

NC STATE

NORDIC WONDERS

2025 YOUNG ALUMNI JOURNEY



US DEPARTURE DATE: **JULY 26, 2025**

STOCKHOLM LAND TOUR START DATE: **JULY 27, 2025**

OSLO RETURN DATE: **AUGUST 3, 2025**

BERGEN RETURN DATE: **AUGUST 6, 2025**

LAND PACKAGE FROM: \$3,698

Visit our website www.aesu.com/ncstate for more details and to book.

START YOUR ADVENTURE

Dear Young Alumni and Friends!

Can you think of a better way to travel than with fellow NC State young alumni?

The NC State WolfTreks Young Alumni Travel Program, designed for recent grads ages 22 – 35, brings you together with individuals in the same age range, with similar backgrounds and experiences, while offering well-designed, hassle-free tours of the world.

These programs provide social, cultural and recreational activities, as well as many opportunities to broaden your education and enjoy NC State connections. Our journeys offer the quality and value that comes from a tour operator experienced in young adult travel.

In this brochure, you will find a detailed itinerary, travel dates and pricing.

If you have any questions about this tour, please contact our tour operator, AESU Alumni World Travel, by calling 800-638-7640 or email alumni@aesu.com. To make an online booking, visit our young alumni tour landing page at www.aesu.com/ncstate and select this tour to be directed to the web site.

We are looking forward to having you travel in a Pack!

Howl back!

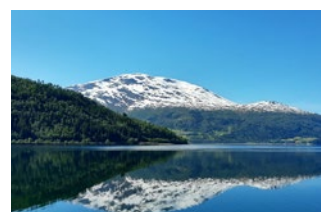
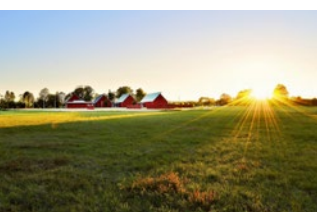


Kathy Hart
WolfTreks Travel Director
NC State Alumni Association

Travel insurance is compulsory. Some schools or alumni associations may offer travel insurance to you at a reduced rate. If not, AESU also offers group travel insurance. Ask our reservations agent for details or visit this link: <https://www.generalitravelinsurance.com/get-a-quote.html?partner=AESU3922>

“ THE TOUR WAS PHENOMENAL. THE LOGISTICS WERE PLANNED PERFECTLY. THIS IS EXACTLY WHAT I’VE DREAMED OF BUT COULD NEVER PLAN MYSELF! ”

FORMER TRAVELER



NORDIC WONDERS

9 DAYS PLUS AN OPTIONAL 3-DAY EXTENSION TO FLAM AND BERGEN

PLACES VISITED

STOCKHOLM
COPENHAGEN
OSLO
BERGEN



PROGRAM ACCOMMODATIONS

This trip has been carefully designed to feature these fantastic inclusions and highlights:



For a glossary of these experiences, visit:
www.aesu.com/aspects-awt



ACTIVITY LEVEL: MODERATE

For more details, please visit:
<https://www.aesu.com/activity-levels-awt/>

WHAT'S INCLUDED?

9-Day Land Package Transportation and Lodging

- 7 nights in superior tourist class hotels with private bath/shower, 2-share rooms (2-share berth on ferry)
- Stockholm: 2 nights, Copenhagen: 2 nights, Oslo: 2 nights, overnight ship: 1 night
- All ground transportation by private motor coach as per itinerary
- Ferry, train and ground transportation as per itinerary
- Airport transfers with purchased AESU group airfare

Meals

- 12 meals: 7 breakfasts, 1 Smorrebrod lunch in Copenhagen, 4 dinners

Activities & Admissions

- Tours, led by a local English-speaking guide in: Stockholm | Copenhagen | Oslo
- 24 hour Stockholm travel card
- Standard class train tickets Stockholm to Copenhagen (5-hour ride)
- Overnight ferry from Copenhagen to Oslo

Tour Highlights

Welcome orientation and dinner * Stockholm's Gamla Stan * Royal Palace * Djurgarden Island * Copenhagen's Little Mermaid Statue * Tivoli Gardens * Carlsberg Brewery * Overnight ferry from Denmark to Norway * Oslo Akershus Fortress and the Royal Palace

3-Day Optional Extension Transportation and Lodging

(min. of 10 paying participants needed to operate the extension)

- 3 nights in superior tourist class hotels with private bath/shower, 2-share rooms
- Flam: 1 night, Bergen: 2 nights
- All ground transportation by private motor coach as per itinerary
- Trains and cruises as per itinerary
- Airport transfers with purchased AESU group airfare

Meals

- 8 meals: 3 breakfasts, 1 dinner

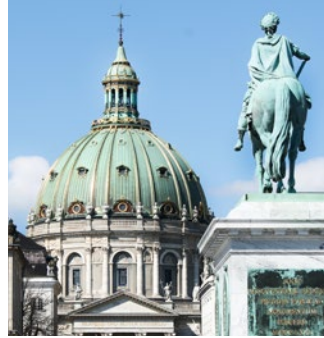
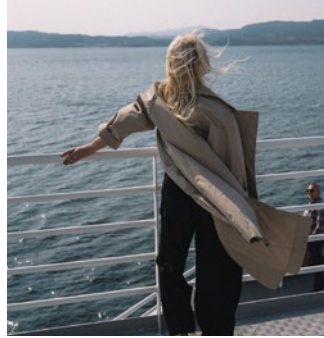
Activities & Admissions

- Tour of Bergen, led by a local English-speaking guide
- Train ride from Oslo to Myrdal (approx. 5 hours)
- Train tickets Myrdal to Flam (approx. 1 hour) on the Flam Railway (Flamsbana)
- Naeroyfjorden cruise from Flam to Gudvangen (approx. 2 hours)

Optional Excursions

(not included in land package price)

- Copenhagen – Canal sightseeing cruise
- Bergen – Funicular ticket



NORDIC WONDERS ITINERARY

About the Trip!

Get ready to dive into the coolest spots of three Nordic gems! Stockholm’s historic Gamla Stan blends seamlessly with its modern vibes, giving you the best of both worlds. Oslo’s Viking Ship Museum is a must for history buffs, and Aker Brygge’s waterfront scene is a blast. And let’s not forget Copenhagen, where the colorful Nyhavn, foodie hotspots, and the iconic Little Mermaid bring out the inner adventurer in you!

● **DAY 1 FLIGHT TO STOCKHOLM, SWEDEN**

Board your overnight flight to Stockholm today.

Meals: In-flight

● **DAY 2 LAND TOUR START DAY: STOCKHOLM**

Hey there, fellow explorers! Welcome to Stockholm, the heart of Sweden’s vibrant culture. Get ready to experience a perfect blend of old-world charm and cutting-edge innovation.

From the historic streets of Gamla Stan to the trendy neighborhoods like Södermalm, Stockholm offers a dynamic mix of art, music, and nightlife that’s perfect for the adventurous spirit in you.

And don’t miss the chance to indulge in Swedish fika culture – those coffee breaks are a must-try! So, get ready to dive into a city that’s as stylish as it is historic – Stockholm is waiting to show you an unforgettable time!

Meals: Dinner

Inclusions: Airport transfer with purchased AESU group airfare | Welcome orientation and dinner

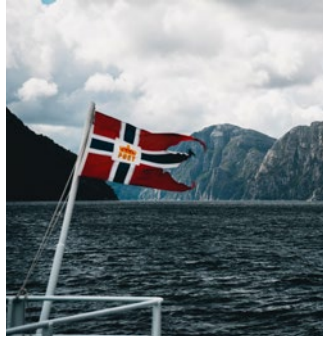
● **DAY 3 STOCKHOLM**

Get your walking shoes on for an unforgettable journey through Stockholm’s most iconic sites! Wander the charming, cobbled streets of the Old Town (Gamla Stan,) where history comes to life around every corner. Marvel at the majestic Royal Palace that stands as a testament to Sweden’s regal past.

Hop on a ferry to Djurgården, an oasis of culture and nature, where you can explore the optional delights of the ABBA Museum or the Nordic Museum, each offering a unique glimpse into Scandinavian pop culture or heritage. It’s a walking tour that blends history, royalty, and entertainment in the most captivating way.

Meals: Breakfast

Inclusions: 24-hour Stockholm travel card, valid on buses, underground trains, trams, and certain ferry lines, including Djurgarden | Half-day walking tour with local English-speaking guide | Stockholm sights include, Gamla Stan, the Royal Palace, Djurgarden and more



DAY 4 STOCKHOLM TO COPENHAGEN

Embark on an exciting train journey from Stockholm to Copenhagen, passing through stunning landscapes that connect these two dynamic Scandinavian cities.

Our adventure lands us in the heart of Denmark's capital, nestled along the eastern coast. Copenhagen's unique fusion of historical charm and cutting-edge creativity sets the stage for a vibrant cultural scene, top-notch dining experiences, and a strong focus on sustainability, all of which combined create an irresistible destination for explorers. During free time tonight, consider exploring Tivoli Gardens, one of the world's oldest amusement parks.

The park features a charming blend of classic and modern rides, beautiful gardens, and live entertainment, and it is particularly magical in the evening when the lights come on.

Meals: Breakfast | Dinner

Inclusions: Train ticket Stockholm to Copenhagen, standard class | Danish specialty welcome dinner

DAY 5 COPENHAGEN

Step into the heart of Copenhagen's charm on our captivating walking tour. We'll begin by wandering along the cobblestone lanes of Nyhavn, where the colorful 17th-century townhouses and bustling waterfront cafés capture the city's maritime spirit.

Don't miss the chance to stand in awe of the iconic Little Mermaid statue, a symbol of Copenhagen's allure set against the sparkling harbor. On our walk, we also see the magnificent Christiansborg Palace, a regal residence that houses the Danish Parliament, Prime Minister's Office, and Supreme Court. Enjoy a Smorrebrod, a traditional Danish open-faced sandwich for lunch, then, you're up for an extra treat: a guided tour of the Carlsberg Brewery for a taste of Danish brewing heritage and culture.

Meals: Breakfast | Lunch

Inclusions: Guided walking tour of Copenhagen with a local English-speaking expert | Copenhagen sights, such as the neighborhood of Nyhavn, the Little Mermaid, Christiansborg Palace | Carlsberg Brewery, guided tour | Smorrebrod lunch

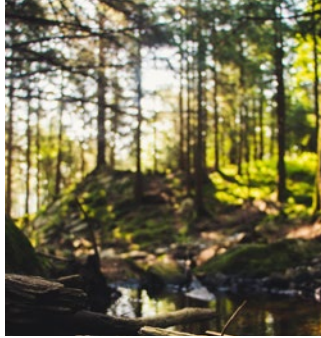
Optional activity: Canal cruise

DAY 6 COPENHAGEN TO OSLO

Experience the magic of the Baltic Sea's sweeping vistas as we set sail on an overnight ferry journey to Oslo. Savor a delectable dinner on board while soaking in the serene expanse of open waters and the blissful coastal views. As night falls, just have a relaxing night or enjoy some of the varied evening entertainment on board.

Meals: Breakfast | Dinner

Inclusions: Overnight ferry Copenhagen to Oslo | Ferry dinner



DAY 7 OSLO

Arrive in Oslo, Norway's capital, and find yourself in a city that effortlessly combines modern design and natural beauty. From its world-class museums to its stunning fjord views, Oslo offers a captivating blend of culture and nature that's waiting to be explored.

During our guided tour of Oslo, we explore the historic grounds of Akershus Fortress, where echoes of the past meet panoramic harbor views, then wander through the vibrant heart of the city to witness the grandeur of the Royal Palace, a symbol of Norway's rich heritage. Consider a visit to the Munch Museum or the Vigeland Sculpture Park. If you are seeking a mix of excitement and safety, Grünerløkka stands out as Oslo's prime destination for nightlife. This vibrant district offers a diverse range of hip bars, live music venues, and cozy cafés, ensuring a lively and enjoyable night out.

Meals: Breakfast

Inclusions: Ground transportation by private motor coach | Local English-speaking guide | Half-day tour of Oslo | Sightings include the Akershus Fortress, the Royal Palace

DAY 8 OSLO

Delight in a day all to yourself in Oslo, brimming with opportunities for excitement and adventure. Dive into the vibrant rhythm of Aker Brygge, where the waterfront comes alive with stylish boutiques and scenic promenades. Let the peaceful waterfront and stunning views set the backdrop for a leisurely day of shopping, dining, and relaxation. After our farewell dinner of Norwegian specialties, venture to the spirited heart of Youngstorget, where the energy is infectious, and the choices are endless. Discover vibrant bars, bustling cafés, and live music venues that promise an evening of fun and socializing.

Meals: Breakfast | Dinner

Inclusions: Independent exploration of Oslo Nordic farewell dinner

DAY 9 TRAVEL HOME OR EXTEND TO FLAM AND BERGEN

Before we say "good-bye" to those leaving us today, we make plans to reunite on another young alumni journey in the near future. The rest of us gear up for an exciting adventure headed towards Bergen by train, with an overnight pit stop in the picturesque village of Flam. Our journey takes us through majestic mountain landscapes, and charming villages like Gol and Geile, each a unique piece of the Norwegian puzzle. As we reach Myrdal, get ready for a seamless transition onto the renowned Flam Railway (Flamsbana), an experience that promises awe-inspiring vistas as we wind our way to the quaint haven of Flam.

Upon arrival, we'll find ourselves immersed in a world of relaxation. Consider embarking on leisure time activities, or perhaps following one of the many mountain trails, or diving into optional activities like kayaking, fjord sightseeing, or even venturing to the remarkable Stegastein platform. The stage is set for unforgettable fun amidst Norway's scenic beauty.

Meals: Breakfast

Inclusions: Train ride from Oslo to Myrdal (approx. 5 hours) | Train from Myrdal to the picturesque village of Flam

DAY 10 FLAM TO BERGEN

Kick off the day with a “chill” morning – relax at the hotel or take a mellow stroll by the fjord. Then it’s time to hop on board and cruise along Aurlandsfjord, gliding into the World Heritage-listed Naroyfjord –Europe’s slimmest fjord! Naroyfjord is like a slice of fjord heaven with its epic waterfalls and charming farms on the steep slopes. As our boat docks in Gudvangen, we hop on a private motorcoach to complete this epic journey all the way to Bergen.

Meals: Breakfast

Inclusions: Naroyfjorden Cruise – Flam to Gudvangen | Aurlandsfjord |Ground transportation by private motorcoach

DAY 11 BERGEN

Tucked between cosmopolitan and small-town allure, Bergen, the charismatic “Capital of the Fjords,” crafts a refined blend of experiences with a hint of playfulness. We join our local guide on a walking tour this morning. Immerse yourself in Bryggen, a UNESCO World Heritage treasure, and its impeccably preserved historical homes, narrating tales of eras gone by. The cheerful fish and flower market adds a modern twist to tradition, buzzing with an energy that transcends time. Elevating the experience are the cable cars that unveil stunning vistas. Later, opt to hop on the Floibanen Funicular to Mound Floyen for a panorama that’s Instagram-worthy, or take a cable car ride to Mt Ulriken, where sophistication meets thrill. For the culture enthusiasts, Bergen’s museums are gems that speak volumes, telling stories of history, maritime legacy, architectural brilliance, and the contemporary avant-garde. For the night owls, Bergen’s hip nightlife scene is centered around the streets of Engen and Vetrilidsallmenningen, where you’ll find an array of trendy bars, live music venues, and laid-back lounges, making it the perfect spot to unwind and have a blast after dark.

Meals: Breakfast Dinner

Inclusions: Guided tour of Bergen, led by a local English-speaking expert | Sights include Bryggen, UNESCO World Heritage treasure, fish & flower markets | Farewell Fjord dinner

Optional activity: Funicular ride (ticket)

DAY 12 TRAVEL HOME

Our Nordic adventure ends this morning as we bid farewell to our amazing new friends and plan to prepare our next young alumni adventure together.

Meals: Breakfast

Inclusion: Airport transfer included with purchased AESU group airfare

TOUR DIRECTORS

Your land package tour includes the services of a professional tour director, who knows this is a trip of a lifetime for you. They are young professionals; multi-lingual and carefully selected graduates from major universities. They are eager to show you the world through the eyes of an adventurer, sharing with you their vast knowledge, as well as interesting little-known facts.

Our qualified tour directors and staff of local experts mean a trouble-free journey with the added security of group travel. We are very proud of our tour directors, therefore it is customary to include gratuity.

Show the tour director and driver your appreciation with a tip. We suggest \$6-7 per person/per day for your tour director and \$4 per person/per day for your driver.

HOTELS

We stay in superior tourist-class hotels or better, all with private bathrooms in 2-share rooms. Our hotels have been specially selected for their European atmosphere, friendly hospitality, and cleanliness. They are centrally located or within a short walk of public transportation, taking you to the landmarks of your choice in the city you are visiting.

All land package rates are based on two people sharing a room. You can book a single-room by paying an additional single supplement of \$575 for the 9-day land package or \$1,000 for the 12-day land package.

If you are a solo traveler and don’t want to pay the single supplement, AESU will attempt to arrange a share with a same-gender traveler. If we are unable to arrange a share, the single supplement will be added to your invoice.

By booking your trip with AESU, you are agreeing to all the terms and conditions as outlined on our website: <https://www.aesu.com/terms-conditions-awt/> | For details on our payment plan, please visit: <https://www.aesu.com/payment-plan-awt/>