

ATLANTIC TRAVEL & TOURS

NORTHERN EUROPE

SINGLE, COUPLES & FAMILIES

**NORWAY, SWEDEN, FINLAND AND THE NETHERLANDS, WHERE
NATURE, CULTURE AND AUTHENTIC ATMOSPHERES COME
TOGETHER IN TRAVEL EXPERIENCES DESIGNED FOR SINGLES,
COUPLES AND FAMILIES**



WWW.VISITATLANTICTRAVELTOURS.COM

FROM THE CEO - FOUNDER

Dear travelers,

Travelling is much more than moving from one place to another: it is a way of seeing the world with new eyes, **being inspired by different cultures, and living experiences that remain with us over time.**

Every itinerary we create is built around a clear idea: to **offer an authentic and conscious way of discovering destinations, far from conventional routes and mass tourism.** We believe in travel that combines **emotion, freedom, and quality**, tailored to the **needs and desires of every traveler.**

Whether it is an individual journey, a romantic escape, or a family experience, every proposal is designed to **enhance the destination, its landscapes, and its most genuine atmospheres.** From major cities to hidden places, each stop becomes part of a **personal and unique story.**

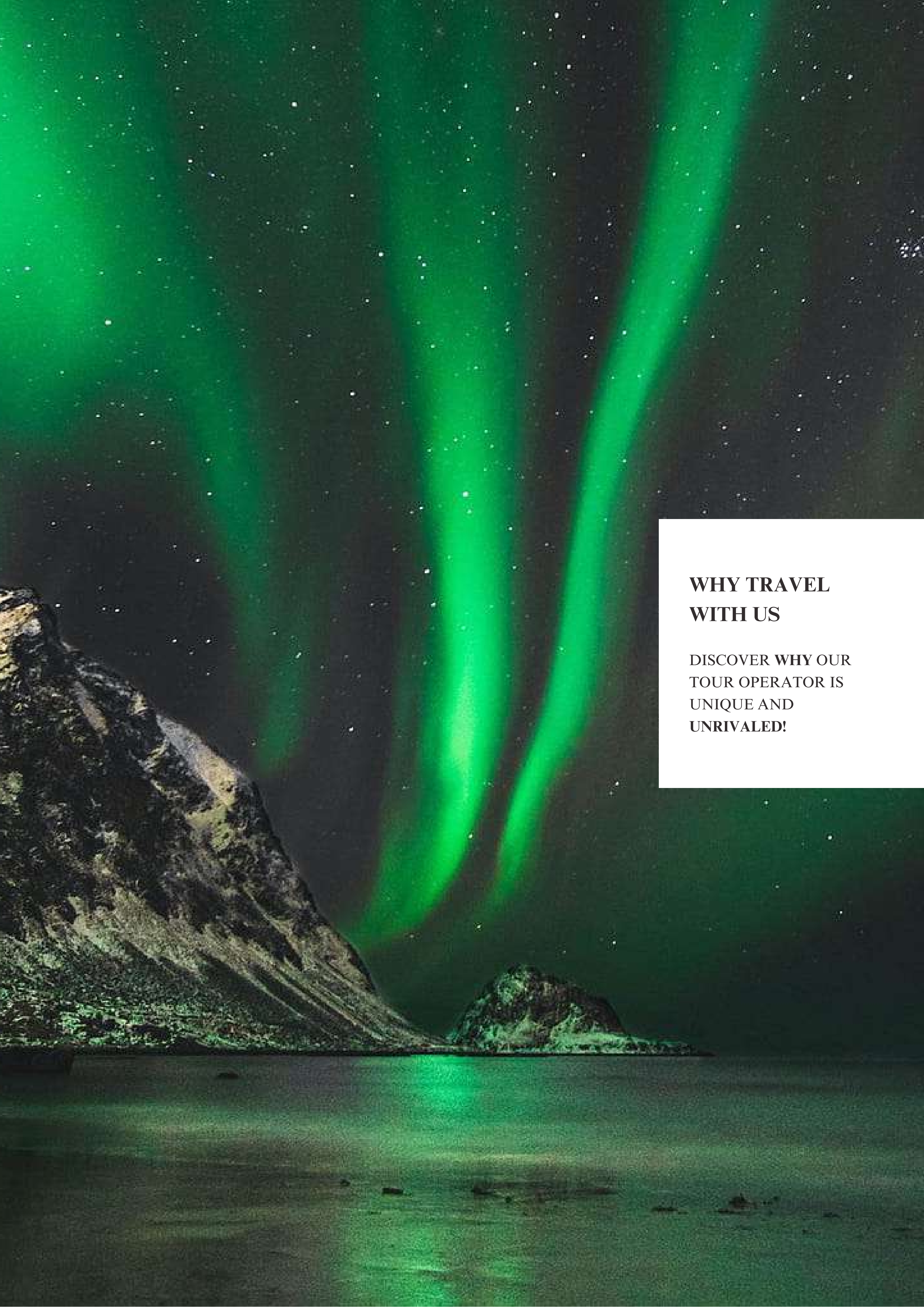
Our aim is to guide travelers in discovering destinations that can **surprise, inspire, and leave a lasting memory, through carefully curated experiences and a strong focus on travel quality.**

Because every journey is not just a destination, but **a different way of experiencing the world.**



Steve Tabacchi

DR. STEVE TABACCHI
CEO - FOUNDER
ATLANTIC TRAVEL & TOURS

A full-page background image showing a vibrant green aurora borealis (northern lights) dancing over a dark, rocky coastline at night. The sky is filled with stars, and the water in the foreground reflects the green light of the aurora. A white rectangular box is positioned on the right side of the image, containing text.

WHY TRAVEL WITH US

**DISCOVER WHY OUR
TOUR OPERATOR IS
UNIQUE AND
UNRIVALED!**

BESPOKE TRAVEL FOR EVERYONE



OUR TRAVEL ITINERARIES

We exclusively curate itineraries for innovative and original travel experiences that diverge from the conventional paths of mass tourism. Our aim is for each customer to be the protagonist of their own journey.

OUR TRAVEL CLASSES

We arrange travel for the following categories:

- **FIRST**
- **PREMIUM**
- **ECONOMY**

WE ORGANIZE ITINERARIES USING THE FOLLOWING TRANSPORTS



CAR

- ✓ RENTAL



VAN

- ✓ RENTAL
- ✓ SCHEDULED TOURS WITH DRIVER



COACH

- ✓ RENTAL WITH DRIVER
- ✓ SCHEDULED TOURS WITH DRIVER



MOTORHOME

- ✓ RENTAL



MOTORCYCLE

- ✓ CHARTER SERVICES
- ✓ TAILOR MADE TRAVEL ITINERARIES

PRIORITY CHECK-IN AND CHECKED BAGGAGE

Bid farewell to lengthy check-in queues! With our priority check-in service, you can swiftly obtain your boarding pass and check in your baggage. We are consistently prepared to provide this option, contingent upon airline availability, to enhance your travel experience, whether you are flying in premium or economy class. **Do not squander time; opt for comfort!**



NO QUEUES AT THE AIRPORT WITH THE FAST TRACK SERVICE



We understand the frustration of enduring lengthy waits at airport security. Therefore, we consistently incorporate fast track access into our travel packages, allowing you to bypass the queue and enjoy a stress-free experience.

The service is contingent upon the availability at each airport, thus we cannot assure its constant accessibility. Nevertheless, we are pleased to announce that it has been implemented in the majority of the airports we utilize. **Seize this opportunity!**





COMFORT IN AIRPORT LOUNGES

Once reserved solely for business and first-class passengers, airport lounges are now available to travelers in other classes as well. We provide the highest level of comfort and luxury to ensure your airport experience is memorable. In our travel packages, we consistently strive to include access to these exclusive areas at both departure and arrival points (subject to airport and airline availability). Relax, indulge in culinary delights, savor fine beverages, and enjoy refreshing showers, all within elegant and tranquil settings. **Seize this exceptional opportunity!**



OTHERS SERVICES

OUR EXCEPTIONAL
PARTNERSHIPS WITH
DIVERSE SUPPLIERS ENABLE
US TO PROVIDE OUR
CUSTOMERS WITH THE
FINEST OF THE FOLLOWING
SERVICES

ADVANCED LUGGAGE SHIPPING
TOURIST VISAS
CURRENCY EXCHANGE
INSURANCE POLICIES



	AUD	7.01
	NZD	5.05
	JPY	0.0913
	GBP	11.23
	EUR	9.71
	SGD	5.35
	CHF	7.01



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FOREVER

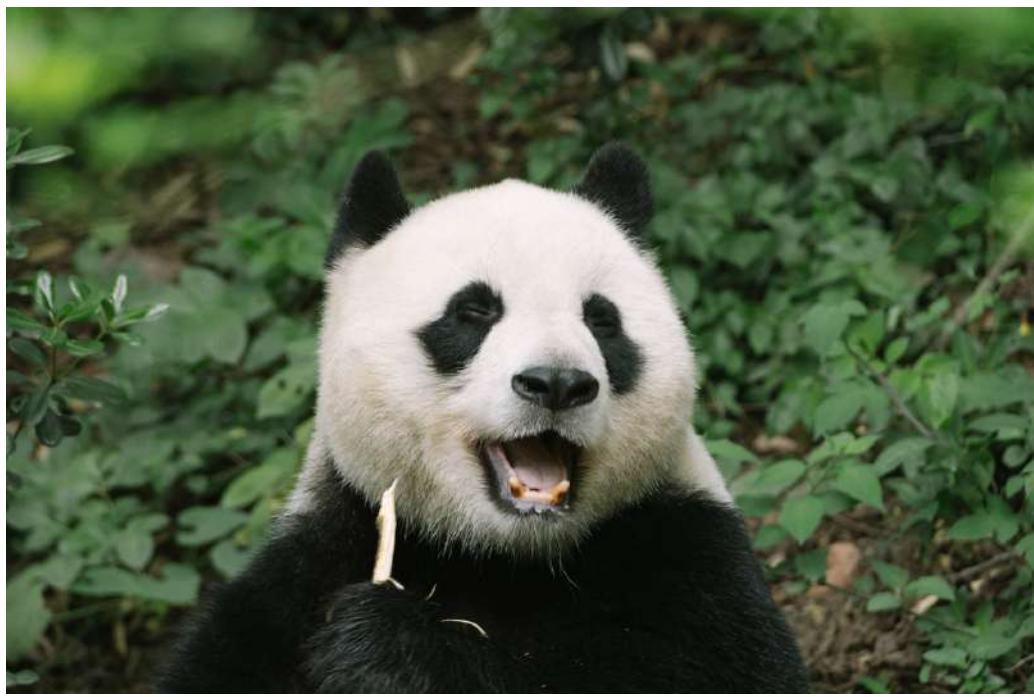


Certain journeys hold a unique significance: a honeymoon, a wedding anniversary marked by the renewal of vows, or cherished moments spent with close friends or family. Such beautiful occasions will be immortalized through professional photography and videography. Should you wish to incorporate this option into your upcoming trip, we are pleased to provide assistance with photographers who can transform your experience into a lasting memory.



ONE FREE INDIVIDUAL FOR EVERY 15 PAYING CUSTOMERS

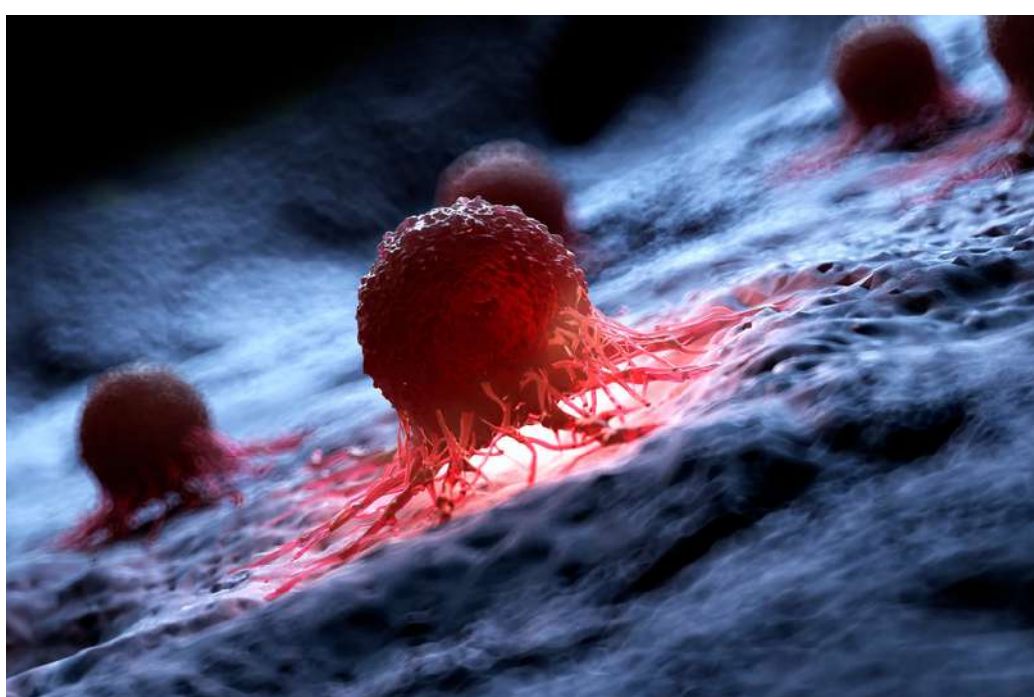
Take advantage of our **perpetually active** promotion. If you can gather a **minimum of 15 individuals**, one person will receive a **complimentary** trip. Consider anyone who might be interested among family, friends, colleagues, or others. Additionally, if you require a tour leader or tour guide to assist you and your group throughout the entire tour, we can provide this service as well



OUR COMMITMENT TO ENVIRONMENTAL PROTECTION AND CANCER RESEARCH



THROUGH OUR TRIPS, WE AIM TO PROVIDE OUR CUSTOMERS WITH THE OPPORTUNITY TO **SUPPORT** NON-PROFIT ORGANIZATIONS DEDICATED TO ADDRESSING THE FOLLOWING GLOBAL CHALLENGES.



- **CONSERVATION OF PLANT AND ANIMAL LIFE**
- **GLOBAL WARMING**
- **CANCER RESEARCH**



WHY TRAVEL TO NORTHERN EUROPE

DISCOVER NORWAY, SWEDEN, FINLAND
AND THE NETHERLANDS THROUGH
EXPERIENCES DESIGNED FOR SINGLES,
COUPLES AND FAMILIES, AMONG NORDIC
LANDSCAPES, CULTURAL CITIES AND
AUTHENTIC PLACES FROM THE BUSIEST
TOURIST ROUTES, FOR A RELAXING
JOURNEY FILLED WITH GENUINE
EXPERIENCES

NORTHERN EUROPE BETWEEN NATURE, CITIES AND DIFFERENT WAYS OF TRAVELLING



There are destinations that allow travellers to move with greater freedom, choosing their own pace and way of exploring each day. In Northern Europe, travel is not defined by speed or the number of stops, but by the possibility of alternating natural landscapes, cultural experiences and moments of relaxation within organised, accessible and enjoyable settings.

Norway, Sweden, Finland and the Netherlands offer very different landscapes, yet they all share a high quality travel experience. In Norway, fjords, scenic roads and small villages overlooking the water allow visitors to experience nature in a direct and relaxing way. In Sweden, cities such as Stockholm combine historic districts, green areas and contemporary museums that are easy to visit. Finland offers a quieter and more intimate atmosphere, with lakes, forests and orderly urban centres where contact with nature is constant. In the Netherlands, compact cities such as Amsterdam, Utrecht and Haarlem feature historic canals, museums and urban routes that are easy to explore on foot or through efficient public transport.

For singles, these destinations offer the freedom to move independently between cultural cities, natural landscapes and authentic small towns without organisational difficulties. Couples can enjoy more relaxed and scenic environments, from fjord cruises and Nordic villages to historic canals and intimate atmospheres ideal for experiencing travel in a more personal way. Families benefit from efficient infrastructure, green spaces, interactive museums and outdoor activities that are easily accessible and suitable for different age groups.

One of the aspects that makes Northern Europe particularly enjoyable is the quality of its services and the ease of transportation. Punctual trains, well-organised connections and cities designed to be experienced smoothly help reduce travel stress and leave more time to enjoy each destination.

Travel therefore takes on a more balanced dimension, where culture, nature and comfort coexist naturally. It is not about following intense rhythms or overly packed itineraries, but about experiencing each moment with freedom, continuity and the possibility of adapting the journey to personal needs, creating an authentic and enjoyable experience for singles, couples and families.

WHY CHOOSE NORTHERN EUROPE FOR A JOURNEY

FREEDOM OF MOVEMENT BETWEEN ORGANISED CITIES AND NORDIC LANDSCAPES

Northern Europe is a destination that easily adapts to different ways of travelling, thanks to efficient infrastructure, safe environments and a strong focus on the quality of the experience. For singles, this means the freedom to combine cultural cities, nature and authentic small towns with ease and independence. Couples can enjoy relaxed and scenic settings, ideal for slower journeys and shared moments among fjords, lakes and historic cities. Families benefit from well-organised services, green spaces, interactive museums and easily accessible urban areas, making travel more flexible and stress-free.

AUTHENTIC EXPERIENCES BETWEEN NATURE, CULTURE AND LESSER-KNOWN PLACES

Norway, Sweden, Finland and the Netherlands allow travellers to discover a more authentic side of Northern Europe, far from the busiest tourist routes.

In Norway, scenic roads and small villages overlooking the fjords offer silent and spectacular landscapes.

In Sweden, the islands of the Stockholm archipelago and the lake regions provide relaxed atmospheres and direct contact with nature.

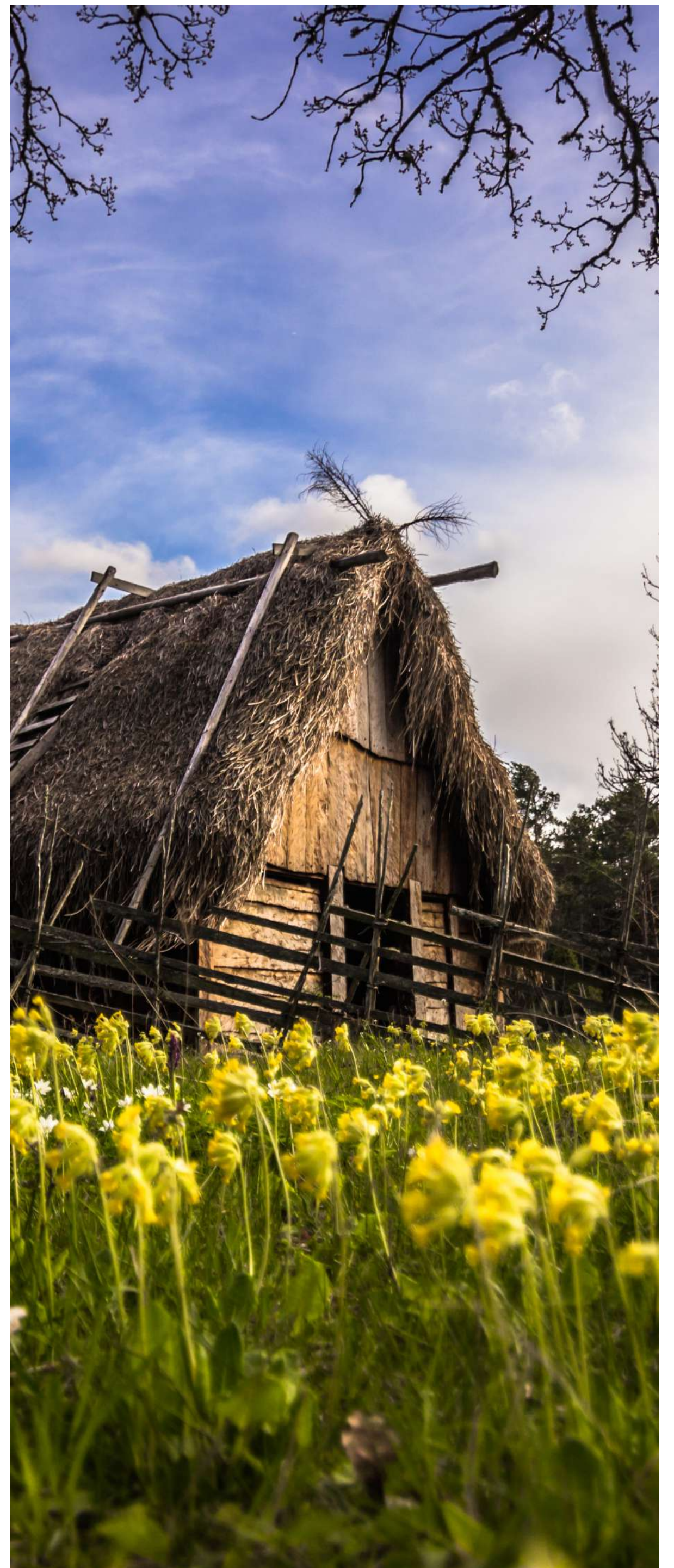
Finland invites visitors to experience forests, lakes and local communities in a peaceful and intimate environment.

In the Netherlands, canal villages, countryside landscapes and lesser-known cities allow for slower and more personal experiences.

Each destination naturally combines culture, scenery and quality time.

A FLEXIBLE, RELAXED AND WELL-ORGANISED WAY OF TRAVELLING

One of the most appreciated aspects of Northern Europe is the ease with which travel can be adapted to personal needs. Efficient connections, compact cities and reliable services make it possible to create smooth and enjoyable itineraries without intense schedules or complicated transfers. Days can alternate between cultural visits, moments in nature and opportunities to relax, leaving room for a more balanced and spontaneous experience. It is a way of travelling that values comfort, freedom of choice and the pleasure of experiencing each destination at a calm pace, making Northern Europe ideal for singles, couples and families.





OUR APPROACH TO TAILOR-MADE TRAVEL

Every journey should be a personal experience, capable of reflecting tastes, expectations, and the way each traveller approaches discovery. For this reason, every itinerary is not created as a standard package, but as a project built around the traveller.

Our approach is based on listening and personalisation: understanding what you wish to experience, interpreting your travel style, and shaping it into a coherent, balanced, and meaningful journey.

Every detail is carefully considered: from destinations to the pace of travel, from experiences along the way to the selection of the most suitable accommodation.

The goal is to create a harmonious journey where each stop has a clear purpose and contributes to the overall experience.

The result is an authentic, tailor-made itinerary designed to adapt to every type of traveller, whether singles, couples, or families.

EXPERIENCES THAT MAKE TRAVELLING IN NORTHERN EUROPE SIMPLER AND MORE PEACEFUL



NORTHERN EUROPE BETWEEN SIMPLE TRAVEL AND NEW WAYS OF DISCOVERING DESTINATIONS

Northern Europe lends itself to different travel needs thanks to a reliable, well-organised and easy-to-navigate context. For solo travellers, this means the freedom to move independently between modern cities, small towns and natural landscapes without logistical complexity. Couples enjoy a more relaxed pace, with scenic experiences, village stops and shared discoveries in orderly and peaceful settings. Families benefit from safe destinations, efficient services and activities suitable for all ages, combining culture, nature and easily accessible open spaces.

DIVERSE EXPERIENCES ACROSS NATURE, CITIES AND LESSER-KNOWN TERRITORIES

In Norway, beyond the most famous fjords, travellers can discover the Lofoten Islands, with their fishing villages and mountains rising directly from the sea, as well as the Svalbard archipelago, where Arctic landscapes offer an extreme experience of ice, silence and untouched nature. In Sweden, the appeal often lies in the archipelagos and inland lake regions, where local life blends seamlessly with strong natural scenery. In Finland, the journey extends into Lapland, with snowy forests, reindeer and small villages immersed in an authentic Arctic environment. In the Netherlands, beyond the main cities, the coastal areas stand out, with beaches, dunes and small harbours offering a more natural and open side of the country, alongside its canals and orderly countryside.

A TRAVEL ENVIRONMENT THAT SUPPORTS EASE AND WELLBEING

One of the main strengths of Northern Europe is the overall sense of clarity and ease in getting around, making travel smoother and less demanding. For solo travellers, this translates into the freedom to build flexible itineraries without complex constraints. Couples can enjoy more harmonious experiences, combining exploration and relaxation without tight schedules. Families benefit from an organised and predictable environment that makes it easier to manage travel and adapt it to different needs. The result is a balanced experience, where movement is simple and time becomes more important than the number of stops.

WHEN TO TRAVEL TO NORTHERN EUROPE



Spring in Northern Europe marks a progressive transformation of the landscape, with rapidly lengthening days and landscapes returning to their former glory after the colder months. Norway, Sweden, Finland, and the Netherlands demonstrate an interesting balance between resurgent nature and the tranquility of tourist flows. Lakes still partially frozen, revitalizing forests, and more livable cities make this the ideal time for a slow, gradual journey.

Summer is the most fluid time for traveling in Northern Europe, with more stable weather and a wide range of routes and connections. In Norway, the fjords are fully explored, in Sweden and Finland, lakes and archipelagos dominate the landscape, while in the Netherlands, cities and countryside are seamlessly and easily connected. The very long days allow for flexible planning and a more relaxed travel pace.

Autumn ushers in a noticeable transformation in the landscape, with warmer hues and a softer light that changes the perception of places. In Norway and Sweden, forests are tinged with intense colors, in Finland nature takes on a quieter and more profound character, while in the Netherlands, the rural and urban landscapes settle into a more orderly and tranquil dimension. It is a season that favors a more essential and less crowded experience.

Winter in Northern Europe is characterized by short days, cold temperatures, and low light that profoundly alters the atmosphere. In Norway, Sweden, and Finland, the landscape becomes simpler and more intimate, with snow, forests, and small towns. In the Netherlands, however, the season maintains a more urban and functional dimension, with cities always accessible and organized. It is the most essential time of year, when travel takes on a slow and contemplative pace.

10 EXPERIENCES THAT EXIST ONLY IN NORTHERN EUROPE

In Northern Europe—between Norway, Sweden, Finland, and the Netherlands—there are experiences that don't depend on the major tourist itineraries, but on territories that are still surprisingly accessible in their most authentic form. These are places and situations that arise from the encounter between water, forests, archipelagos, and spaces planned with a different logic than traditional tourism: slower, more widespread, quieter.

Among the most suggestive:

- Traverse Sweden's hidden archipelagos, past inhabited islands and remote lighthouses. Off the beaten track, the Stockholm archipelago stretches across hundreds of smaller islands, connected by small local ferries. Here, you can reach communities like Sandhamn or Möja, where life still follows the rhythm of the sea, amid wooden harbors, red houses, and rarely traveled coastal paths.
- Sleeping in a roadless lakeside cabin in Central Finland - In the Finnish lake district, far from Helsinki and the beaten track, there are isolated cottages accessible only by dirt roads or small local connections. In areas like Saimaa, daily life is marked by a private sauna, absolute silence, and water as far as the eye can see, often with no other dwellings visible.
- Drive along forgotten Norwegian scenic roads through villages and secondary fjords - In addition to the most famous fjords, Western Norway offers routes such as the Sognefjellet Scenic Route or lesser-traveled stretches of the Nordfjord, where the road passes through deserted plateaus, glacial lakes and small farming villages suspended between the mountains and the sea, with very little traffic even in high season.
- Traveling the coastal region of Helgeland between islands and fishing villages - In northern Norway, the Helgeland region is less frequented than the tourist circuits of Lofoten. Here, the coastline is fragmented by islands, fishing villages, and local sea connections, with landscapes dominated by mountains rising directly from the water.
- Navigating the backwater canal systems of rural Holland - In the Netherlands, beyond Amsterdam, regions such as Giethoorn and the Overijssel countryside allow you to travel by electric boat along narrow canals between thatched houses and pedestrian bridges, away from the main tourist flows.
- Driving through the inland forests of Värmland, Sweden - In Sweden, the Värmland region is characterized by continuous forests and interconnected lakes, where villages are far apart and secondary roads run through miles of undeveloped nature.
- Explore Dalarna among traditional villages and rural culture - Also in Sweden, Dalarna preserves a rural landscape of red wooden houses, lakes, and forests. It's one of the most authentic areas to observe traditional Swedish culture off the beaten track.
- Crossing the artificial islands of Flevoland in the Netherlands - In the Netherlands, the Flevoland region represents a territory entirely reclaimed from the sea. Here, you travel among dikes, geometric fields, and planned cities built on land reclaimed from the sea.
- Travel the less touristy Lofoten region in inland Norway - In Norway, some inland areas of the Lofoten archipelago, far from the main centers like Reine, offer smaller villages, secondary roads and landscapes still linked to fishing and sea conditions.
- Following the rural coasts of Western Finland - In Finland, the coastal strip of the Gulf of Bothnia alternates small villages, seasonally inhabited islands and stretches of undeveloped nature, where the connection between land and sea is continuous but little frequented by international tourism.

Taken together, these experiences tell of a secondary and authentic Northern Europe, made up of local connections, peripheral territories, and landscapes experienced in their everyday dimension, far from the most beaten tourist routes.





THE MOST CHARMING ACCOMMODATIONS FOR A TRIP TO NORTHERN EUROPE

A trip to Northern Europe isn't defined solely by the destinations, but also by the places you stay, where the connection with the landscape becomes a continuous and integral part of your daily experience. Between Norway, Sweden, Finland, and the Netherlands, accommodations aren't just bases, but different ways to experience the light, water, forests, and cities.

In Norway, many accommodations are located directly along the fjords or in small coastal villages like those in the Geirangerfjord and Sognefjord areas. The wooden lodges and panoramic cabins are designed to be completely open to the outdoors, with large windows that allow the landscape to be ever-present, including deep water, mountains, and silence.

In Sweden, off-the-beaten-path accommodations are often found in the archipelagos or in inland regions like Dalarna. Here, you'll find lakeside cottages, traditional red houses, or small boutique hotels nestled in the woods, where water and forest are always just steps away and set the tone for your stay.

In Finland, especially in lake regions like Saimaa, accommodations are often secluded and integrated into the landscape. Wooden cottages, minimalist villas, and private saunas overlooking the water allow for a direct connection with nature, where the boundary between inside and outside is almost imperceptible.

In the Netherlands, your stay spans waterfront cities and landscaped countryside. Beyond Amsterdam, you'll find boutique hotels along the canals, renovated historic homes, and contemporary structures in rural villages, where bridges, dams, and waterways are part of everyday life.

In Northern Europe, accommodation is never separated from the landscape: it becomes an extension of the landscape itself. Whether it's a cabin on a fjord, a house on a lake, a forest retreat, or a canalside home, every choice influences the way you experience your trip, making your stay an active part of it.

MISTAKES TO AVOID WHEN PLANNING A TRIP TO NORTHERN EUROPE



OVERLOADING THE ITINERARY WITH TOO MANY DESTINATIONS

One of the most common mistakes is trying to combine Norway, Sweden, Finland, and the Netherlands into a single trip in just a few days. Norway, Sweden, Finland, and the Netherlands offer very different landscapes: fjords, forests, lakes, and cities on the water require real exploration time. An itinerary that's too fragmented easily turns into a series of transfers, reducing the time to truly experience the places.

UNDERESTIMATING DISTANCES, SEASONS AND INTERNAL CONNECTIONS

In Northern Europe, transportation is an integral part of the journey. In Norway, many fjord areas require ferries or long, scenic drives; in Finland, distances between towns pass through forests and lakes; in Sweden, some connections are made between archipelagos with local ferries; in the Netherlands, despite being more compact, water and infrastructure can influence travel times. Careless planning risks fragmenting the experience.

SETTING A SCHEDULE THAT IS TOO RIGID

Climate and light in Northern Europe change rapidly throughout the day and with the seasons. In Norway and Sweden, light can completely transform the perception of fjords and forests; in Finland, the condition of lakes and forests varies between morning and evening; in the Netherlands, the weather influences the livability of canals and open spaces. An itinerary that is too rigid reduces the ability to adapt to these natural variations.

LIMIT YOURSELF EXCLUSIVELY TO CAPITAL CITIES

Oslo, Stockholm, Helsinki, and Amsterdam are essential starting points, but they don't represent the entire experience. The most authentic Northern Europe is often found outside the capitals: in the secondary fjords, lakeside villages, archipelagos, and countryside crisscrossed by water and forests.

CONSIDER ACCOMMODATIONS AS SIMPLE LOGISTICAL SUPPORTS

In Northern Europe, sleeping is part of the experience. A lodge on the fjords of Norway, a cabin on a lake in Finland, a house on the archipelago of Sweden, or a boutique hotel along the canals of the Netherlands profoundly influence the way you experience the region. Choosing accommodations that aren't integrated into the landscape means missing out on an essential component of the trip.

DON'T BUILD THE TRIP ON YOUR OWN IDEA OF EXPERIENCE

Northern Europe is not a uniform destination: it can be contemplative in the Norwegian fjords, silent in the Finnish forests, sprawling in the Swedish archipelagos, or orderly and aquatic in the Netherlands. Applying a standard framework risks flattening these differences. A well-planned trip should instead adapt to the rhythm and nature of each individual country, enhancing what makes it unique.



QUALITY AND SERVICE UPDATES

The experiences and services presented in this brochure have been selected based on qualitative criteria focused on comfort, accessibility, and the personalization of the travel experience.

As operational conditions, dedicated services, and policies may be subject to updates or changes over time, each proposal will be reviewed and confirmed at the quotation stage, in order to ensure full alignment with the traveler's specific requirements and the expected quality standards.



NORWAY – A GEOGRAPHICAL SYSTEM BUILT BETWEEN OCEAN AND LAND, WHERE THE HISTORY OF THE NORTH ATLANTIC IS INTERTWINED WITH FJORDS, ARCHIPELAGOS AND ANCIENT SETTLEMENTS



Located in the western part of the Scandinavian Peninsula, Norway is one of the European territories where physical geography and human history are closely intertwined. First, the country's structure is defined by an extremely rugged Atlantic coastline that extends from the Oslofjord to the northern Arctic regions, including deep fjords, archipelagos, and island systems that have historically determined settlement patterns. To understand Norway's identity, it is necessary to begin with the first traces of human settlement dating back to the post-glacial period, when retreating ice allowed the formation of coastal communities along areas such as the Trondheimsfjord and Rogaland. Subsequently, between the 8th and 11th centuries, the Viking Age developed, a period during which centers such as Trondheim (Nidaros) and the areas of Vestlandet became key hubs for exploration, trade, and raids along the North Atlantic routes. During this period, the first connections with the North Atlantic islands, including the present-day Faroe Islands and Iceland, also emerged, consolidating the country's maritime vocation. Over time, between the 14th and 19th centuries, Norway entered into various forms of political union: first with Denmark (Danish-Norwegian Union), during which centers like Bergen assumed a key role in the Hanseatic League's trade, and subsequently with Sweden through the Swedish-Norwegian Union (1814–1905). During this period, coastal cities like Bergen and Trondheim continued to grow as maritime hubs, while the interior of the country remained less populated due to the difficult orographic conditions associated with mountains and plateaus.

With independence in 1905, Norway structured itself as a modern state divided into strongly identified geographical regions:

- ØSTLANDET – SOUTHEASTERN AREA INCLUDING OSLO AND THE OSLOFJORD, MAIN POLITICAL AND ECONOMIC CENTER
- SØRLANDET – SOUTHERN COASTAL STRIP WITH KRISTIANSAND AND THE COASTAL ARCHIPELAGOS OF SKAGERRAK
- VESTLANDET – REGION OF THE GREAT FJORDS, WITH THE SOGNEFJORD, THE HARDANGERFJORD AND THE GEIRANGERFJORD
- TRØNDELAG – CENTRAL AREA WITH TRONDHEIM AND THE TRONDHEIMSFJORD
- NORD-NORGE – THE NORTHERN ARCTIC REGION WITH TROMSØ, ALTA, NORDKAPP AND THE ARCHIPELAGOS OF LOFOTEN, VESTERÅLEN AND SVALBARD

Regarding the main entry points into the country, the Norwegian airport network is structured to directly connect the different regions:

- Oslo Gardermoen Airport – Main international hub and gateway to the Oslofjord area
- Kristiansand Airport Kjevik - Access to the south coast and Skagerrak resorts
- Bergen Airport Flesland – Gateway to the Westfjords
- Trondheim Airport Værnes – Access to Central Norway and the Trondheimsfjord
- Tromsø Airport – Gateway to Arctic Norway and northern areas
- Longyearbyen Airport – Main gateway to the Svalbard archipelago

In short, Norway is a continuous territorial system in which fjords like Sognefjord, archipelagos like Lofoten and Svalbard, and cities like Oslo, Bergen, and Tromsø are not isolated elements, but rather parts of a single geographical and historical structure. It is precisely this continuity between sea, land, and history that defines the country's identity and its strong recognizability within Northern Europe.

AUTHENTIC NATURE, REMOTE FJORDS AND LOCAL CULTURES BETWEEN SEA AND THE ARCTIC

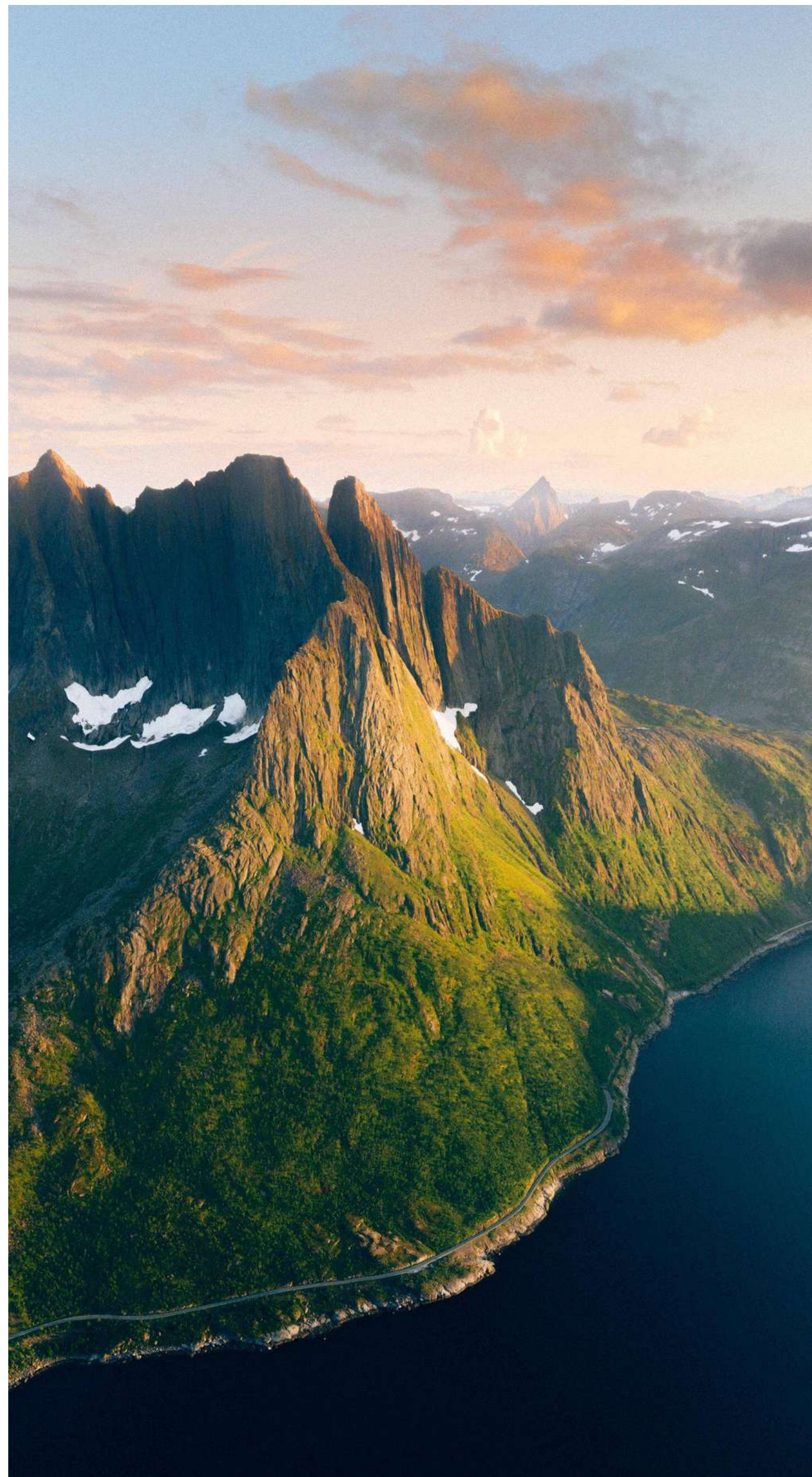
PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** - Østlandet offers a more urban yet less touristy side of Norway in Oslo's creative districts such as Grünerløkka, where former industrial areas host street art and small independent museums, including the MUNCH Museum with a contemporary focus on Munch and modern city life. Along the Oslofjord, smaller islands such as Hovedøya reveal medieval monastic ruins and forest trails by the sea, while in Sørlandet small coastal villages like Risør showcase maritime tradition with white wooden houses and quiet harbours, far from the main tourist flows.

- **Couples** - In Vestlandet, beyond the most famous fjords, secondary branches such as the Nærøyfjord offer intimate landscapes where small settlements like Gudvangen are surrounded by mountains and water. The Hardangerfjord combines orchards, less crowded waterfalls such as Vøringsfossen, and more secluded lakeside villages, while in Nord-Norge the Vesterålen islands provide a quieter alternative to the Lofoten, with open ocean views, isolated beaches and small ports like Stø, ideal for slow and contemplative experiences.

- **Families with children** - In Trøndelag, Trondheim offers an accessible way to discover Norwegian history through the Ringve Museum, dedicated to music, and the historic Bakklandet district with its colourful wooden houses and safe riverside walks along the Nidelva River. Around the Trondheimsfjord, natural areas such as Ladestien Park provide easy trails through forests and coastal scenery, while in Sørlandet the Kristiansand Zoo and Amusement Park (Dyreparken) combines wildlife and Nordic-themed environments in an educational setting.

- **Families with teenagers** - In Nord-Norge, the Tromsø area offers more dynamic experiences such as excursions to Ersfjordbotn fjord with spectacular Arctic scenery and light outdoor activities. In Alta, the UNESCO rock carving museum presents prehistoric Arctic art through easily accessible open-air sites, while in the Svalbard archipelago the experience becomes more extreme and adventurous, with icy landscapes, guided snowmobile tours and wildlife observation such as reindeer and Arctic foxes in a completely remote environment.





DID YOU KNOW?

In Norway, the landscape is not only scenic, but is the direct result of glacial erosion, which during the last ice ages carved out deep fjords, shaping one of the most rugged coastlines in the world. In some areas of Vestlandet, such as the Sognefjord and Hardangerfjord, sea depths often exceed 1,000 meters, while mountains emerge directly from the water. A little-known aspect concerns the presence of post-glacial uplift phenomena along the northern Norwegian coast: in some areas of Lofoten and Vesterålen, the coastline continues to slowly change, creating new rocky surfaces and micro-islands over time.

The capital Oslo is one of the few cases in Europe where a fjord extends directly into the city center: the Oslofjord penetrates deeply into the metropolitan area, creating a direct relationship between the urban environment and the marine system.

In the north of the country, the city of Tromsø lies above the Arctic Circle and is one of the main observation points for the Northern Lights, while prehistoric rock carvings, a UNESCO World Heritage Site, have been discovered near Alta, testifying to human presence in the Arctic region dating back thousands of years.

One of the least intuitive aspects for those visiting is the relationship between population and space: with a very large surface area and one of the lowest population densities in Europe, large areas of the territory remain almost completely uninhabited, especially in the mountainous regions of Innlandet and in the more inland areas of Troms og Finnmark, where villages can be located tens of kilometers from each other.

A surprising aspect concerns mobility: many internal connections are not via continuous roads, but through an extremely complex network of tunnels, bridges, and maritime connections. In the Lofoten area in particular, some villages are connected by suspension bridges and underwater tunnels that replace traditional land infrastructure, making the landscape an integral part of the transportation system.

Another little-known fact concerns the presence of sandy beaches of tropical origin in the Arctic environment: places like Haukland Beach in Lofoten have pale sand and turquoise waters, even though they are located well above the Arctic Circle, thanks to the particular combination of ocean currents and subarctic climate.

A lesser-known historical element concerns the city of Bergen, which was one of the main centers of the Hanseatic League in Northern Europe: the historic Bryggen district still preserves colorful wooden buildings dating back to the medieval period, built along the commercial port.

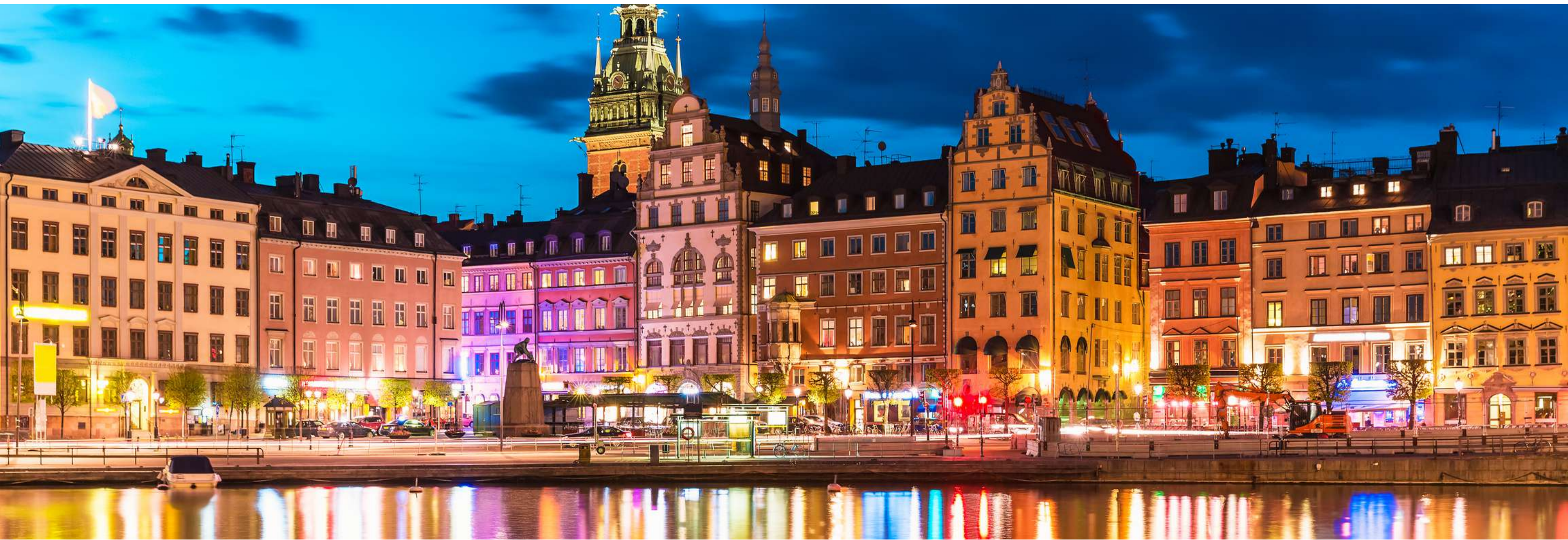
In the cultural sphere, the city of Trondheim is home to Nidaros Cathedral, built over the supposed burial place of St. Olav and considered one of the most important Gothic buildings in Northern Europe, which made the city a historic center of medieval pilgrimage and religious and political power.

A surprising fact concerns energy production: Norway generates almost all of its electricity from hydroelectric sources thanks to the presence of thousands of waterfalls and mountain rivers, such as those in the Nordland region, transforming the Alpine conformation of the territory into a widespread natural energy resource.

Finally, a very characteristic phenomenon is the management of light in northern cities: in places like Longyearbyen in the Svalbard Islands, people live for months without direct sunlight during the winter and with continuous light in the summer, creating a perception of time completely different from that of the temperate regions of Europe.



SWEDEN – A CONTINUOUS TERRITORY BETWEEN THE BALTIC, ARCHIPELAGOS, GREAT LAKES AND ARCTIC REGIONS, WHERE PHYSICAL GEOGRAPHY AND HUMAN HISTORY DEVELOP AS A SINGLE INTEGRATED SYSTEM



Located in the eastern part of the Scandinavian Peninsula, Sweden is one of the European territories where the continuity between seas like the Baltic Sea and the Gulf of Bothnia, islands like the Stockholm Archipelago and the Gothenburg Archipelago, inland lakes like Vänern and Mälaren, and vast forested areas like the regions of Värmland and Dalarna directly defines the country's geographical structure and historical development. Island systems distributed along the entire eastern and western coasts, such as the islands of Öland and Gotland, profoundly influence settlement patterns and connectivity between regions. To understand Sweden's identity, it is necessary to start from the first phases of human occupation after the Ice Age, when retreating ice made the Baltic coastal areas and inland basins like Lake Mälaren habitable. In this context, the first stable communities of Mesolithic hunter-gatherer populations developed in the northern Baltic, belonging to the prehistoric cultural groups of post-glacial Scandinavia (not identifiable with modern ethnonyms), with settlements along the emerging coasts and lake areas that exploited fishing, hunting, and inland waterways. Subsequently, between the Iron Age and the Viking period (8th–11th centuries), the regions of present-day central Sweden became part of the Baltic trade networks and the waterways to Eastern Europe, with centers such as Birka, located right on Lake Mälaren, among the first urban and commercial hubs in Scandinavia. Continuing in time, between the Middle Ages and the modern era, the Kingdom of Sweden consolidated and the role of Stockholm, strategically located between Lake Mälaren and the Baltic Sea, strengthened. The city gradually became the country's main political, administrative, and maritime center, while port cities on the west coast, such as Gothenburg, assumed a key role in connections with the North Sea and European trade routes. Between the 17th and 18th centuries, Sweden also experienced the period of the Swedish Empire, during which control of the Baltic Sea further strengthened the importance of coastal cities and maritime systems. With the loss of Finland in 1809 and the subsequent constitutional evolution, Sweden transformed into a modern and stable state, with a strong integration of urban development, internal natural resources, and coastal infrastructure.

In this framework, the contemporary state is divided into well-defined geographical macro-areas:

- **GÖTALAND – SOUTHERN AREA INCLUDING SCANIA, SMÅLAND AND THE WEST COAST UP TO GOTHENBURG, INTEGRATING COASTAL SYSTEMS ON THE KATTEGAT AND SKAGERRAK AND ARCHIPELAGOS SUCH AS BOHUSLÄN AND THE ISLANDS OF THE SOUTHWEST COAST**
- **SVEALAND – CENTRAL REGION THAT INCLUDES STOCKHOLM, THE MÄLAREN SYSTEM AND THE ENTIRE STOCKHOLM ARCHIPELAGO, ONE OF THE LARGEST AND MOST COMPLEX IN THE BALTIC SEA, WHERE CITIES, ISLANDS AND COAST FORM A UNIQUE SYSTEM**
- **NORRLAND – A VAST NORTHERN REGION CHARACTERISED BY BOREAL FORESTS, RIVERS AND A FRAGMENTED COASTLINE ON THE GULF OF BOTHNIA, WITH CITIES SUCH AS LULEÅ AND SPARSELY DEVELOPED NATURAL SYSTEMS**
- **SWEDISH LAPLAND (ARCTIC AREA) – NORTHERN PART OF NORRLAND INCLUDING KIRUNA AND ABISKO, WITH SUBARCTIC LANDSCAPES, ANCIENT RELIEFS AND EXTREME CLIMATIC CONDITIONS**

With regard to the main entry points into the country, the Swedish airport network is structured according to its north-south extension and the distribution of macro-areas:

- **Stockholm Arlanda Airport** - Main international hub and gateway to central Sweden and the Stockholm archipelago
- **Gothenburg Landvetter Airport** - Gateway to Western Sweden and the Götaland region
- **Malmö Airport** - Access to southern Sweden and the Øresund system
- **Kiruna Airport** - Gateway to Swedish Lapland and the Arctic regions

In short, Sweden is a continuous territorial system in which the Baltic coast, archipelagos like Stockholm, large inland lakes like Lake Mälaren, boreal forests, and Arctic regions are not separate elements, but rather interconnected parts of a single geographical and historical structure. It is precisely this continuity between sea, islands, interior, and Arctic that defines the country's identity within Northern Europe.

BALTIC LANDSCAPES, ARCHIPELAGOS AND NORDIC NATURE BETWEEN CITIES, FORESTS AND THE ARCTIC

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** - In Svealand, Stockholm reveals its more creative side in districts such as Södermalm, where independent design, local cafés and cultural spaces like Fotografiska reflect a contemporary and dynamic city, while the Stockholm archipelago allows access to islands such as Vaxholm and Grinda, with small seaside villages, coastal trails and historic fortifications overlooking the Baltic Sea. In Götaland, the Bohuslän coast features characteristic harbours such as Smögen, with wooden boardwalks between fishermen's houses and sea-worn rocks shaped by the ocean.

- **Couples** - In western Götaland, the Gothenburg archipelago offers an intimate, traffic-free environment, with islands such as Vrångö and Styrö, where the seascape dominates and the pace is completely slowed down. In Norrland, the shores of the Gulf of Bothnia alternate between forests and small towns such as Luleå, while Småland offers lakes, woodlands and traditional villages such as Vimmerby, set in a quiet and fairy-tale atmosphere.

- **Families with children** - In Svealand, the Lake Mälaren system allows easy visits to historic towns such as Sigtuna, with pedestrian streets and Viking heritage, while Stockholm is home to the Vasa Museum, where a 17th-century ship is perfectly preserved and accessible through educational exhibitions. In Götaland, Kosterhavet National Park offers experiences focused on coastal nature and marine wildlife through easy and well-organised trails.

- **Families with teenagers** - In Swedish Lapland, Abisko offers scenic hiking trails in the national park and the Aurora Sky Station, set within vast Arctic landscapes, while Kiruna showcases northern mining culture and its urban relocation through museums and accessible sites. In Norrland, rivers and forests provide outdoor activities such as light trekking, canoeing and wildlife observation in completely natural environments.





DID YOU KNOW?

In Sweden, there are little-known geographical phenomena related to the slow uplift of the land, called post-glacial rebound, which continues to alter the coastline of the Gulf of Bothnia today: in some areas of the Kvarken archipelago, between the coast of Västerbotten and Finland, new islands gradually emerge from the sea over the course of generations, measurably changing the local geography.

Another unique aspect concerns the system of cities built on islands and canals: the capital Stockholm is not only overlooking the water, but is spread across 14 islands connected by over 50 bridges, with a constant balance between the freshwater of Lake Mälaren and the saltwater of the Baltic Sea, a rare hydrological condition for a European capital.

In the north of the country, the city of Kiruna has become known for a unique urban development: the entire city center is being progressively relocated due to the expansion of one of the world's largest iron ore mines, resulting in a planned relocation of historic buildings and public facilities to a new site.

From a cultural perspective, the Skansen open-air museum is considered the first of its kind in the world: it brings together historic buildings from different regions of Sweden, reconstructing traditional rural and urban environments without resorting to copies, but preserving original structures transferred to the site.

Another peculiarity concerns the light: in the northernmost regions, such as around Abisko, the winter sky is considered among the clearest in the world for observing the Northern Lights, thanks to dry climatic conditions and the geographical position protected by the surrounding mountains.

Finally, Sweden is one of the countries with the highest percentage of forests in Europe, but what is often surprising is that many of these areas are freely accessible thanks to the legal principle of “Allemansrätten,” which allows anyone to roam through nature, pick berries, and cross uncultivated land while respecting the environment and private property.



FINLAND – A TRANSITIONAL TERRITORY BETWEEN THE BALTIC, INLAND LAKES AND SUBARCTIC REGIONS, WHERE THE GEOGRAPHICAL STRUCTURE HAS DIRECTLY GUIDED THE HISTORICAL AND CULTURAL FORMATION OF THE COUNTRY



Located in the northeastern part of Fennoscandia, Finland is a region where the relationship between sea, lakes, and forests is the dominant structural element. The country is defined primarily by the coastline of the Baltic Sea and the Gulf of Finland, but above all by a unique inland system in Europe: an expanse of thousands of interconnected lakes, including Lake Saimaa, the country's largest, and Lake Päijänne. These, together with the vast boreal forests of the Karelia region and central Finland, define the country's environmental structure.

To understand Finland's identity, it is necessary to begin with the earliest phases of human occupation after the Ice Age, when retreating ice made the Baltic coastal areas and inland lake regions habitable. In this context, communities of Mesolithic Finno-Baltic hunter-gatherer populations developed. These populations cannot be identified with modern ethnic groups but are linked to the region's post-glacial cultural complexes. Their settlements were distributed along the coasts, forests, and lake basins, based on fishing, hunting, and seasonal mobility.

Subsequently, between the Iron Age and the Early Middle Ages, Finland gradually entered the cultural and commercial orbit of both the Baltic world and the Scandinavian and Eastern regions. The coastal areas of the Gulf of Finland and the Gulf of Bothnia became trading hubs, while the inland regions remained characterized by scattered settlements and local systems. During this period, sites such as Turku emerged, which would later become one of the country's main historical centers.

During the Middle Ages, between the 13th and 16th centuries, Finland was gradually integrated into the Kingdom of Sweden, a process that led to the founding and development of administrative and religious centers along the southwestern coast and inland waterways. Turku assumed the role of administrative and episcopal capital, becoming the main urban center of the Finnish territory.

Contemporary Finland is divided into well-defined geographical macro-regions:

- SOUTHERN FINLAND – INCLUDES THE HELSINKI AREA AND THE GULF OF FINLAND, WITH CITIES SUCH AS HELSINKI AND ESPOO, CHARACTERISED BY A RUGGED COASTLINE AND ARCHIPELAGOS
- WESTERN FINLAND – COASTAL STRIP ON THE GULF OF BOTHNIA WITH CITIES SUCH AS TURKU AND ISLAND SYSTEMS SUCH AS THE TURKU ARCHIPELAGO
- CENTRAL FINLAND – AREA OF THE GREAT INLAND LAKES, WITH LAKE SAIMAA AND LAKE PÄIJÄNNE, AS WELL AS VAST BOREAL FORESTS
- EASTERN FINLAND (FINNISH KARELIA) – FOREST AND LAKE REGION BORDERING RUSSIA, CHARACTERIZED BY LOW POPULATION DENSITY
- NORTHERN FINLAND (FINNISH LAPLAND) – SUBARCTIC AND ARCTIC AREA EXTENDING TO THE ARCTIC CIRCLE, WITH CITIES SUCH AS ROVANIEMI

The Finnish airport network reflects the geographical distribution of the country and directly connects the main macro-areas:

- Helsinki-Vantaa Airport - Main international hub and gateway to Southern Finland
- Turku Airport - Gateway to Southwestern Finland and the archipelago
- Tampere-Pirkkala Airport - Access to Central Finland and the Lake District
- Rovaniemi Airport - Gateway to Finnish Lapland and the Arctic regions

Finland is a territorial system strongly influenced by water and forest, in which the Baltic coast, archipelagos, inland lakes, and Arctic regions form a geographical continuum. Its historical identity, from post-glacial communities to integration into the Scandinavian world and the formation of the modern state, is directly linked to this environmental structure.

FORESTS, LAKES AND ARCTIC HORIZONS BETWEEN ARCHIPELAGOS AND LAPLAND LANDSCAPES

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

• **Single** - In Southern Finland, the Helsinki region and the Gulf of Finland offer a mix of modern urban life and coastal scenery, where Helsinki combines design districts, seaside promenades and museums such as the Ateneum, while nearby Espoo reveals quieter coastal areas and small islands easily reachable by ferry, with rocky shores and natural bays. In Western Finland, Turku provides a historic atmosphere with its medieval castle and riverside areas, while the Turku archipelago unfolds as a vast system of islands connected by bridges and ferries, offering peaceful coastal landscapes and small seaside communities.

• **Couples** - In Central Finland, the Lakeland region creates a calm and intimate setting with Lake Saimaa and Lake Päijänne, where wooden cottages, quiet harbours and forested shores form a naturally romantic landscape surrounded by boreal forests. In Eastern Finland (Finnish Karelia), dense woodlands and remote lakes create a more secluded atmosphere, with traditional villages and protected natural areas where silence and untouched nature define the experience.

• **Families with children** - In Southern Finland, Helsinki offers accessible cultural experiences such as the Suomenlinna Sea Fortress, a UNESCO site spread across islands with open-air paths and historical buildings, while Espoo adds nature centres and coastal parks suitable for easy exploration. In Western Finland, the Turku Castle and its surrounding museums provide interactive historical visits, while the archipelago offers short ferry trips between islands, ideal for relaxed family discovery.

• **Families with teenagers** - In Northern Finland (Finnish Lapland), Rovaniemi introduces Arctic culture with the Arctic Circle line, reindeer farms and museums dedicated to Sámi heritage and polar nature, while surrounding forests and rivers allow outdoor activities such as hiking, canoeing and snow-based experiences in winter, offering a more adventurous and immersive Arctic environment.





DID YOU KNOW?

In Finland, the relationship between humanity and nature unfolds on a territorial scale dominated by water and forests, in a balance that makes the country one of the least densely populated in Europe and at the same time one of the richest in lake ecosystems. One of the most distinctive features is the presence of approximately 188,000 lakes, distributed mainly in the southeastern and central regions, which have influenced settlement and communication patterns for centuries. Among the most significant are Lake Saimaa, the country's largest, and Lake Päijänne, connected to river systems and canals that still support cities and villages today. The structure of the territory is closely linked to the so-called "Finnish Lakeland," an area extending between cities such as Savonlinna, Mikkeli, and Jyväskylä, where water and coniferous forests alternate in a continuous landscape shaped by the last glaciation. This geological process also left behind the presence of smooth rocks, moraines and thousands of lake islands.

A particularly significant historical element is the bond between Finland and Sweden, which lasted over six centuries until 1809, the period during which the country's first urban and administrative structures developed. Cities like Turku, one of Finland's oldest urban centers, still represent this historical legacy today, with an urban layout that retains traces of medieval times and later Nordic influences.

From a cultural and identity perspective, Finland is strongly linked to the language and national tradition that emerged in the 19th century, particularly through the work of the epic poem Kalevala, collected by Elias Lönnrot, which contributed to the definition of modern Finnish cultural identity.

Another distinctive feature is the midnight sun phenomenon in northern regions, particularly in Lapland, where during the summer the sun doesn't set for weeks, while in winter the opposite phenomenon occurs, the long Arctic night. This profoundly affects the rhythm of daily life and traditional activities.

Finally, Finland is one of the countries with the highest integration between nature and sustainable energy: most of its electricity comes from hydroelectric, nuclear, and bioenergy sources, while the country's vast forests, covering over 70% of the territory, represent one of the country's main economic and environmental resources, managed according to some of the most stringent sustainable forest management criteria in the world.



NETHERLANDS – A TERRITORY BUILT BETWEEN THE SEA, LANDS RECLAIMED FROM THE WATER AND A POLYCENTRIC URBAN NETWORK, WHERE HYDRAULIC GEOGRAPHY HAS SHAPED HISTORY, SETTLEMENTS AND NATIONAL IDENTITY



Located in the northwestern part of continental Europe, the Netherlands represents one of the world's most significant examples of continuous interaction between the natural environment and human intervention. First, the country is characterized by a structural relationship with the North Sea and the Rhine, Meuse, and Scheldt river systems, which over time have shaped a low-lying coastal plain, partly below sea level, complemented by dikes, canals, and reclaimed land (polders). The territory is thus defined by a dynamic balance between water and land, in which cities, ports, and countryside develop on artificially consolidated soils. The main urban areas are distributed along a continuous system known as the Randstad, which connects cities such as Amsterdam, Rotterdam, The Hague, and Utrecht, forming one of the most integrated urban concentrations in Europe.

To understand the identity of the Low Countries, it is necessary to begin with the first communities settled in the Rhine and Meuse river deltas, where already in pre-Roman times, groups of northern Germanic peoples settled on marshy lands subject to periodic flooding. In Roman times, these areas came under the Empire's influence as frontier regions of the Rhine Limes. Subsequently, between the Early Middle Ages and the 12th century, small feudal settlements and coastal communities developed, gradually beginning to build embankments and drainage systems. During this period, centers such as Utrecht and the commercial areas of the future North and South Holland emerged, while maritime activities began to connect the delta with the North Sea and the Hanseatic League. Between the 16th and 17th centuries, during the Dutch Golden Age, the Low Countries became one of Europe's leading commercial and naval powers. Cities like Amsterdam established themselves as global financial centers, while Rotterdam grew as a strategic port in the Rhine delta. This period also saw the consolidation of the first major hydraulic works, with the systematic construction of dams, canals, and polders that allowed for the expansion of habitable and agricultural land. The structure of the modern state thus arose directly from a continuous process of water management.

The Netherlands is divided into the following areas:

- **RANDSTAD (WESTERN URBAN AREA) – CONTINUOUS URBAN SYSTEM THAT INCLUDES AMSTERDAM, ROTTERDAM, THE HAGUE AND UTRECHT, THE ECONOMIC AND INSTITUTIONAL HEART OF THE COUNTRY**
- **NORTH (NOORD-NEDERLAND) – REGIONS OF GRONINGEN, FRIESLAND AND DRENTH, CHARACTERISED BY AGRICULTURAL PLAINS, COASTS ON THE NORTH SEA AND INLAND LAKE AREAS SUCH AS THE FRISIAN LAKE SYSTEM**
- **EAST (WEST NETHERLANDS) – AREA OF GELDERLAND AND OVERIJSEL, WITH RIVERS SUCH AS THE RHINE AND IJSEL AND RIVER AND FOREST LANDSCAPES**
- **SOUTH (ZUID-NEDERLAND) – REGIONS OF NOORD-BRABANT AND LIMBURG, WITH STRONG RIVER INFLUENCE OF THE MEUSE AND CONNECTIONS TO BELGIUM AND GERMANY**
- **NORTH SEA ISLANDS – ARCHIPELAGO OF THE WEST FRISIAN ISLANDS (WADDEN ISLANDS), INCLUDING TEXEL, VLIELAND AND TERSCHELLING, A DYNAMIC NATURAL SYSTEM BETWEEN SEA AND LAND**

In support of the territorial structure, the airport network of the Netherlands is highly centralized but functionally distributed:

- **Amsterdam Airport Schiphol - Main international hub and access to the Randstad system**
- **Rotterdam The Hague Airport - Access to the Southwest and the North Sea Coast**
- **Eindhoven Airport - Access to the industrial and logistical south of the country**
- **Groningen Airport Eelde - Access to the North and Rural Regions**

The Netherlands is a highly anthropized territorial system in which the North Sea, river deltas, polders, cities, and hydraulic infrastructure form a single geographical entity. The country's identity stems precisely from this continuous relationship between water and land, which has guided its historical, urban, and economic development right up to its present-day configuration.

WATER CITIES, RIVER LANDSCAPES AND NORTH SEA ISLANDS BETWEEN NATURE AND URBAN CULTURE

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** - In the Randstad, the continuous urban system linking Amsterdam, Rotterdam, The Hague and Utrecht offers a dynamic setting with contemporary museums such as the Rijksmuseum and the Museum Boijmans Van Beuningen, creative districts and historic canals, while in the North (Noord-Nederland) cities like Groningen and villages in Friesland combine lively university centres with rural landscapes, lakes and open North Sea coasts, including the Frisian lake system and small traditional harbours.

- **Couples** - In the East (Oost-Nederland), the provinces of Gelderland and Overijssel offer river landscapes along the Rhine and IJssel, with historic towns such as Deventer and Zwolle set among bridges, medieval centres and green areas, while in the South (Zuid-Nederland) Noord-Brabant and Limburg provide a softer rhythm with gentle hills, the Meuse River and historic cities such as Maastricht, shaped by cultural influences from Belgium and Germany.

- **Families with children** - In the North, Friesland and Drenthe offer wide and accessible natural spaces, with national parks such as Dwingelderveld, rural villages and easy trails through lakes and heathlands, while in the Randstad cities like Amsterdam provide educational experiences such as the NEMO Science Museum and the Maritime Museum, with interactive exhibits suitable for younger visitors.

- **Families with teenagers** - The North Sea Islands (Wadden Islands) such as Texel, Vlieland and Terschelling offer a dynamic natural environment shaped by tides, dunes and wildlife observation, while in the South cities like Rotterdam add a modern architectural dimension with ports, contemporary skylines and innovative urban spaces, creating a mix of nature and city life ideal for more active and varied experiences.





DID YOU KNOW?

In the Netherlands, the relationship between people and land is one of the most closely intertwined and engineered in the world, so much so that a significant portion of the country lies below sea level and is constantly protected by an advanced system of dikes, barriers, and hydraulic works that have transformed water from a threat to a structural element of the landscape. Much of the current territory is, in fact, the result of centuries of land reclamation and polders, areas of land reclaimed from the sea or lakes and made habitable through a complex drainage system. This context also includes the Afsluitdijk, the large dam that separated the Zuiderzee, transforming it into the present-day IJsselmeer, radically altering the geography of the north of the country. Another iconic element is the Delta Works system, considered among the most complex coastal defense systems in the world, designed to protect the southwestern regions after the great flood of 1953. In these same areas, the landscape alternates between dikes, artificial islands, and nature reserves such as the Oosterschelde, where the water remains subject to the influence of the tides to this day.

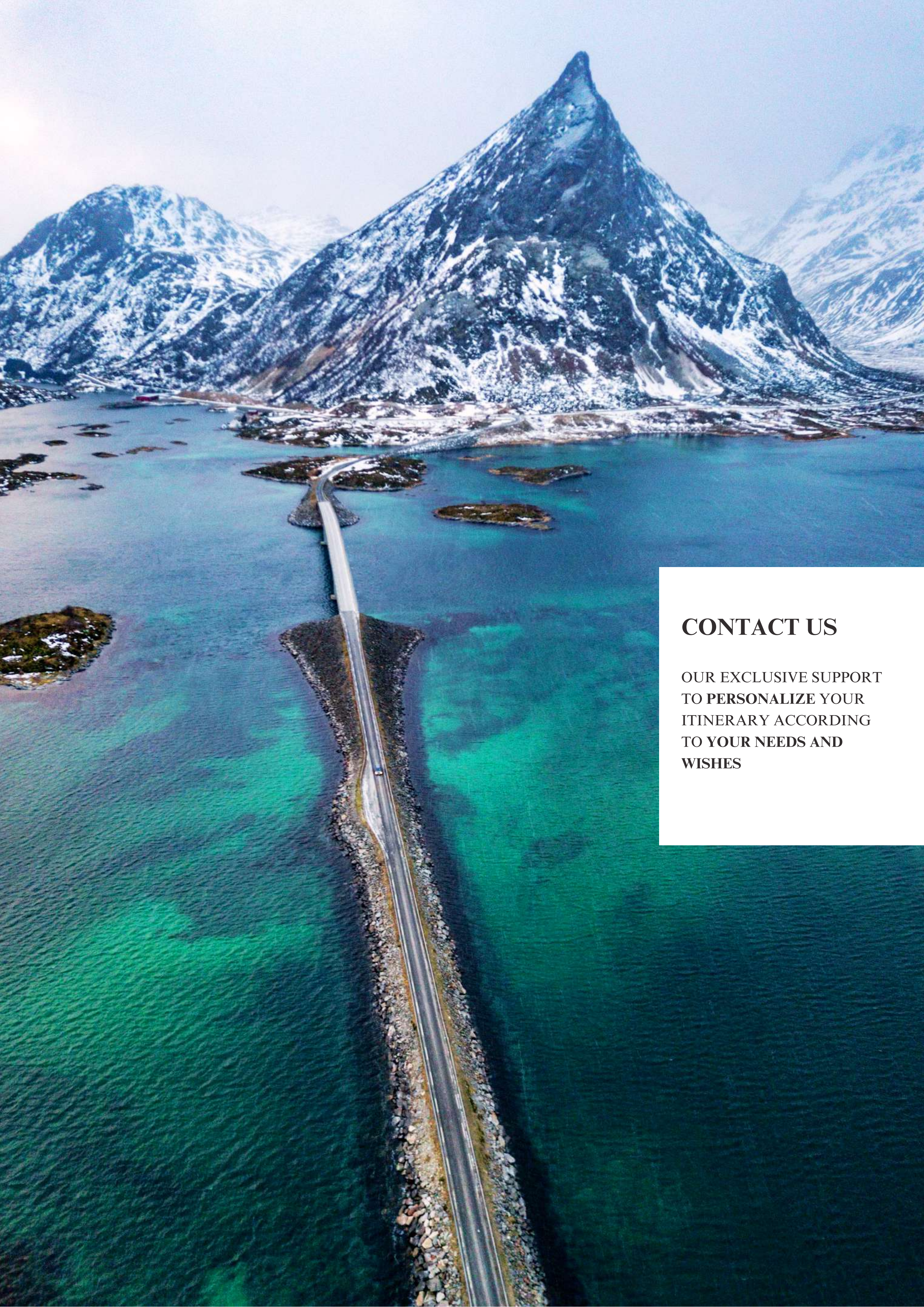
The Netherlands is also one of the most cycle-friendly countries in Europe, with an extremely extensive network of cycle paths and dedicated infrastructure that seamlessly connects cities, villages and natural areas, making cycling one of the main means of daily travel.

Historically and economically, the country played a central role in global trade routes between the 16th and 17th centuries, thanks to the Dutch East India Company (VOC), one of the first major multinational companies in history, which contributed to the development of port cities such as Amsterdam and Rotterdam and the creation of intercontinental trade networks.

Some cultural elements have become internationally recognizable symbols, such as the Kinderdijk windmills, now a UNESCO World Heritage Site, originally part of the water management system, or the cheese markets of Alkmaar and Gouda, which reflect a still-living commercial tradition linked to the historic city centers.

Floriculture also plays a central role in the country's identity, with the Aalsmeer flower market representing one of the sector's main global hubs, while the tulip fields that bloom between spring and early summer transform some regions into geometric and colorful landscapes.

Finally, the relationship with water has also influenced the shape of cities: Amsterdam, with its UNESCO-recognized system of concentric canals, and Rotterdam, rebuilt in a modern style after the Second World War, represent two different interpretations of the same fundamental element, water, which continues to define the country's overall identity.



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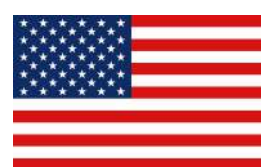
STEPS TO FOLLOW

1) If you need to request a travel itinerary and quotation, click on the first and second button. Fill out and submit the relevant forms.

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TRAVEL ITINERARY QUOTATION FORM

2) Click on the image relating to your country of residence and you will be able to finalize the process of paying for the quote by credit/debit card via PayPal by following the various steps that will be indicated.



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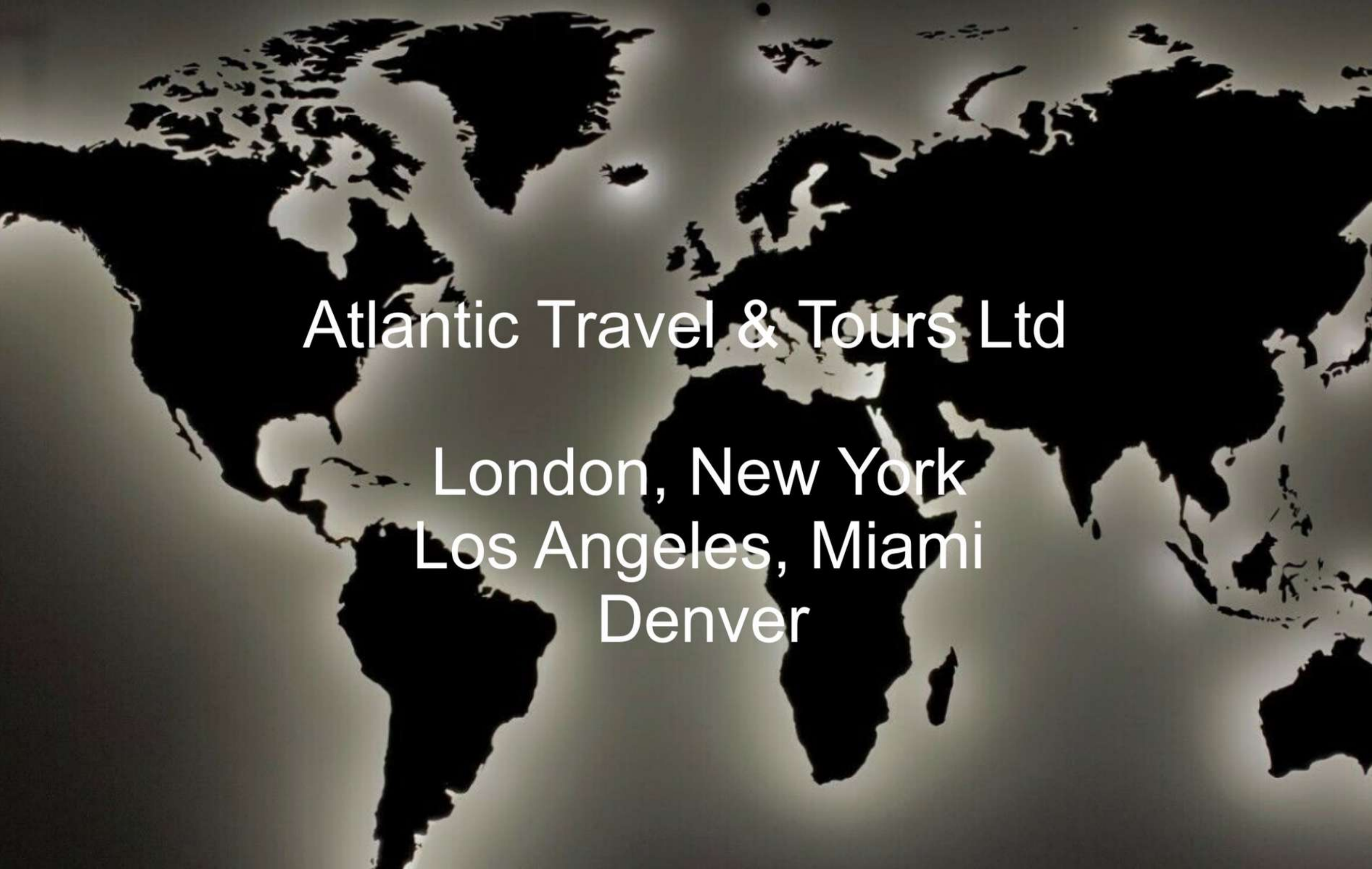


3) In a short time, you will receive welcome confirmation and you will be able to start enjoying the benefits described above.

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