Hours approximately	Moderate	75,00 EUR	52,50 EUR

Type

Copenhagen **TOUR OF TWO KINGDOMS - DENMARK AND SWEDEN**

In a nutshell

A day spent discovering the marvels and most symbolic sights of two magnificent Scandinavian cities - Copenhagen and Malmö. A fascinating panoramic tour that takes us from Denmark to Sweden across the majestic Öresund, the longest cable-stayed bridge in Europe - a colossus submerged in northern waters.

Main stops

- Sightseeing tour of Copenhagen
- Öresund bridge
- Sightseeing tour of Malmö
- Old city of Malmö

The programme

- We recommend that you book early as only a limited number of places are available.
- This excursion is reserved for guests who do not disembark in Copenhagen.
- Guests must bring their passport

INFORMATIONS

Code	Duration	Level	Adult price	Child price
038K	7 Hours approximately	Moderate	110,00 EUR	77,00 EUR

Copenhagen **COPENAGHEN, THE VIKINGS AND ROSKILDE CATHEDRAL**

In a nutshell

We drive by the most symbolic places and monuments in Copenhagen, a charming picturesque city steeped in history and elegance. We reach Medieval Roskilde, the city of the northern warriors, and go on a journey back in time among its historical gems ranging from a charming Viking museum to a majestic Gothic cathedral.

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Main stops

- Sightseeing tour of Copenhagen
- Little Mermaid Statue
- Roskilde
- Viking Ship Museum
- Roskilde cathedral

The programme

- We get on a coach and set off on a thrilling **sightseeing tour** of the gems of city of **Copenhagen**.
- We drive by the **Town Hall** and the lovely **Tivoli Gardens**, a famous amusement park surrounded by nature. We reach the **ancient Stock Exchange** and observe its characteristic spire formed by intertwined dragon tails. We admire the unique coloured houses along the **old port of Nyhavn** and take marvellous photographs in front of the majestic **Amalienborg Palace**, the official residence of the Danish Royal Family.
- We move on to the port of Copenhagen to admire the symbol of the city, a lovely bronze statue nestled on a rock: the **Little Mermaid Statue**, the protagonist of one of Hans Christian Andersen's most famous fairy tales. Here, we have some free time available to take some beautiful photos and immerse ourselves in the atmosphere of the Danish capital.
- Our tour continues with the historic city of **Roskilde** to admire two of its great sights.
- The first stop is the **Viking Ship Museum**, where we go on a journey into the history of northern warriors among their extraordinary ships. We marvel at five fascinating types of ship, from trading ships to war ships, sunk off Skuldelev in 1070 and brought back to light in 1962. In the museum, we have the opportunity of admiring other marvellous ships, which are perfect reconstructions of Viking ships. We continue with the majestic **Roskilde Cathedral**, the main burial site for Danish monarchs. It was the first Gothic church to be made of bricks, a style that was promoted all over northern Europe. We remain speechless in front of this magnificent cathedral, a true architectural marvel declared a UNESCO World Heritage Site.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
038N	6 Hours approximately	Moderate	115,00 EUR	80,50 EUR

Copenhagen

THE LESSER KNOWN CORNERS OF COPENHAGEN: ON FOOT AND BY BOAT

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In a nutshell

They say that **Copenhagen** is at its best when seen from its various waterways: this is why **a boat tour with your guide** will give you a special perspective on the city. Cruise slowly from the **statue of the Little Mermaid**, the guardian of the port, to that of the Norse goddess **Gefion**, and then on to the **royal palaces** and the **maritime district of Nyhavn**. Your zoom? You won't need it: to see them up close, simply **take a stroll on dry land!**

Main stops

Boat tour through the canals of Copenhagen: Little Mermaid statue, the Amalie Garden, Amalienborg Palace, Kastellet, Gefion Fountain, Churchill Park, Nyhavn district, Christiansborg Palace Stroll through the streets of the city

The programme

*Ever thought you would be able to discover Copenhagen from two different perspectives? From the water to the heart of its streets and alleyways, soon you will know all the secrets of the city. Your **guide** knows just where to begin: the first stop in front of the iconic **Little Mermaid statue** is unmissable – it's been a symbol of the capital since 1913. Then, in one glance, you can take in the **Amalie Garden** overlooking the water and the **Amalienborg Palace** too, which is home to the Danish royal family. *Your boat will slowly make its way through the canals and under bridges that are so low that you can touch them as you pass beneath. And with every glimpse, a piece of Copenhagen life passes by, with its unique people and colors.* From here, the geometrical shapes of the **Kastellet fortress** are even clearer to see: did you know that its symmetrical red roofs form the shape of a star? *Finally, take in the fountain of the goddess Gefion, the pastel facades of the district of Nyhavn and the spire of the Danish Parliament building, before seeing them again up close as you wander through the streets of the city center*: a great way to lose yourself in the details of the legendary goddess Gefion as she tames her oxen!**

- This experience is reserved for guests not disembarking in Copenhagen.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
0IGH	3 Hours approximately	Moderate	89,00 EUR	62,30 EUR

Type

Pick&Choose

Copenhagen THE BEST OF COPENHAGEN

NORTHERN EUROPE & FJORDS



In a nutshell

Main stops

- Little Mermaid statue
- Amalienborg Palace
- Statue of King Frederick V
- Cruise along the canals of Copenhagen
- Tivoli Gardens

The programme

- Our tour will take us to see the famous statue of **Hans Christian Andersen's Little Mermaid**. Since 1913, she has sat on the harbour rocks welcoming travellers from all over the world and inspiring them with her tale of love and sacrifice.
- We will then admire **Amalienborg Palace**, which comprises four identical buildings and has been the Danish royal family's base since 1794. It is guarded by soldiers in traditional bearskin hats and the centre of the square is home to the **statue of King Frederick V** on horseback, depicted as a Roman emperor, considered one of the most important equestrian statues in the world.
- We will hop on a boat and enjoy a **cruise along the picturesque canals of Copenhagen**, where floating houses share the water with sail boats and yachts.
- We then will enjoy the beautiful and one of the oldest amusement parks in the world, **Tivoli Gardens**, where we will have a **tasty typical Danish lunch**. After lunch you can explore the wonderful park on your own.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
01GI	7 Hours approximately	Moderate	175,00 EUR	122,50 EUR

Type

Copenhagen

COPENHAGEN: THE LITTLE MERMAID AND THE ROYAL PALACES (ends at the airport)

In a nutshell

On this excursion we learn about the history of Copenhagen's most iconic locations, symbols of the city that have become famous around the world.

NORTHERN EUROPE & FJORDS



Main stops

The programme

- We reach **Copenhagen**, the enchanting capital of the world's oldest kingdom, a city where history, tradition and the modern world are interwoven with the magic of fairy tales.
- Our first "port of call" is the world-famous **statue of the Little Mermaid inspired by the story by Hans Christian Andersen**. Since 1913, she has sat on the harbour rocks welcoming travellers from all over the world and inspiring them with her tale of love and sacrifice. But there is more to her story than fairy tales: covered in pink paint, twice decapitated, deprived of an arm, narrowly escaping being blown to pieces, and even transported to China for the Shanghai Expo - our dear Little Mermaid has led a colourful life!
- Next stop on the tour is the home of the Queen, **Amalienborg Palace**: four identical buildings, guarded by soldiers in traditional bearskin hats. In the palace grounds, the **statue of King Frederick V**, on horseback depicted as a Roman emperor, is considered one of the most important equestrian statues in the world.
- Next on our itinerary is **Christiansborg Palace** on the islet of Slotsholmen, which, being home to Denmark's most important institutions, is fittingly nicknamed the "Island of Power".
- Before heading to the airport to catch your flight home, we will have a short city tour, passing by **Rosenborg, Town Hall and Tivoli Gardens**.
- This excursion is available to guests whose flights depart after 17.45.
- Christiansborg Palace reserves the right to close its rooms to the public and cancel bookings whenever it is needed by the government or the royal family.
- Places on this excursion are limited. We recommend booking early.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2701	4 Hours approximately	Easy	75,00 EUR	52,50 EUR

Type

Pick&Choose

Copenhagen **COPENHAGEN EXPRESS: ALL THE KEY SIGHTS (ends at the airport)**

NORTHERN EUROPE & FJORDS



In a nutshell

This excursion gets straight to the point, taking us directly to the city's most iconic landmarks: the statue of the Little Mermaid, with its remarkable history, the royal residences and the Government offices.

Main stops

- The statue of the Little Mermaid
- Nyhavn district, the Stock Exchange, Christiansborg Palace, the "Island of Power", the Parliament, Supreme Court, Government offices and former Royal Apartments
- The Christianshavn district

The programme

- Our excursion, exploring the capital of Europe's oldest kingdom, begins with an opportunity to take photographs of the world-famous statue of **Hans Christian Andersen's Little Mermaid**, one of the city's most iconic symbols. Since 1913, she has sat on the harbour rocks welcoming travellers from all over the world and inspiring them with her tale of love and sacrifice. But there is more to her story than fairy tales: covered in pink paint, twice decapitated, deprived of an arm, narrowly escaping being blown to pieces, and even transported to China for the Shanghai Expo our dear Little Mermaid has led a colourful life!
- We make our way through the district of **Nyhavn** and then proceed to see some of the city's most important landmarks, including **the Stock Exchange and Christiansborg Palace**. The latter is located on Slotsholmen, Island, fittingly nicknamed the "Island of Power" which houses the country's main political institutions: the Parliament (Folketing), the Supreme Court and the government offices (to the south and east), as well as the state rooms of the former Royal Apartments (north wing).
- We end our tour and head to the airport through the old Christianshavn district.
- We say farewell to fairy-tale Copenhagen, taking a souvenir or two, and countless memories with us.
- This excursion is available to guests whose flights depart after 15.45.
- Places on this excursion are limited. We recommend booking early.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2704	2 Hours approximately	Easy	59,00 EUR	41,30 EUR

Type

Pick&Choose

Copenhagen

COPENHAGEN: THE LITTLE MERMAID AND THE ROYAL PALACES

In a nutshell

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2706	4 1/2 Hours approximately	Moderate	75,00 EUR	52,50 EUR

Type

Pick&Choose

Copenhagen

SPECIAL SOUVENIRS FROM COPENHAGEN

In a nutshell

We visit Denmark's wonderful capital - with its royal palaces and distinctively Danish landmarks that are full of historical significance - and treat ourselves to a special visit, discovering 240 years of passion for quality and beauty in the blue and white ceramics of the Royal Copenhagen porcelain works.

Main stops

- Places on this excursion are limited. We recommend booking early.
- The excursion is reserved for guests who are not disembarking in Copenhagen.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2707	2 1/2 Hours approximately	Moderate	50,00 EUR	35,00 EUR

Type

Pick&Choose

Copenhagen

COPENHAGEN: EXPLORING THE CANALS OF COPENHAGEN BY BOAT

In a nutshell

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2708	4 Hours approximately	Easy	99,00 EUR	69,30 EUR

Type

Copenhagen **THE WONDERS OF COPENHAGEN**

In a nutshell

Succumb to the charm of Copenhagen with this unique opportunity to visit Denmark's wonderful capital: visit the historic centre, discover why Danish design is so highly regarded around the world, relax at one of the local bars or treat yourself to some retail therapy on one of the charming shopping streets.

Main stops

- The statue of the Little Mermaid
- Amalienborg Palace
- Indre By - the historic district
- Panoramic of Rosenborg Castle, Strøget - Europe's longest pedestrianised shopping street, the City Hall and the Rådhuspladsen (City Hall Square), Tivoli Gardens
- Local bars, gift shops and the city centre (free time)
- Christianborg Palace and Royal Reception Rooms

The programme

- We arrive in Denmark's capital, **Copenhagen**, a wonderful city rich in history and tradition.
- We make a brief stop at the famous statue of **Hans Christian Andersen's Little Mermaid**. Since 1913, she has sat on the harbour rocks welcoming travellers from all over the world and inspiring them with her tale of love and sacrifice. But there is more to her story than fairy tales: covered in pink paint, twice decapitated, deprived of an arm, narrowly escaping being blown to pieces, and even transported to China for the Shanghai Expo - our dear Little Mermaid has led a colourful life!
- Also not to be missed is a visit to the city's royal residences: the palaces at **Amalienborg** - residence of the present Queen - which is guarded by soldiers in traditional bearskin hats.
- We follow our tour in the **historic centre district of Indre By**. Here we find Rosenborg Castle, **Strøget** - **Europe's longest pedestrianised shopping street**, the magnificent **City Hall** with its distinctive decorations, the monuments and maritime symbols that adorn City Hall Square, and the

magnificent world famous **Tivoli Gardens**.

- We will stop in the very **heart of the city** where we can savour the capital's unique atmosphere, enjoying a relaxing stroll, sipping a drink in one of the countless coffee houses or picking up a final souvenir or two, also enjoy exploring the city centre using your **free time**.
- Our visit ends with **Christianborg Palace** and the **Royal Receptions Rooms** and after this visit we will direct ourselves to Ocean Quay, just next to the pier.
- Places on this excursion are limited. We recommend booking early.
- Christiansborg Palace reserves the right to close its rooms to the public and cancel bookings whenever it is needed by the government or the royal family.
- This excursion is reserved for guests who do not disembark in Copenhagen.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2811	6 Hours approximately	Easy	99,00 EUR	69,30 EUR
Type				

Legenda

ICONE DESCRIZIONE

Easy

tour with this designation involve walking over relatively lever terrain. Comfortable shoes are recommended.

Moderate

Tours with this designation can involve a considerable amount of physical activity such as walking over cobblestones or uneven surface, climbing stairs or steep terrain, swimming in a light current, or bicycle riding. They are not recommended for guest with walking difficulties. Comfortable sturdy shoes are recommended.

Hard

Tour with this designation involve high physical exertion for extended periods of time. The terrain may be uneven or steep. They are recommended only for physically fit and adventurous traveller.

Sightseeing

these are primarily motor coach excursions with an emphasis on sight-seeing and very little activity.

Water Activity

Involves the opportunity to swim or the possibility of getting wet.

Fun

dedicated to a young public keen on entertainment.

Eco Natural Trail

dedicated to nature lovers.

Tasting

a light snack will be provided on this excursion.

Meal not included

during excursions free time is given to organise lunch individually.

Most wanted

Guest surveys indicate a high degree of satisfaction with these tours.

Basket Lunch

a packed meal is provided from the ship.

Good for shopping

specially dedicated to shopping lovers.

Cultural

dedicated to history, culture and local traditions lovers.

Disabled friendly

Excursions with the handicap sign are for guests with mobility difficulties however should be able to move around independently. Guests in wheelchair out on excursion need to be accompanied by a third party as assistance by the ship will not be provided. The majority of our agencies require that the wheelchairs be retractable because sometimes the necessary space needed for a wheelchair is not available. We kindly ask you to contact the Excursion Office as soon as possible, upon embarkation, to ensure that we find the best possible solution and to reserve the appropriate seat in the required bus before the departure of the excursions. For further information and for a solution that best fits your need please contact the Excursion Office.

Sports Lovers

for the adventurous, there are our most active shore excursions.

Recommended to families

includes activities that are appropriate for families travelling with children.

New

Brand -new Tour

Meal on board

back on board for lunch/dinner, your guide will be ready to continue the excursion at the end of it.



Meal Included

a meal will be provided on this excursion.

Refreshments included

Refreshments included.

Information Notes

PRACTICAL GUIDE TO EXCURSIONS

Excursion Booking

You can book excursions before departure by visiting the website www.mycosta.com, or by requesting to be contacted by our "Excursion Service" at +34 932952144 or through a request on the MyCosta website. Once on board, excursions can be booked through the Costa App, the Excursion Totem, or by visiting the MyTours office, where our staff will be available to offer advice and assistance.

Participation

Some excursions require a minimum number of bookings and have a maximum number of participants, so it is advisable to book them in advance.

Duration

The duration of the excursions is indicated in the description of each tour. Due to unforeseen circumstances, such as adverse weather conditions and/or transport delays, the duration may be subject to change. The program of individual excursions may also be modified for the reasons mentioned above. Please adhere to the times indicated by the guides at each stop (rest stops, photo stops, etc.).

Description

The descriptions of the excursions are up-to-date as of the printing of this document. However, in the interest of continuously improving our guests' shore experiences, the actual program may differ from the description.

Guests with Mobility Issues

If you use a wheelchair, it is necessary to check the availability of suitable/compatible excursions before booking by contacting our "Excursion Service" at +34 932952144 or through a request on the MyCosta website. Once on board, it is recommended to visit the MyTours office on the first day of the cruise for further assistance.

Customized Programs

Personalized and exclusive tours can be arranged upon request and subject to quotation by contacting our "Excursion Service" or on the day of embarkation by visiting the MyTours office.

Prices

The prices of the excursions include transport where specified, which may include buses, minibuses, taxis, cable cars, and boats. Meals and/or drinks are included only where specified. Prices and excursion programs may be subject to change.

Children and kids

Children aged 3 to 13 are entitled to a 30% discount on all excursions. Children under 3 years old participate for free.

Squok Club

For children aged 3 to 13, there is the possibility to enjoy the Squok Club while their parents are on an excursion. The service is free, and the request must be made in advance.

Tickets

All excursions will be registered on the Costa card: the Costa card becomes the excursion ticket. In the Costa App, under the MyAgenda section, you will find all the information about shore experiences. If necessary, the staff at the MyTours office can print a summary of the bookings.

Informative Notes

Costa Diadema - Germany, Denmark, Norway