

2025 May 19 to June 17



Day 0 Fly HK to Copenhagen via Dubai

Day 1 City Hall, Stroget, Nyhavn

Day 2 walking tour, The Little Mermaid statue, Frederick Church

Day 3 Rosenborg Castle, Magasin du Nord department store

Day 4 Christiania, Ny Carlsberg Glyptotek

Day 5 National Museum, Home of Carlsberg

Day 6 Day trip : Kronborg Castle, Frederiksborg Palace, Roskilde Cathedral, Viking Ships Museum

Day 7 Frederiksborg Gardens, Fly to Oslo, Karl Johans Gate

Day 8 Nobel Peace Center, National Museum

Day 9 Munch Museum, Akershus Fortress, Oslofjords

Day 10 Ostensjovannet Lake, Vigeland Museum, Frogner Park, Vigeland Sculpture Park, The Royal Palace Park

Day 11 Island hopping, Deichman library, Opera House

Day 12 Fram Museum, Kon-Tiki Museum, Botanical Garden

Day 13 Oslo to Bergen by train (7 hours)

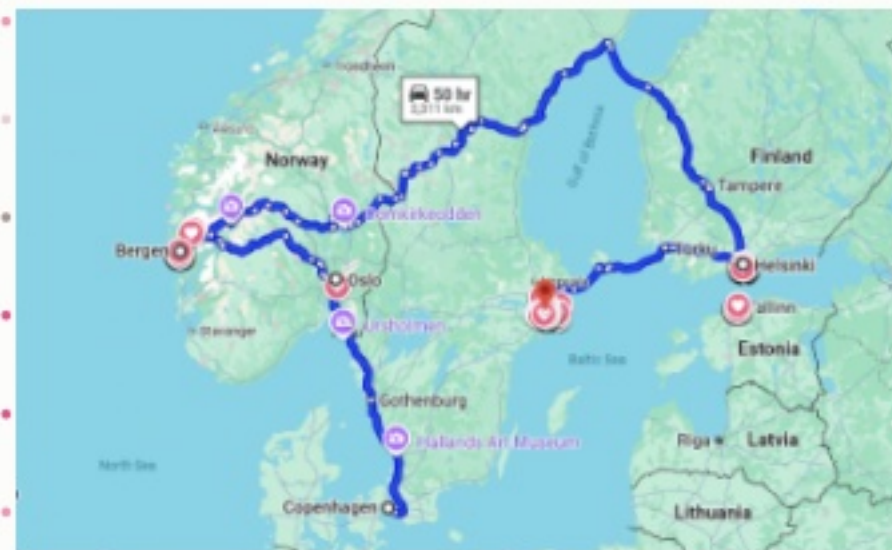
Day 14 Cruise to Mostraumen from Bergen, Bryggen area, Fish Market, mountain climbing

Day 15 Leprosy Museum, Hansa Quarter, seafood lunch at fish market
Fly from Bergen to Helsinki

Day 16 Rock Church, Chapel of Silence, shopping at Kamppi, open market, fresh market

Day 17 Design Museum, 日本buffet, Kiasma Art Museum, Sibelius Monument

Day 18 Day trip to Tallinn, Estonia



Day 19 Ateneum Art Museum, Stockman department store/Herkku Food Market, Design District, Esplandi

Day 20 City Museum/Soderholm, Helsinki Cathedral, Finnish House of Nobility, Suomenlinna, Helsinki Central Library

Day 21 Kaivopuiston, National Library, 中華飯店, Cruise from Helsinki to Stockholm

Day 22 Subway stations artwork, Ostermalms Food Hall

Day 23 Fotografiska, Grisslinge, Nobel Prize Museum

Day 24 國王花園, National Museum, Royal Palace, Sergels torg

Day 25 Skansen (Open Air Museum)

Day 26 Ferry 80 Island hopping

Day 27 Westfield Mall of Scandinavia, Riddarholmen, airport hotel

Day 28 fly Doha, sleepover in lounge

Day 29 fly HK



Day 0 19 May (Mon)
Fly HK to Copenhagen via Dubai



Emirates Lounge not extravagant but food quality good



Limo to airport, courtesy of Emirates*

Made my own Milanese gin tonic



舒服



Flight from Dubai to CPH: seats not comfortable but the foods are amazing

Day 1 - 7 Copenhagen, Denmark
Day 1 May 20 (Tue) City Hall, Stroget, Nyhavn



The famous little mermaid statue



Amalienborg Palace, where the royal family now resides, looks small and simple, different from other grand European palaces.



Street that survived the two great fires (1728 and 1795). The twin red buildings are among the oldest in Copenhagen (about 400 years)

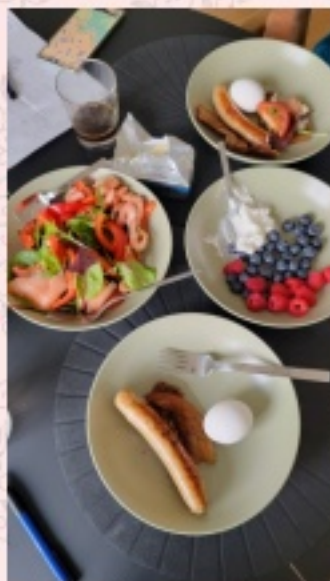


Our first Danish lunch. It's expensive to eat out, this simple lunch costs almost HK\$600.



Koen starter he

Day 3 May 22 (Thur)
Rosenborg Castle, Magasin du
Nord department store



Started the day
again with an
amazing home
breakfast, food
quality is really
good

Rosenborg Castle,
3 silver lions
guarding the king's
throne



Copy cat of the Versailles?





The Treasury,
Rosenborg Castle



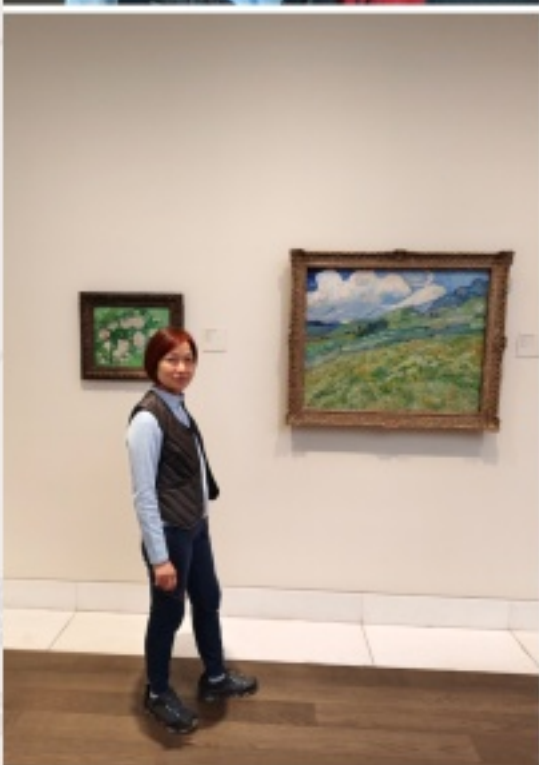
Shopping at Magasin du Nord, we became interested in the royal utensils in the department store, but the urge to buy quickly evaporated when we discovered their PRC origin.



Day 4: May 23 (Fri)
Christiania, Ny Carlsberg Glyptotek



Christiania, slum of freedom with a colorful past but not much to see now



Day 5 May 24 (Sat)
National Museum, Home of Carlsberg



National Museum entrance fee included a guided tour which is on modern Danish identity. However our quest for an understanding of the entire history of Denmark is not very successful. The Museum has a lot of exhibits but not enough stories.

Glyptotek: very impressive collection of paintings and sculptures of the Carlsberg family





Home of Carlsberg turns out to be better than the Heineken experience which haunted us from last year. We got more free drinks than we could consume and they were quite good. The presentation was more on the founders and how good they are.



Interesting to note they have a yeast to produce zero alcohol beer. They used evaporation in the past to remove the alcohol. Another interesting point noted is that the pH system is developed by their lab.

This picture captures many things Copenhagen.



Day 6 May 25 (Sun)

Day trip : Kronborg Castle, Frederiksborg Palace,
Roskilde Cathedral, Viking Ships Museum



The Kronborg castle is a bit spartan because it had been looted by the Swedish, their nemesis. Interested to know that the castle was built to control the access to Baltic Sea from the North Sea and collect taxes from the passing ships.



Frederiksborg Palace is a huge structure with beautiful architecture. The exterior facade, internal decoration as well as the garden are extravagant compared with the other Danish palaces and castles we have seen.



Day 7 to 13 Oslo, Norway
Day 7 May 26(Mon) Fly to Oslo

norwegian✕



Nice museum showing what was left of five viking ships recovered from the sea. Couldn't see much as we only have half an hour left for this museum after visiting two castles and the church. That is the give and take with 跟團 - you can visit more and far away places but you will have limited time at each place.

The salmon dinner is magnificent and another reminder of the inferior quality of HK foods



Frederiksberg Gardens, near b&b in Copenhagen

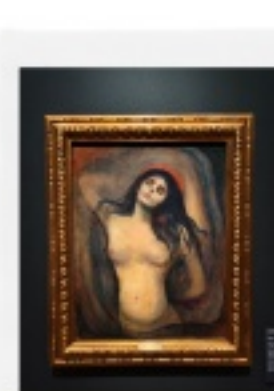
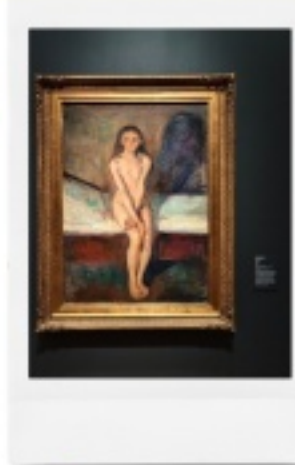


Karl Johans Gate, shopping street in Oslo. Few pedestrians.

Day 8 May 27 (Tue)
Nobel Peace Center, National Museum



Learn a few things about the prize and am intrigued that Nobel willed that the Peace Prize is to be awarded in Oslo and not in Sweden. Also Nobel only set up 5 prizes and does not include economics which was later added by others "in memory of Alfred Nobel".

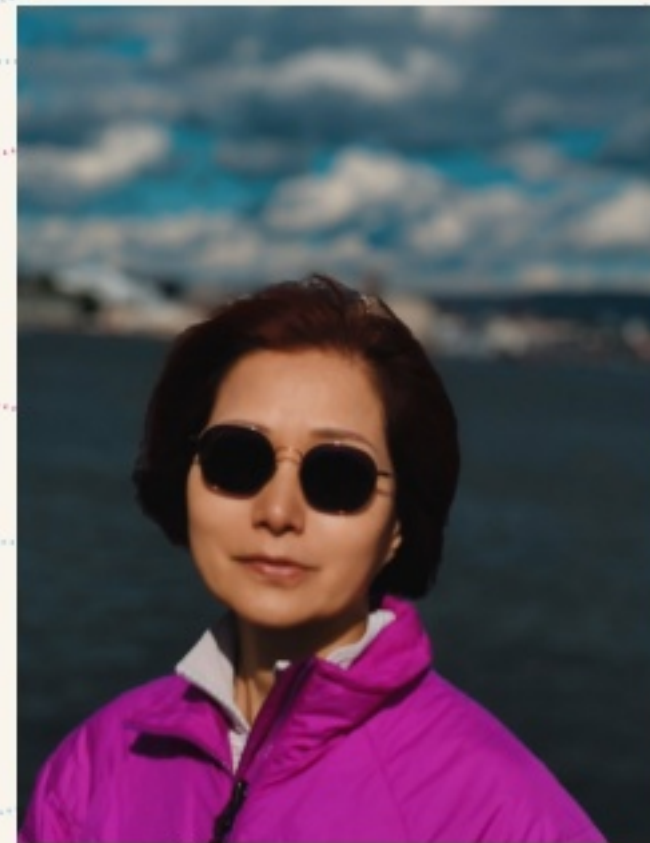


The National Museum has a big collection of Munch. However this is only a part or maybe just a small part of the museum. The museum is impressive in its vast and varied collection, good presentations, and an extremely comfortable experience in terms of taking care of the needs of the audience, for example: sofas everywhere, toilets every floor, and two restaurants to cater for different clienteles.

The good feelings at these two museums prompted us to look and actually find out Norway has a (much) higher average salary and a bigger economy than Denmark, contrary to our earlier perception.

Day 9 May 28 (Wed)
Munch Museum, Akershus Fortress, Oslofjords

Surprisingly, there are 13 floors in the Munch Museum. Had a panoramic view of the waterfront at the top floors. A large collection of the works of a single painter does help us to understand the style of the artist. Presentation of the life of Munch is innovative. His residence is depicted through visual images, abstract boundaries and real objects. I am impressed to see the paints, brushes and palette that he had used.



We chose to see the Oslo fjords by taking a public ferry using our day passes. The trip is enjoyable and as there are not many passengers so we can move freely to enjoy the unique seascapes and maybe islandscapes.

Akershus Fortress



Day 10 May 29 (Thur)
Ostensjovannet Lake, Vigeland Museum,
Frogner Park, Vigeland Sculpture Park,
the Royal Palace Park





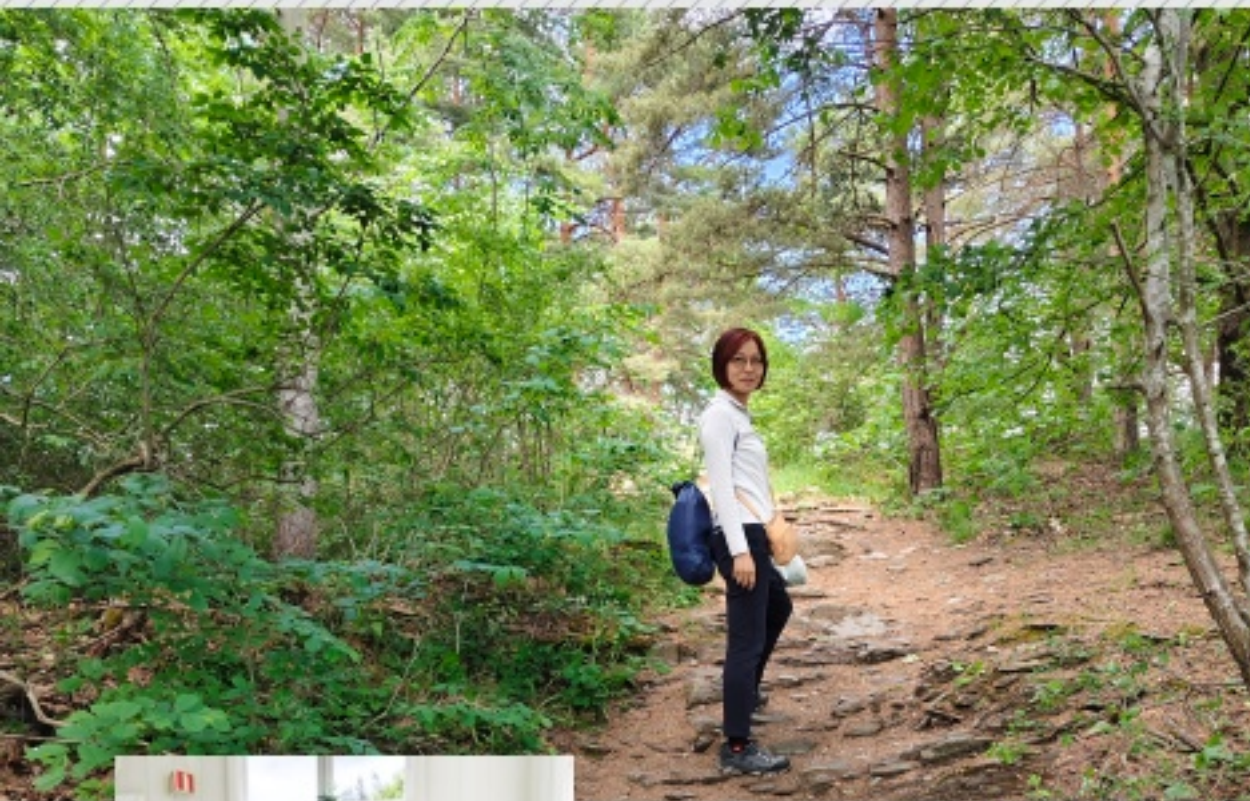
Reach the beautiful suburbs conveniently by taking the M3 Metro line, again with our day passes. Ostensjovannet Lake is within walking distance of the station. The unplanned trip let us get close to the Norwegian nature that people here are so proud of.



A park housing hundreds of sculptures by just one artist is peculiar. Even though we can't share the emotions that Vigeland tried to express through his sculptures, the scene of numerous gigantic sculptures lining up in a big park is magnificent.



Day 11 May 30 (Fri)
Island hopping, Deichman library, Opera House



Ferry service is very good, making the islands easily accessible. We had a good walk on Hovedoya Island and briefly visited Gressholmen Island. Getting closer to nature, we can sense that all the plants thriving and blossoming with the arrival of spring.



Taking a break at a cafe on Gressholmen Island



Different from other libraries, Deichman library houses cafes, a restaurant and a cinema. There are plenty of cosy reading spaces. The atmosphere is free and inviting. For people coming from a crowded city like HK, many things appear over-provided in this city.

The Opera House is just next to the Deichman library. It's fun climbing up the white marble roof and the view there is interesting.

Seafood dinner by the canal



Day 12 May 31 (Sat)

Fram Museum, Kon-Tiki Museum, Botanical Garden

Fram Museum tells the stories of Norwegian Polar Explorers. The expeditions of the Fram ship are explained in detail and we can go on board the original ship. Impressive stories on the hardship and dangers that the explorers had gone through.



Kon-Tiki Museum is about Thor Heyerdahl who crossed the Pacific on a raft. Selling point is the original raft. Not much to see.

Botanical Garden, lily leaves that can hold the weight of a baby in the pond behind



Oslo is a modern, advanced, welcoming yet expensive city. To our surprise, according to copilot, Norway has the highest GDP per capita in the four Scandinavian countries (\$90320, 5th), followed by Denmark (\$71967, 10th), Sweden (\$59508, 15th) and Finland (\$57183, 18th). HK is \$55608 (20th).

Day 13 to 15 Bergen, Norway
 Day 13 June 1 (Sun) Oslo to Bergen by train (7 hours)

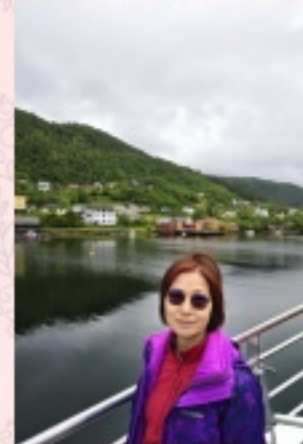


Said to be one of the most scenic train journeys in Europe. The scene at the glacier is most attractive for us.

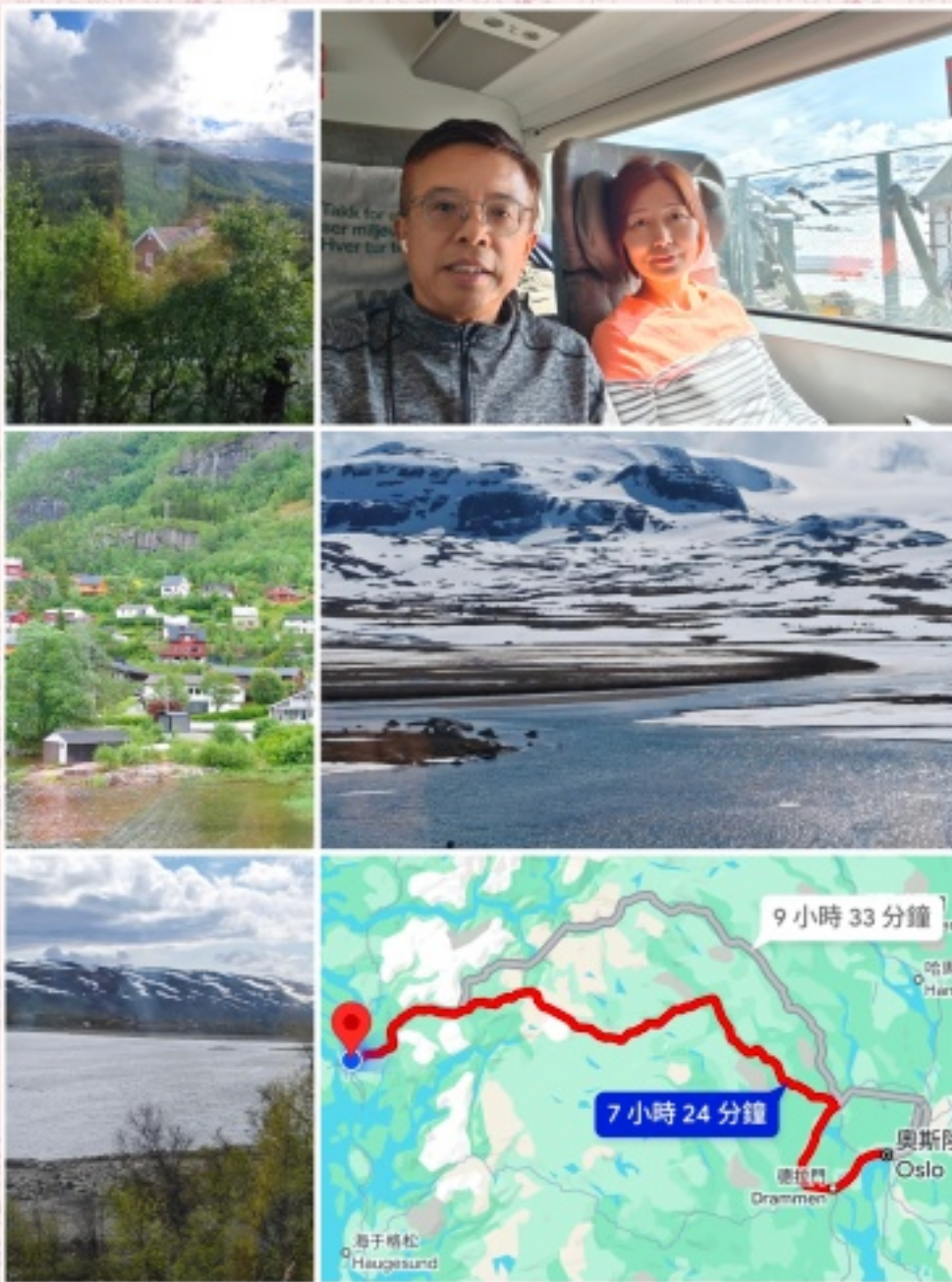
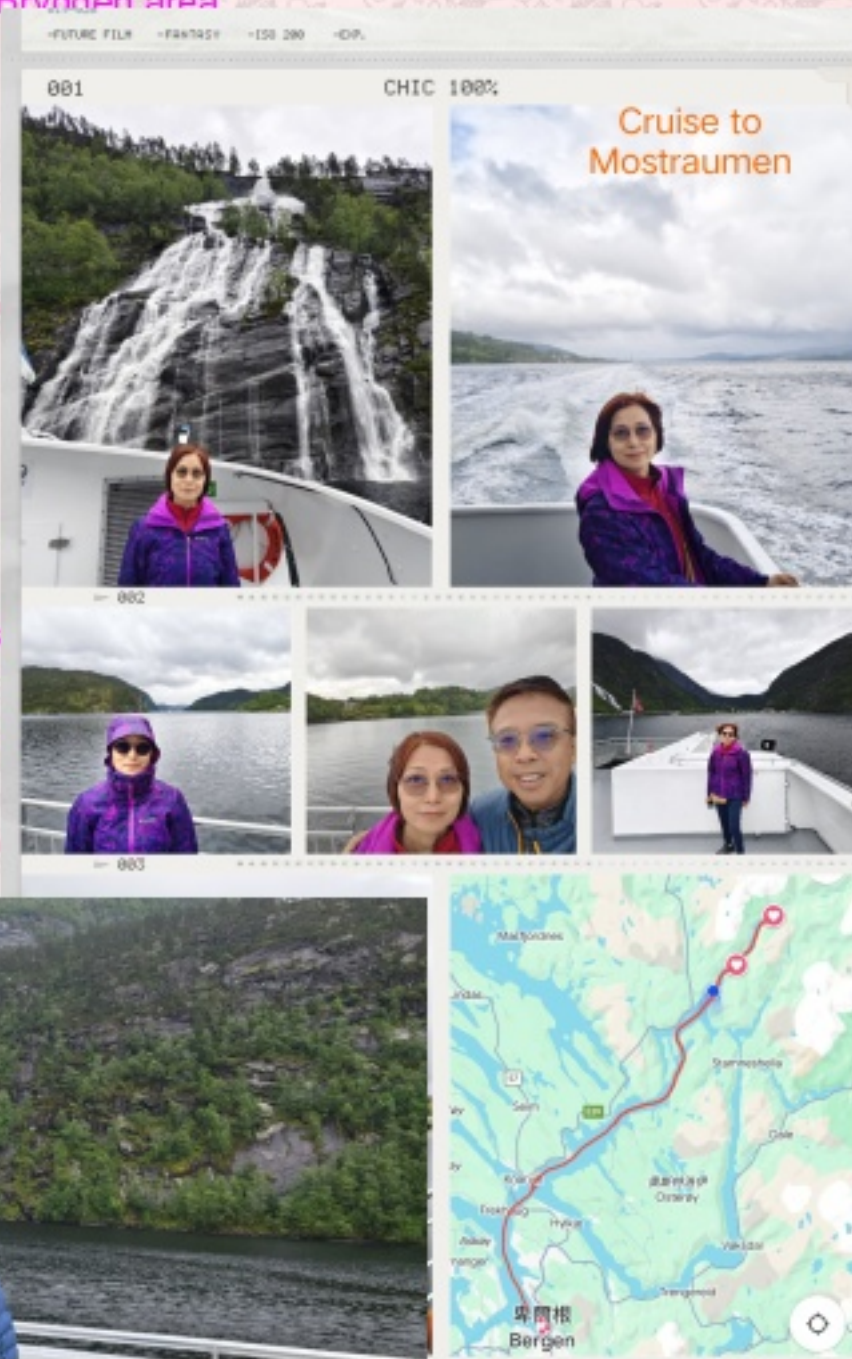
Dinner at Mr Chan



Day 14 June 2 (Mon)
 Cruise to Mostraumen from Bergen, Brynne area
 Fish Market, mountain climbing



The cruise took us through the fjords and several picturesque villages along the water. There are waterfalls everywhere. The scenes of the villages are mainly calm pictures with typical red and yellow Norwegian houses sitting on lawns. No magnificent view!



Hansa Quarter in the Bryggen area are old wooden houses left by past German traders. It was raining quite heavily when we went there.



Fulfilling seafood lunch at fish market. 虎蝦 very nice. Also tried whale steak.



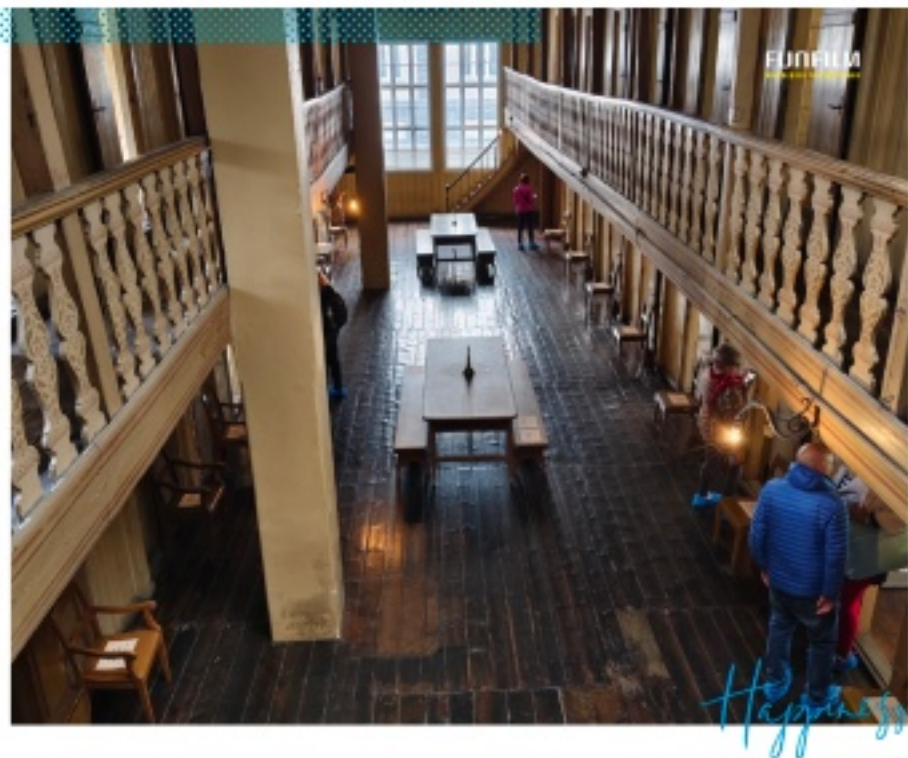
Had a better view of the harbour climbing up the hillside



Day 15 June 3 (Tue)

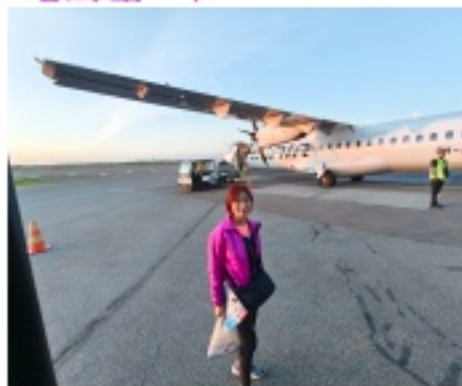
Leprosy Museum, Hansa Quarter, seafood lunch at fish market

Fly from Bergen to Helsinki



The Leprosy Museum gives information on the history of leprosy and efforts to combat the disease in Norway. The exhibits are mainly text and old photos, yet the content is interesting. The scientist who discovered the bacteria causing Leprosy came from Bergen

上机时见到螺旋桨，個心驚左一下



Day 15 to 21 Helsinki, Finland

Day 16 June 4 (Wed)

Rock Church, Chapel of Silence, shopping at Kamppi, open market, fresh market



The special feature of the Rock Church is that it's built directly into granite stone, but it's so small that a 10 mins stay is adequate.



The BnB in Helsinki is very comfortable. It's designed and equipped for the needs of the users.



Chapel of silence

Disappointed to see that the open market and fresh market are just dining areas and almost all the stalls are selling the same stuff.

Have lunch in an unexpectedly beautiful restaurant in the Central Station.



Day 17 June 5 (Thur)
Design Museum, 日本buffet, Kiasma Art Museum, Sibelius Monument



Design Museum displays iconic Finnish designs from past decades. The designs are in line with the design in our BnB, nothing spectacular, mainly simple style geared for the comfort of the users. At the same time, beautiful and long lasting!



Kiasma：無厘頭的現代藝術



日本buffet食品丰富重包埋饮
品甜品，15.9euro真係平到震



Last Stop at Lidl and
happy to find more
affordable and higher
quality foodstuffs
compared to the
supermarket at the BnB.

Sebelius Monument：雷聲大雨點小



Day 18 June 6 (Fri)
Day trip to Tallinn, Estonia



Taking the Viking Line XPRS to Tallinn, capital of Estonia. The pier is just 5 min walk from our hotel. The ship was unexpectedly crowded. Many were tourists but we think there are many going to 辦貨 in the cheaper city.



a nazi prison



Spent one day with no internet in the old town of Tallinn. By following the crowd, the GPS signal and the map obtained from the ship, we managed to navigate smoothly and find all the recommended sightseeing spots.

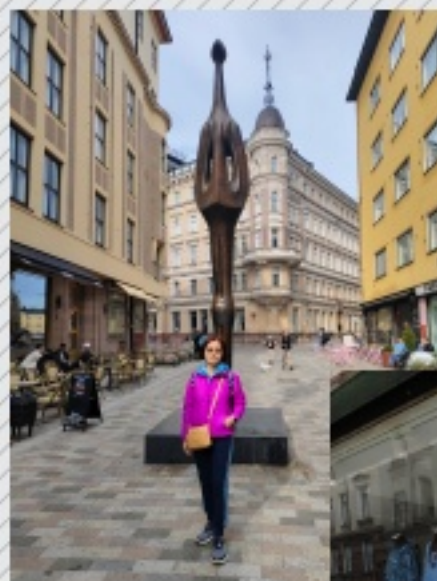


A very good Estonian beer called Tanker

Day 19 June 7 (Sat)
Ateneum Art Museum, Stockman department store/Herku Food
Market, Design District, Esplanadi



Paintings of Finnish artists are exhibited in the Ateneum. The collection is not very rich and the drawing style is quite simple.



A number of shops selling Finnish design are scattered in the Design District. We can only window shop as they close at 4 pm on Saturdays. But we should not have missed anything as there is not much to see.



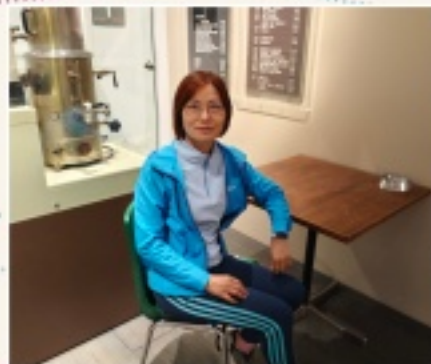
Esplanadi, a long strip of park in the city centre.

Can't believe that free coffee is provided in a self-service counter in a cafe selling coffee.



Food Market inside the department store is magnificent. A large variety of brands of each item is on display. 大有收穫！

Day 20 Jun 8 (Sun)
 City Museum/Soderholm, Helsinki Cathedral,
 Finnish House of Nobility, Suomenlinna,
 Helsinki Central Library



Old Helsinki residential
 apartments are
 displayed in the City
 Museum. The themes
 on conservation and
 equality are reiterated
 in all government
 institutions. Not much
 to see in all Helsinki
 museums visited.

The white marble
 exterior of Helsinki
 Cathedral is splendid.
 Not much to see inside.



Suomenlinna is a sea fortress built on a
 group of islands. There are extensive thick
 defense walls and numerous cannons.
 Beautiful scenery. Had a nice pizza lunch in
 a restaurant inside the stone walls.



pizza
 lunch
 inside the
 stone
 walls

Day 21 June 9 (Mon)
Kaivopuiston, National Library, 中華飯店
Cruise from Helsinki to Stockholm



Kaivopuiston Park has a nice view of the water and nearby islands. A large group of birds guarding their babies at different stages sit on the lawn. An interesting scene. I begin to understand why people enjoy bird watching.



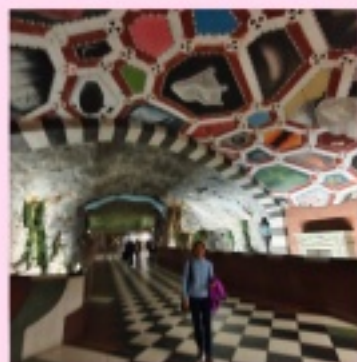
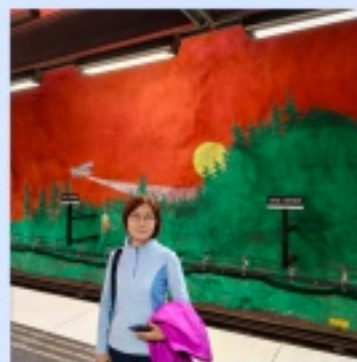
The National Library was previously the Library of the University of Helsinki. A traditional library housed in a beautiful historic building. The atmosphere makes you feel that it is a place for serious study. Very different from the Central library which is more like a park.

Had a very nice seafood platter for dinner during the cruise



Day 22 to 28
Stockholm, Sweden

Day 22 June 10 (Tue)
Subway stations artwork,
Ostermalms Food Hall



The Food Hall is for tourists.
Not very rich varieties of
seafood.



Day 23 June 11 (Wed)
Fotografiska, Grisslinge,
Nobel Prize Museum



The only surprise is
why this museum is
ranked so high in list
of places to go in
every travel website.



Presentation in the Nobel Prize
Museum is modern compared with
the Nobel Peace Center in Oslo.
But we can only expect a large
volume of facts about the Nobel
laureates that won't be very
interesting.



Took the wrong bus
and was given the
opportunity to visit
the beach and an
outlet at Grisslinge
Station.



Day 24
June 12
(Thu)

國王花園,
National
Museum,
Royal
Palace,
Sergels torg



Very rich collection of paintings, sculptures and ceramics of artists from Sweden and European countries, evidence of the once powerful Swedish empire.



Second time we ditched the walking tour because the group was again too big and the guide was a soft speaker.

Day 25 June
13 (Fri)
Skansen
(Open Air
Museum)

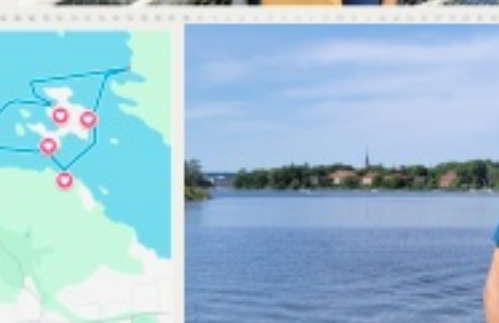
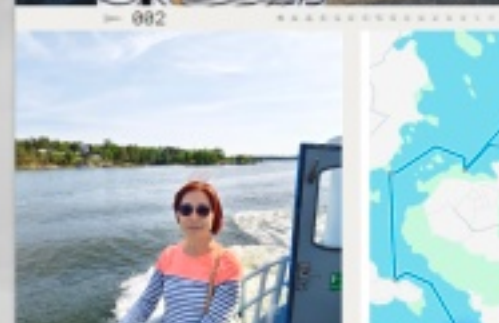
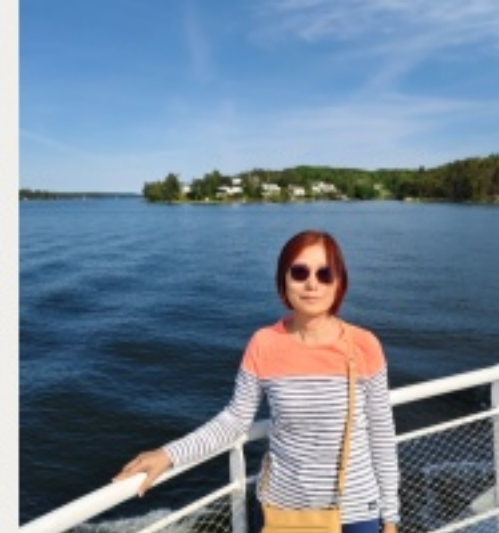


The old
buildings in
Skansen are
not very
special and not
many crafts
can be seen.
Meeting the
Nordic animals
such as the
moose, lynx
and wolverine
is a new
experience

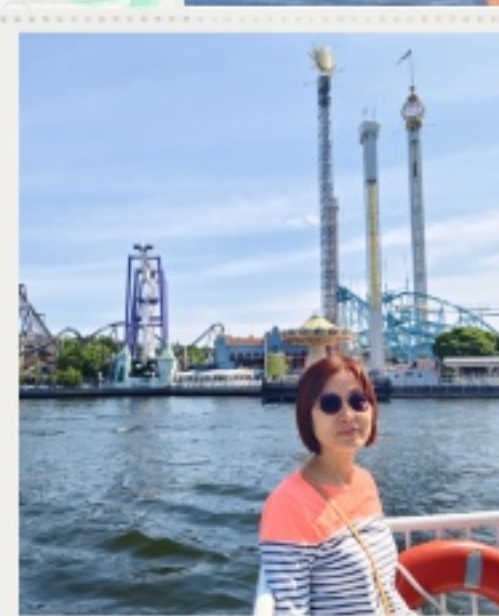


Day 26 June 14 (Sat)

Ferry 80 Island
hopping



Admiring Stockholm
from the sea, there are
scenic views
everywhere. The
harbour is busy with
lots of water sports
going on. Compared
with Oslo, Stockholm
is more urbanized and
busy while Oslo is
close to nature, calm
and quiet.



Day 27 June 15 (Sun) Westfield Mall of Scandinavia,
Riddarholmen Church, Moved to airport hotel



Westfield Mall is the largest shopping mall in Stockholm, but mainly sells garments. Not our cup of tea. Visited Ikea and had mentballs and cinnamon bun for lunch.



Made a big effort to go to a 上海 restaurant but the food is so-so but 分量超大.



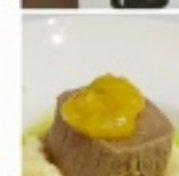
Riddarholmen is a very old church and a mausoleum for Swedish kings. The exterior is beautiful. Besides coffins, the church displays plaques bearing the coat of arms of royalties.



Day 28 June 16 (Mon) Fly Qatar to Doha



Flight to Doha was quite enjoyable with good food and comfy seats. Nightmares followed when we found out we had no hotel and had to stay in the lounge for the night. Luckily the Qatar Lounge is expansive and have quiet rooms for sleeping. The foods and service also very nice. These took away most of the pain. But still something to avoid.



Day29 June 17 (Tue)
Second leg from Doha to HK was smooth and had no more surprises. And Candice took us home in her pink Tesla.