



**WOMEN OF THE MIDWEST**

Travel Solo Together

# NORWAY & SWEDEN

with Women of the Midwest!

July 4-16, 2025



Dear Women of the Midwest,

There are many ways to see Scandinavia: by train, cruising, driving ... Our tour is an awesome combination of it all, so if Scandinavia is on your bucket list, then spoil yourself and join me on this once-in-a-lifetime journey to the Lands of the Midnight Sun. Let's experience the exhilarating landscapes of Norway and stunning Sweden together. Rough and rocky coastlines are dotted with cosmopolitan cities showcasing the famous Scandinavian design, tucked between medieval houses and vibrant-colored wooden homes. These countries near the top of the world pride themselves in being some of the world's most civilized, educated, and tolerant societies.

Norway - vast and wild. Home to dazzling deep blue to emerald green fjords, snow-dusted alpine peaks, grinding glaciers and crashing waterfalls ...it is a kaleidoscope of nature at its very best. This country is a number-one attraction and top many bucket lists.

Sweden - wholesome and healthy. Built on a group of 14 islands and a unique blend of ultra-modern style, Stockholm, Sweden's capital, is a spectacular city and one of northern Europe's oldest recorded towns. Compact and laced together with 57 bridges, the city is a mosaic of unique areas each with its own character. A Royal Palace, paper-thin cobble-stoned streets in a 13th-century medieval Old-Town, museums, posh shopping boulevards, gourmet markets, bohemian boutiques and outdoor cafés galore all set against the backdrop of a glittering blue Lake Malaren meeting the Baltic Sea.

If all this sounds as exciting to you as it does to me, then come join me on this Scandinavian summer fairy tale adventure.

Sincerely,  
Barb Wallingford  
Ambassador  
Women of the Midwest



Call Executive Travel's Group Department today at 402-435-8888. Space is limited.

## Contemporary Oslo



## Less is More ...in Scandinavia!



## Bergen



### July 4, 2025 - Friday Traveling to Norway

Our adventure begins as we take an overnight flight to Oslo. Enjoy in-flight entertainment and meal service as you travel to this very special destination.

### July 5, 2025 - Saturday Oslo

Welcome to Norway! Oslo is the capital of Norway, the “Viking Capital,” founded in 1040. With its location by the Oslo Fjord, it is home to many fascinating museums and beautiful green parks full of sculptures. In the city center, you will find the majestic Karl Johan pedestrian street and the impressive opera house. Upon arrival at Oslo airport, we will meet our local tour director and driver. We will take a short drive outside Oslo to visit Hadeland Glassverk, the oldest glasswork company in Norway, founded in 1762 and still in operation. We will take a tour of Hadeland Glassverk, and lunch is served at the cozy restaurant. We then arrive in the center of Oslo, check in to our hotel, and enjoy an evening to relax and unwind. L

### July 6, 2025 - Sunday Oslo

Breakfast is enjoyed before we head out to learn more about Oslo. We are off for an orientation tour where you get to admire the Royal Palace, the National Theater, the Parliament, the Opera House by the waterfront, and the medieval Akershus Fortress. Lunch is served at a local cafe before visiting the Kon Tiki Museum, where we will experience Thor Heyerdahl’s world-famous expeditions across the Pacific Ocean on the balsawood raft in 1947.

Up next is the open-air Norwegian Folk Museum showcasing life in Norway from 1500 to the present. Among the 160 buildings, the Gol Stave Church, dating from 1200, is one of the five medieval gems at the museum. We return to our hotel in the late afternoon to enjoy dinner. B | L | D

### July 7, 2025 - Monday Oslo

Breakfast at your own pace and an entire day to experience Oslo and the surroundings on your own. Enjoy the local shops (find your favorite Troll), markets, and cafes. Stoll Vigeland Park with its stunning sculptures, take an Oslo Fjord sightseeing cruise or take a short train ride to Holmenkollen to check out the world-famous ski jump hill and museum (try the ski jump simulator... if you dare!). B

### July 8, 2025 - Tuesday Bergen by Train

Breakfast is served, and our bags are packed\*. Today, we will take a scenic train journey from Oslo to Bergen (approximately seven hours). Cameras out; the landscapes and sceneries are stunning! We arrive in “The Capital of the Fjords” in the afternoon in time to take a walk around the center and harbor. Dinner at our hotel. \*Our bags are transferred separately; you will only carry a light handbag. B | D

### July 9, 2025 - Wednesday Bergen

After a hearty breakfast, we take a morning tour of Bergen and experience Bryggen, the historic harbor district and one of North Europe’s oldest port cities on the west coast of Norway. It was established

as a center for trade by the 12th century. In 1350, the Hanseatic League established a “Hanseatic Office” in Bergen. They gradually acquired ownership of Bryggen and controlled the trade in stockfish from Northern Norway through privileges granted by the Crown. Bryggen has been on the UNESCO list of World Cultural Heritage sites since 1979. A concert is enjoyed at Troidhaugen, at the Edvard Grieg Museum. Edvard Grieg is widely considered one of the leading Romantic era composers, and his music is part of the standard classical repertoire worldwide. Lunch is served before we take the funicular to the top of Mount Fløyen (1,000 ft. above sea level) for a stunning view of the city and the surrounding fjords. Tonight awaits a delightful salmon dinner. B | L | D

### July 10, 2025 - Thursday Myrdal, Flåm, Sognefjord Cruise

Ahead await two of the most famous adventures in Norway: Flåm Railway and a Sognefjord cruise. We board one of the most exceptional railroads in the world from Bergen to Flåm via Myrdal, with breathtaking views at every curve. With rivers cutting through deep ravines, waterfalls tumbling down precipitous mountainsides, and white peaks with small farms clinging to steep slopes. A journey on the Flåm Railway is a trip through Norwegian nature ...oh, what a joy! In Flåm, we embark on a two-hour mini-cruise of the Nærøy and Auerland Fjords - both branches of the Sognefjord, the longest and deepest fjord in the world. Our motorcoach will meet us in Gudvangen and transfer us to our hotel for the night. On the way, we will stop to visit the Viking Village Njardalheim, a stunning open-air museum

## Sognefjord



showcasing life like the Vikings used to live when they were not busy at sea. Dinner is enjoyed at our local hotel. B | D

## July 11, 2025 - Friday

### Lillehammer, Hamar

Our journey continues eastbound to Lillehammer and Hamar. We will visit the Maihaugen Museum, Norway's largest open-air museum outside of Oslo. The 200 buildings offer superb cultural experiences, numerous exhibitions, and several places to eat. Garmo Stave Church is located at the top of the hill near the entrance to the Museum. The excellent wood-building techniques and wood-carving traditions of the Vikings, used in the construction of ships and houses, were further developed and are often seen in stave churches. Garmo is an excellent example. Tonight's dinner is served at our local hotel in Hamar. B | D

## July 12, 2025 - Saturday

### Central- and South Sweden, Örebro

This morning, we will cross the border between Norway and Sweden as we continue our Scandinavian adventure. We will stop for lunch in Karlstad before arriving in Örebro, in time for a visit to the Örebro Castle. The castle began its days in the 14th century as a stronghold with a prison before morphing into a palace during the reign of King Gustav Vasa. Today, some rooms are used as classrooms for pupils from Karolinska High School. Don't miss the gift shop. You can find fun souvenirs to bring home, such as magnets, books, candles, toys, and even good storytellers. Tonight's dinner is at our hotel, and the night is yours to enjoy Örebro. B | L | D

## Traditional Smörgås



## July 13, 2025 - Sunday

### Uppsala, Stockholm

Before reaching Stockholm this afternoon, we will swing by Uppsala to tour this beautiful city. Uppsala Cathedral was built 750 years ago, around 1270. St. Erik's reliquary, the Cathedral's major artifact, was moved here from the former Cathedral in Old Uppsala as early as 1273. The Cathedral is the burial place of Swedish royals like King Gustav Vasa. Uppsala is also known for Uppsala University, founded in the 15th century. Arriving in Stockholm, we will take a boat sightseeing tour, "Under the Bridges of Stockholm." This is the perfect way to see the city! Step aboard and be guided to the most famous parts of the city. We travel under twelve bridges and even pass through the lock that connects the Baltic Sea to Lake Mälaren. You will see the inner city, Old Town, Södermalm, Lilla and Stora Essingen, the new area Hammarby Sjöstad, and the green parks of Djurgården glide by while you relax. In the late afternoon, we will check in to our hotel and enjoy dinner. B | D

## July 14, 2025 - Monday

### Stockholm

After a filling breakfast, it's time to learn more about Stockholm. We will take a four-hour tour by motorcoach and by foot to visit the Stockholm City Hall, famous for its grand ceremonial halls and unique pieces of art. It is also the venue of the Nobel Prize banquet held on December 10 each year. Lunch today is the traditional Smörgås served at one of the oldest restaurants in Stockholm from 1630. The Vasa Ship Museum is next. The Vasa ship

## Old-Town Stockholm



capsized and sank in Stockholm in 1628. After 333 years on the sea bed, the warship was salvaged, and the voyage could continue. Today, Vasa is the world's only preserved 17th-century ship, and the Vasa Museum is the most visited in Scandinavia. The remainder of the afternoon and evening are yours at leisure. B | L

## July 15, 2025 - Tuesday

### Stockholm

Today, you will have a day off to explore more of Stockholm on your own and gather your last impressions of this stunning city. Anyone up for ABBA The Museum? In this interactive museum, you can become the fifth member of ABBA by performing on a large stage. Or how about a bike ride through the city? Or maybe just hang out and enjoy a "fika?" Fika means making time for friends to share a cup of coffee (or tea) and a little something to eat. Tonight, we will enjoy a farewell dinner at a restaurant close to our hotel. B | D

## July 16, 2025 - Wednesday

### Traveling Home

All too soon, your vacation has ended. Transfer to Arlanda airport in plenty of time to check in for our flight and to clear security. You may wish to do some last-minute shopping at the duty-free stores before boarding and flying west across the Atlantic Ocean back to the United States. B

*Itinerary subject to change*

**B = Breakfast L = Lunch D = Dinner**



To register contact:



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Phone: 888-549-1186

GroupDepartment@executivetravel.com

www.executivetravel.com

ONLINE REGISTRATION LINK:

Via our website [www.WomenoftheMidwest.com/journeys](http://www.WomenoftheMidwest.com/journeys)

**Package Price:**

Per person in a shared double room: \$4,995  
 Per person in a single room: \$6,195  
 Triple rooms are not available on this trip.

We offer "Pair & Share"-service. Ask us to assist in finding your roommate!

A non-refundable deposit of \$500 per person is required upon signing up. Deposit can be paid by cash, check, or credit card. The balance is due on March 6, 2025, and is non-refundable. The balance can be paid by cash or check. Credit card payment(s) (any payment applied to the tour after the deposit) will access a 3.5% fee.

**EARLY BIRD DISCOUNT:**  
 Register at least eight (8) months prior to departure and receive a **\$200 DISCOUNT!**

*This tour will be materialized with a minimum of 15 and a maximum of 21 travelers. Should the number fall below 15, all funds paid to Executive Travel will be refunded 90 days prior to departure.*

**Tour Activity Level: LEVEL 1 2 3+ 4**

This tour involves a extensive amount of walking (city sightseeings by foot), stairs, longer periods of standing, outdoor activities, and steep areas within the places visited. We walk between 4-5 miles over the course of a day. Add to this the walking you do outside the group activities. This trip is not recommended for guests with walking difficulties.

**Travel Insurance:**

We recommend travel insurance to help protect you and your trip investment against the unexpected. For your convenience, we offer a plan provided by Travelex Insurance Services. For rates and plan highlights, please ask us.

Travelex Insurance Services, Inc. CA Agency License #0D10209. Insurance coverages underwritten by individual member companies of Zurich in North America, including Zurich American Insurance Company (NAIC #16535, state of domicile: New York), 1299 Zurich Way, Schaumburg, IL 60196.

**Group airfare:** See separate insert.

**Accommodations** (final accommodations 90 days prior to dep.):

- Oslo, Clarion Hotel The Hub or similar
- Bergen, Zander K Hotel or similar
- Laerdal, Hotel Fretheim or similar
- Hamar, Hotel Scandic Hamar or similar
- Orebro, Hotel Clarion Orebro or similar
- Stockholm, Hotel Adlon or similar

**Included:**

- 11 nights accommodations at local 3- and 4-star hotels
- Porterage at hotels (one bag per person)
- 11 breakfasts
- 6 lunches
- 8 dinners
- Private motor coach transportation as per itinerary
- Train tickets (Oslo-Bergen & Bergen-Myrdal-Flåm), economy class
- Sightseeing program as per itinerary
- All admissions as per itinerary
- Professional English-speaking tour manager and local step-on guides during entire program
- All local taxes and fees as of August 25, 2024
- Women of the Midwest Ambassador, July 4-16, 2025

**Not Included:**

- Airfare
- Airline baggage fees for your second checked bag (the first checked piece up to 50 lbs is free)
- Travel insurance
- Personal expenses
- Meals & beverages other than those mentioned in the tour program
- Entrances to monuments and/or museums other than those mentioned in the tour program
- Gratuities (estimate \$15 per day in total)
- Professional fee, \$75 per person, due at the time of registration
- Anything not mentioned in the inclusions



**WOMEN OF THE MIDWEST**  
 Travel Solo Together

A wholly-owned division of Executive Travel

Forwarding registration and deposit signifies that you agree to the terms and conditions found at [executivetravel.com/etl-home/vacation/escorted-tours](http://executivetravel.com/etl-home/vacation/escorted-tours)

Call Executive Travel's Group Department today at 888-549-1186. Space is limited.

## JOIN OUR GROUP AIRFARE!

We offer group airfare with Delta Airlines.

July 4, 2025	Omaha* - Minneapolis	10:55 AM - 12:13 PM
July 4, 2025	Minneapolis - Amsterdam	2:35 PM - 5:25 AM (July 5, 2025)
July 5, 2025	Amsterdam - Oslo	7:00 AM - 8:45 AM
July 16, 2025	Stockholm - Amsterdam	1:05 PM - 3:10 PM
July 16, 2025	Amsterdam - Atlanta	5:05 PM - 8:20 PM
July 16, 2025	Atlanta - Omaha*	10:30 PM - 11:53 PM

**\$1,795 per person including taxes and fees, economy class.**

\*We are happy to assist with airfare from a different airport than Omaha. Please reach out to us to assist you - a small supplement may occur. If you travel from a different airport, we aim to have you meet your fellow travelers in Minneapolis on July 4 and return from Stockholm around the same time as the rest of the group on July 16.

### **Important notes about seat assignments, upgrades, TSA Pre-Check- & Frequent Flyer Numbers:**

Group airfare comes with **seat assignments 30 days prior to departure**. We cannot confirm precise seat numbers earlier than 30 days prior to your departure and therefore cannot guarantee the availability of specific seating on the aircraft. We do our best to honor your preferences (window, aisle seat).

**Premium seating upgrades** are not available when traveling on a group air contract. If you have frequent flyer miles (SkyMiles), please note those cannot be used to upgrade to Delta Comfort Plus but only be used for upgrades to business or first class when traveling on a group air contract. Contact us if you have any questions about this and kindly note that certain exceptions may exist.

**Mileage credit** for individuals on group air contracts is not guaranteed and is subject to the rules of the airline under contract.

**TSA Pre-Check numbers and Frequent Flyer numbers** must be reported at the time of reservation. Otherwise, each traveler must provide these numbers upon check-in on the day of departure.

**Taxes, fuel charges and security fees are subject to change.**

**Air schedules may be subject to change at the discretion of the airline.**

## SECURE YOUR AIRFARE WHEN SIGNING UP!

