



Iowa City West High School Choir

Performance Tour of Sweden and Norway

June 2025

Proposed Itinerary – 10 Day Tour

Day One Depart U.S.A.

Departure Depart from Chicago today for your performance tour of Sweden and Norway. A transfer is provided to Chicago.

Day Two Arrive Stockholm

Arrival Arrive in Stockholm, Sweden and claim your luggage. Meet your Gateway Tour Manager, who will be with you for your entire tour to handle travel and performance arrangements.

Stockholm Built on fourteen islands around one of Europe's largest and best-preserved medieval city centers, Stockholm is superbly positioned with stunning and varied scenery in every direction.

Hotel Check into your hotel.

Meals Dinner

Overnight Stockholm

Day Three Stockholm

Stockholm City Tour A local guide will bring you through Gamla Stan (old town) with its maze of narrow cobblestone streets.

♪ Impromptu Performance

An impromptu performance may be possible during your city tour.

Impromptu performances occur spontaneously in aesthetically inspiring spaces such as cathedrals, historic landmarks, monuments and memorial sites. Gateway does not obtain advance authorization and does not secure a performance time. Audiences are ambient, comprised of people visiting the site.

Vasa Museum Visit the Vasa, a restored warship from 1628. After more than 300 years sunken in Stockholm Bay this giant vessel was restored to its former glory and celebrates Sweden's maritime history.

♪ Promoted Concert Perform a promoted concert in Stockholm or the surrounding area.

Promoted concert venues may include school or community auditoriums, concert halls, churches or outdoor stages. Concerts may be independent, comprise part of a concert series, benefit a local charity or include a local ensemble. Typical lengths range from 45-90 minutes. Audiences are attracted through promotion. Promotion varies by location and may include posters and flyers, event listings, invitations and press releases to radio stations and newspapers.

Meals Full Swedish breakfast

Overnight Stockholm

Day Four
Sigtuna – Uppsala – Stockholm

Transfer	Depart Stockholm for a day trip north.
Sigtuna	Spend the morning exploring the quaint village of Sigtuna. Founded around 980 AD, it's the oldest surviving town in Sweden and the heart of the town is considered Sweden's oldest main street. Pick up an authentic souvenir or stop for <i>fika</i> at one of the many shops along the main street, Stora Gatan. This road will also lead you through the towns ancient ruins, historic churches, colorful homes and down to the idyllic waterfront.
Uppsala Free Time	Uppsala, with 181,000 inhabitants, is the fourth largest city in Sweden. Explore the "Cambridge of Sweden" at your own pace. You might stop at Uppsala Domkyrka, the biggest church in Scandinavia, visit the Uppsala palace, wander Uppsala Universitet campus, the oldest university in Scandinavia, or simply relax in the Linneaus' gardens.
Uppsala Domkyrka	Uppsala Domkyrka is the biggest church in Scandinavia, taking 175 years to build. It is filled with artwork from eight centuries. Swedish monarchs were crowned here from medieval times to the 18 th century, and many famous Swedes are buried here including Gustav Vasa and Carl von Linne.
♪ Promoted Concert	Perform a promoted concert in Uppsala or the surrounding area.
Meals Overnight	Full Swedish breakfast Stockholm

Day Five
Stockholm – Oslo

Transfer	Depart for the airport for your short flight to Oslo.
Arrival	Arrive in Oslo, Norway and claim your luggage.
Oslo	Oslo, the capital of Norway, is a modern city surrounded by sea, hills, and forests. In the center of the city, you will find a variety of restaurants, jazz clubs, and shops.
Hotel	Check into your hotel.
Free Time	Enjoy time at your leisure.
Meals Overnight	Full Swedish breakfast Oslo

Day Six**Oslo**

- Oslo City Tour** A guided tour of Oslo includes a walking segment in Frogner Park, with its amazingly lifelike sculptures by Gustav Vigeland. You will also have exterior views of the medieval fortress of Akershus, the Royal Palace.
- ♪ Impromptu Performance** An impromptu performance may be possible during your city tour.
- Munch Museum** Home to over half of all of the artist Edvard Munch's works, including the famous painting "The Scream," the Munch Museum cannot be missed.
- ♪ Promoted Concert** Perform a promoted concert in Oslo or the surrounding area.
- Meals** Full Norwegian breakfast; dinner
Overnight Oslo

Day Seven**Oslo – Flåm**

- Transfer** Depart Oslo by motorcoach for your journey to Geilo.
- Train** Travel by train from Geilo to Myrdal.
- Myrdal** Arrive in Myrdal, a tiny station at the end of the Flåm Railway.
- Flåm Railway** The Flåm Railway is an amazing feat of engineering and one of Norway's most scenic highlights. The 20-km-long train journey between Flåm and the mountain station of Myrdal takes around 58 minutes. Following a unique system of tracks and spiraling tunnels, the journey offers an ever-changing panorama of tall mountains and cascading waterfalls. The train slows or stops at the best views.
- Meals** Full Norwegian breakfast; lunch; dinner
Overnight Flåm

Day Eight
Flåm – Bergen

Fjord Cruise	Board the Gudvangen ferry and journey into Naeroyfjord, the narrowest fjord in Europe. Surrounded by mighty mountains of up to 1,800 meters high, this branch of the Sognefjord is amazingly beautiful. In 2005 this fjord was designated a UNESCO World Heritage site. On the journey you have views of the small traditional farms. You will also sail through the Aurlandsfjord, another scenic branch of the Sognefjord. Together these two narrow fjords make up what some believe to be the most scenic fjords in Norway.
Transfer	Meet your motorcoach for the drive to Bergen.
Voss	Voss is a picturesque town surrounded by stunning fjords and mountains, making it a haven for outdoor enthusiasts. Known for its adventurous spirit, Voss attracts visitors with opportunities for hiking, skiing, and water sports, while the charming town center provides a cozy atmosphere for relaxation after a day of exploration.
Voss Gondola	The Voss Gondola is a modern cable car system that offers breathtaking views of the surrounding mountains and fjords. Connecting the town of Voss with the mountaintop, it provides both locals and visitors with a convenient and scenic way to access hiking trails and enjoy panoramic vistas of the stunning Norwegian landscape.
Bergen	Bergen is a coastal city surrounded by mountains and fjords, known for its colorful wooden houses, historic Hanseatic Wharf, and vibrant cultural scene. With attractions like the Fløyen funicular, Bergen Aquarium, and the lively Fish Market, the city offers a picturesque setting combined with a rich maritime heritage.
Meals	Full Norwegian breakfast; lunch
Overnight	Bergen

Day Nine
Bergen

Bergen City Tour	Travel to Bergen, where a local guide will take you on a tour of the city. See Bergen's colorful fish and flower market. Stroll by the old, colorful wooden warehouses of the Hanseatic period of the 14th and 15th centuries, today called Bryggen (the Quay).
Troldhaugen	Journey to beautiful Troldhaugen, home of Norway's beloved composer, Edvard Grieg. Your tour includes entrance into Edvard & Nina Grieg's home, the composer's cabin and burial site.
Fløibanen Funicular	Take the Fløibanen funicular up to the top of Mount Fløyen for a spectacular view of Bergen.
♪ Promoted Concert	Perform a promoted concert in Bergen or the surrounding area.
Farewell Dinner	Gather this evening for a farewell dinner as your tour draws to a close.
Meals	Full Norwegian breakfast; dinner
Overnight	Bergen



Day Ten**Depart Bergen – Arrive U.S.A.**

Departure Transfer to the airport for your return journey. You will arrive in the United States later this afternoon. Welcome Home! A transfer is provided to Iowa City.

Meals Full Norwegian breakfast

This is a sample itinerary and is subject to change. Performance venues may be subject to availability and/or acceptance.