

ATLANTIC TRAVEL & TOURS

NORTHERN EUROPE ACCESSIBLE TRAVEL

**TRAVEL FREELY AND WITHOUT BARRIERS:
ACCESSIBLE EXPERIENCES IN NORWAY, SWEDEN,
FINLAND AND THE NETHERLANDS**



FROM THE CEO - FOUNDER

Dear travelers,

Imagine a journey where **every detail** is designed to make you feel **free to experience, discover, and be inspired** — **without barriers or compromises**. Every place has a story to tell, every landscape an emotion to share, and every experience is welcoming, accessible, and thoughtfully created for you.

Picture yourselves strolling through historic cities and vibrant neighborhoods, visiting museums and cultural spaces that surround you with beauty, or enjoying moments of tranquility immersed in nature, among lakes, rolling hills, and beaches where movement is easy and carefree. Feel the warmth of the sun on your face, the fresh air along a scenic pathway, and the rhythm of your footsteps blending with the spirit of the places you explore.

This brochure is an invitation to imagine every experience as something to be fully lived: from iconic attractions to more intimate corners, from breathtaking panoramas to the unique atmosphere of cities and villages. As you turn these pages, **let yourselves be inspired by a world that combines emotion, safety, and comfort** — **a world where the freedom to explore knows no limits**.

Open these pages, **let yourselves be carried away**, and begin planning a journey that is truly your own — an unforgettable experience to enjoy without barriers.



Steve Tabacchi

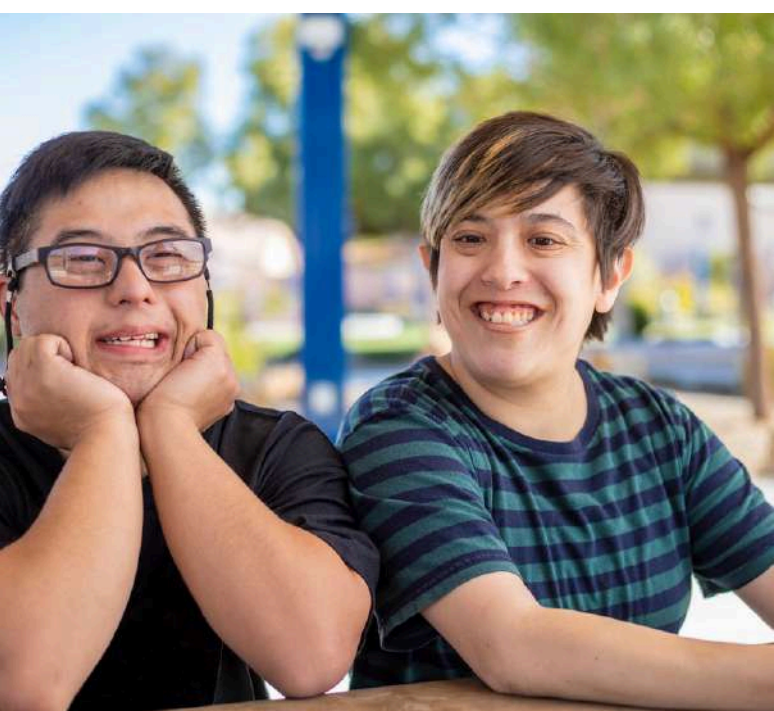
DR. STEVE TABACCHI
CEO - FOUNDER
ATLANTIC TRAVEL & TOURS



WHY TRAVEL WITH US

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

BESPOKE TRAVEL FOR EVERYONE



SCOPRITE PERCHÉ IL
NOSTRO TOUR OPERATOR È
UNICO E INIMITABILE!

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	7.00



ALWAYS TRAVEL WITH A PREMIUM DISCOUNT!



-20%

- **ACTIVE YEAR-ROUND**
- **FOR ALL CATEGORIES OF TRAVELERS**
- **NO MINIMUM SPENDING THRESHOLD REQUIRED**



TRAVEL PHOTOGRAPHER

FOR AN UNFORGETTABLE TOUR
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 EXPERIENCE
NORTHERN EUROPE
WITHOUT BARRIERS**

DISCOVER NORWAY, SWEDEN,
FINLAND AND THE NETHERLANDS IN
AN ACCESSIBLE AND BARRIER-FREE
WAY, AND LET YOURSELVES BE
INSPIRED TO CREATE AN EXCLUSIVE,
TAILOR-MADE JOURNEY BEYOND THE
USUAL PATHS OF MASS TOURISM

NORTHERN EUROPE AND ACCESSIBLE TRAVEL: FREEDOM TO EXPLORE WITHOUT BARRIERS



Travel should never be about limitations, but about possibilities. Accessible travel is, first and foremost, well-planned travel: where the quality of the experience doesn't depend on the traveler's condition, but on the destinations' ability to welcome everyone in a respectful, practical, and seamless manner.

For people with disabilities or limited mobility, the true value of a destination isn't just what it offers, but how easy it makes to experience it. Accessibility means moving around safely, reducing obstacles, and being able to freely choose how to plan your itinerary, without forced sacrifices.

Northern Europe—including Norway, Sweden, Finland, and the Netherlands—is one of the most advanced regions in the world in terms of tourism inclusion and accessibility. It's not just about modern infrastructure, but a widespread culture of universal design, where transportation, public spaces, and services are designed to be easily accessible by all. In Norway, scenic fjord experiences can be enjoyed on modern, accessible boats, designed for comfort and ease of movement. Many viewpoints and visitor centers are equipped with accessible routes, elevators, and dedicated areas, allowing visitors to experience spectacular landscapes without physical barriers. In Sweden, cities like Stockholm offer a highly accessible urban environment, with efficient public transportation, well-equipped stations, and museums designed with inclusive criteria. In Finland, the combination of nature and modern infrastructure allows for easy access to parks, cultural centers, and facilities nestled in the Nordic landscapes, often equipped with specific accessibility solutions. In the Netherlands, one of its strengths is its urban planning: flat cities, well-organized public transport, and a strong focus on accessibility make getting around simple and seamless.

A distinctive feature of these destinations is the seamless experience. These aren't isolated, accessible attractions, but rather an integrated system in which hotels, museums, transportation, and public spaces meet high standards of usability. This allows for flexible itineraries, without having to plan every detail based on obstacles or limitations.

Even nature experiences are often designed to be inclusive: wooden walkways in nature parks, accessible observation points, and short, well-marked trails allow you to get closer to Nordic landscapes without sacrificing safety and comfort.

A welcoming culture plays a fundamental role. In Northern European countries, personal attention translates into clear services, trained staff, and a practical approach to managing individual needs, without unnecessary complications.

An accessible trip in this region isn't an "adapted" trip, but a fully possible one. It demonstrates that the quality of the experience doesn't depend on the absence of limits, but on the ability to design an inclusive, fluid, and respectful travel system. A way of exploring the world that restores freedom, autonomy, and the ability to experience each destination with ease and serenity.

WHY CHOOSE NORTHERN EUROPE FOR AN ACCESSIBLE TRIP

AN APPROACH TO TRAVEL BASED ON INCLUSION, ORDER AND PREDICTABILITY

Traveling with accessibility needs means being able to rely on destinations where the territorial organization reduces complexity and makes the experience more seamless and safe. Northern Europe is one of the most advanced contexts in this regard, thanks to urban and tourism planning geared towards inclusion and the genuine usability of spaces. Norway, Sweden, Finland, and the Netherlands offer an environment where accessibility and quality of services are integral to the travel experience.

SPACES DESIGNED FOR EASY USE AND WITHOUT UNNECESSARY BARRIERS

In this area of Northern Europe, most daily journeys can be easily planned thanks to modern infrastructure, well-marked routes, and reliable public transport.

In Norway, many scenic areas and tourist facilities along the fjords are equipped for easy use, with accessible observation points and organized transportation.

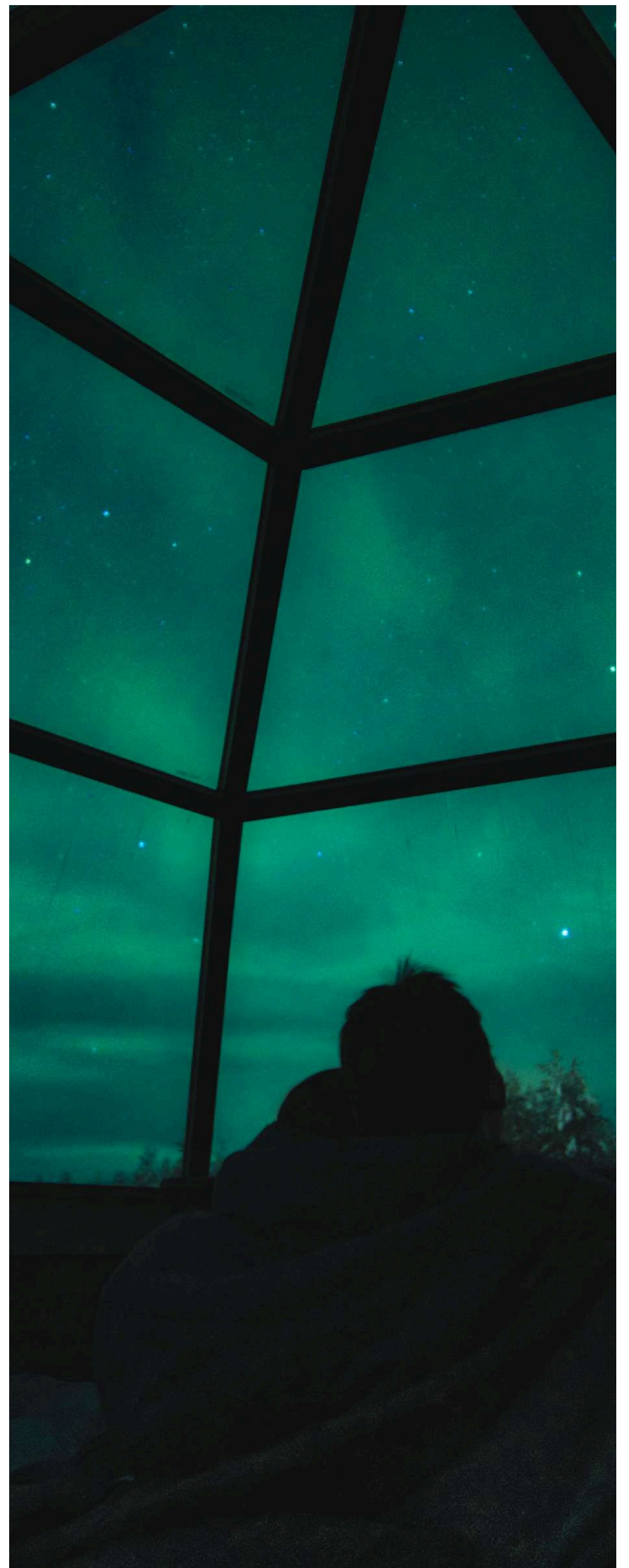
In Sweden, cities and tourist regions offer large, well-maintained public spaces, with a strong focus on urban mobility.

In Finland, the land use plan favors clear paths and human-scale environments.

In the Netherlands, the flat terrain and urban planning make travel particularly easy and continuous.

A JOURNEY BUILT ON CONTINUITY, AUTONOMY AND TRANQUILITY

Accessible travel in Northern Europe stands out for its ability to experience destinations without disruption or operational difficulties. Efficient transportation, structured tourist services, and a widespread focus on inclusive planning allow for a high level of independence throughout the stay. This allows you to focus on the experience, alternating cultural visits, nature, and relaxation without organizational stress. It's a travel model that prioritizes serenity, continuity, and freedom of movement, ensuring a complete and fully enjoyable experience.





TAILOR-MADE TRIPS FOR DISABLED PEOPLE IN NORTHERN EUROPE

For those with mobility or other special needs, a trip to Northern Europe is more than just a vacation: it's an opportunity to explore extraordinary landscapes, authentic villages, and cultural attractions in complete safety and comfort, enjoying memorable experiences without barriers.

For this reason, it should never be a standard package, but a carefully and attentively designed experience, designed for your needs and your pace.

Our approach to creating accessible travel is based on a fundamental principle: each itinerary must be unique, accessible, and safe, ensuring freedom of movement and comfort at every stop.

We listen to your desires, understand your pace and travel style, and create an itinerary that makes every experience special.

Every detail is carefully studied:

- Choice of destinations, from natural parks with accessible trails to historic villages and equipped beaches, up to easily accessible museums and galleries**
- Pace of the itinerary, to enjoy every experience without rushing and without stress**
- Experiences along the route, such as scenic walks on boardwalks, accessible guided tours, cultural activities and nature excursions with dedicated support**
- Selection of the most comfortable facilities, with easy access, equipped rooms and services designed for every need**

The result is an authentic, safe, and deeply personal journey, designed to offer unforgettable experiences, moments of relaxation and discovery, transforming every stop into a precious, barrier-free memory.

EXPERIENCES THAT MAKE NORTHERN EUROPE ACCESSIBLE AND LIVEABLE FOR ALL



A JOURNEY BUILT ON INCLUSIVE DESIGN AND QUALITY OF PUBLIC SPACES

In Northern Europe, accessibility is not an added element of travel, but a structural component of the way cities, services, and territories are designed and managed. Norway, Sweden, Finland, and the Netherlands stand out for their approach to universal spatial enjoyment, where attention to mobility and the clarity of environments makes the travel experience simpler and more seamless, regardless of individual needs.

USABLE EXPERIENCES AND ENVIRONMENTS DESIGNED FOR FLUID MOBILITY

The most significant activities in this area are based on the possibility of experiencing places and contexts without barriers and with clear spatial management. In Norway, scenic experiences along the fjords are supported by well-organized tourism infrastructure and access points designed to facilitate the enjoyment of the landscape. In Sweden, many urban and natural areas are designed with clear paths, regular surfaces, and easily accessible services. In Finland, the organization of the territory favors a balanced connection between nature and residential centers, with modern and accessible facilities. In the Netherlands, the flat terrain and the quality of urban planning make travel particularly fluid and continuous.

AN EXPERIENCE BUILT ON PLANNING, CONTINUITY AND OPERATIONAL SIMPLICITY

One of the most significant aspects of Northern Europe is the seamless accessibility of transportation, accommodations, and public spaces. Many services are designed to reduce travel complexity and ensure independence in managing daily travel. This allows for flexible itineraries, with cultural, natural, and urban experiences integrated in a coherent and easily accessible way. The result is a travel model that values peace of mind, predictability, and freedom of movement, allowing you to fully experience each destination without structural obstacles.

WHEN TO GO ON A DISABLED TRIP 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 DISABLED TRAVEL EXPERIENCES THAT ONLY EXIST 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 DISABLED TRAVELER

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 DISABLED 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.

CONTROLLED ROUTES AMONG FJORDS, COMPACT CITIES AND LANDSCAPES THAT CAN BE ENJOYED WITHOUT BARRIERS

PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

A trip to Norway that meets accessibility requirements requires planning that prioritizes spatial continuity, modern infrastructure, and the ability to experience the landscape without significant physical barriers. In this context, the value of the experience lies not in the difficulty of the route, but in the quality of access to natural and urban sites.

From a landscape perspective, some areas of the Westfjords are particularly attractive thanks to the presence of well-equipped viewing points and well-maintained road connections. The Sognefjord, the longest in the country, is accessible via scenic routes and ferry connections that allow you to reach towns like Balestrand, where the waterfront and central areas are generally flat. The Hardangerfjord also offers a network of coastal roads and accessible observation platforms, particularly in the Eidfjord areas, where the landscape can be explored via short, well-maintained trails.

Urban scale is a key factor for accessibility. The city of Oslo offers a modern infrastructure with integrated public transportation, wide sidewalks, and urban planning that facilitates travel between cultural attractions such as the Aker Brygge district and the Oslo Opera House waterfront. Bergen, despite its historic layout, also has cable cars, urban connections, and flat central areas that allow for gradual exploration of the historic center of Bryggen and the harbor.

On the cultural and natural fronts, many experiences have been progressively adapted to ensure accessibility without sacrificing the quality of the landscape. In the north of the country, the Tromsø area is a hub thanks to modern infrastructure and efficient connections to the Lyngenfjord, where some scenic areas can be reached without challenging hikes. The Vesterålen islands also offer linear coastal roads and centers like Sortland, with distributed services and simplified travel between different locations.

In this context, Norway enables an accessible and comprehensive travel experience, where fjords, cities, and coastal regions can be experienced through structured routes, reliable infrastructure, and a territorial network that minimizes physical barriers, maintaining the quality of the landscape and experience.





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.

BETWEEN LIVING HISTORY, LAKE LANDSCAPES AND BARRIER-FREE ARCHIPELAGOS

PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

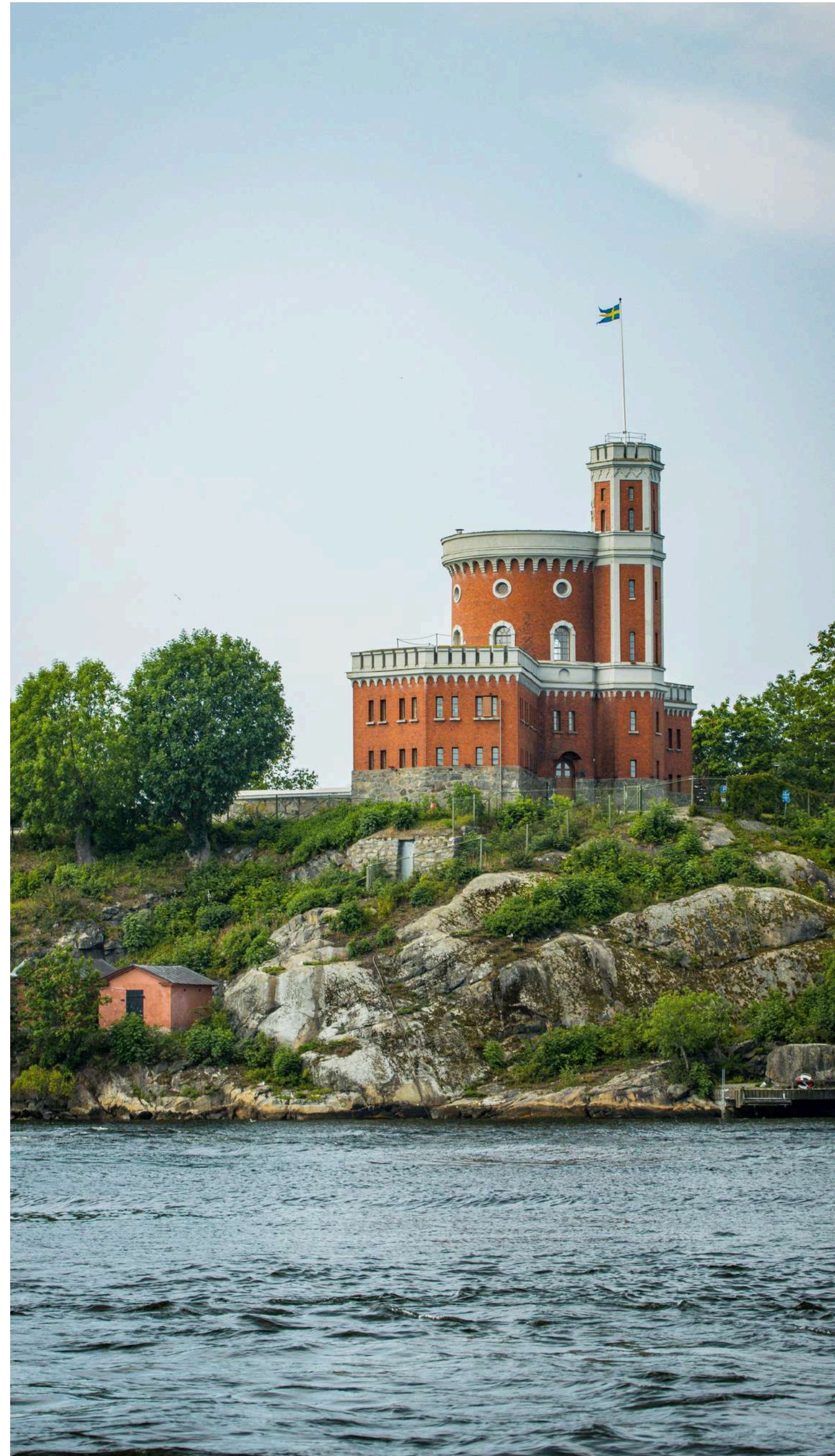
A trip to Sweden with accessibility needs is designed as a seamless experience of nature, culture, and history, made possible by a region that combines compact cities, modern infrastructure, and easily accessible landscapes. The central idea is not to sacrifice the experience, but rather its adaptability: museums, historic centers, and natural environments are often designed or organized to be enjoyed without significant barriers.

From a natural perspective, the country offers lake and coastal landscapes that blend seamlessly with urban life. Lake Vänern, with the city of Karlstad, represents one of the most accessible systems: flat lakesides, urban parks like Mariebergsskogen, and regular transport links allow for easy enjoyment of the landscape. Lake Vättern, with Jönköping and Gränna, also combines nature and residential areas in a linear system, with coastal walks and accessible viewpoints.

The historical and cultural dimension emerges directly in museums and structured urban centers. In Stockholm, the Vasa Museum offers a fully accessible tour around the 17th-century Vasa ship, while Skansen integrates historic buildings and flat paths that narrate traditional Swedish life. Also in the capital, the Gamla Stan neighborhood offers a glimpse into the country's medieval history through compact streets and organized routes, while the ABBA Museum represents an example of fully accessible and interactive contemporary culture.

At the territorial level, coastal and island areas are also integrated into an accessible system. In the Stockholm archipelago, islands like Vaxholm offer regular ferry connections and flat paths along the historic harbor, where the urban structure facilitates travel. To the south, Malmö is an example of a modern accessible city, with the Öresund Bridge directly connecting Sweden to Denmark and a fully accessible waterfront.

In this context, Sweden stands out as a country where nature, history, and culture are integrated into a coherent and accessible system: from the lakes of Vänern and Vättern to the museums of Stockholm, from the Baltic archipelagos to the coastal cities of the south, the travel experience can be lived comprehensively, without barriers and with direct contact with the true identity of the territory.





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.

BETWEEN COMPACT CITIES, INTEGRATED MUSEUMS AND NATURAL LANDSCAPES ENJOYABLE WITHOUT BARRIERS

PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

A trip to Finland designed for accessibility relies on a highly favorable structural feature: the combination of modern urban planning, reliable public services, and a strong integration of cultural and natural spaces. The result is a system of places where museums, historic districts, and landscaped areas can be experienced seamlessly and without significant architectural interruptions.

From an urban and cultural perspective, the capital Helsinki represents the main reference point. The Kiasma Museum of Contemporary Art and the Ateneum Art Museum offer structured and accessible museum itineraries, while the Finlandia Hall complex is located within a flat and well-connected urban axis. The port and the Katajanokka district also allow for easy access to the coastal areas, with urban ferries to island areas such as Suomenlinna, a UNESCO World Heritage site, which is entirely served by regular connections and flat routes.

In terms of nature, some of the most accessible experiences are found in the country's large lake systems. Lake Saimaa, near Lappeenranta and Savonlinna, offers lakeside walks, tourist ferries, and picnic areas without significant elevation changes. The setting of Olavinlinna Castle allows for a visit to this historical heritage within a controlled and easily accessible natural environment.

The cultural and historical dimension also extends beyond the capital, in compact and well-organized urban centers. In Turku, Turku Castle and the Aboa Vetus & Ars Nova Museum offer accessible museum tours that integrate urban archaeology and contemporary art. In Tampere, the Vapriikki Museum Centre concentrates diverse exhibitions in a single, easily accessible complex, while the urban center between Lakes Näsijärvi and Pyhäjärvi offers linear and continuous urban tours.

The island areas of the southwest are also effectively integrated. In the Turku Archipelago, islands like Nauvo are connected by regular ferries and lightweight infrastructure that allow for easy access to the seascape. The Archipelago Sea National Park system represents one of the most organized natural environments in the Baltic, with distributed access points and flat coastal paths.

In this context, Finland presents itself as a country where accessibility, culture, and nature are closely integrated: from the museums of Helsinki to the historic centers of Turku and Porvoo, from the lakes of Saimaa to the Baltic islands, the territory allows for a continuous and truly usable experience, without structural barriers and with a strong coherence between urban space and natural 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 DRENTHÉ, 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.

BETWEEN BARRIER-FREE CITIES, INTEGRATED MUSEUMS AND CONTINUOUSLY ENJOYABLE WATER LANDSCAPES

PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

A trip to the Netherlands designed to ensure complete accessibility is set in a particularly favorable territorial context: flat plains, modern infrastructure, widespread transportation, and a strong integration between urban, cultural, and natural spaces. The result is a system of places where travel, visits, and enjoyment of the environments can occur seamlessly and without significant structural disruptions.

From an urban and cultural perspective, Amsterdam is one of the country's major accessible hubs. The Rijksmuseum and the Van Gogh Museum offer structured and fully integrated museum itineraries, while the Grachtengordel canal district allows for seamless use of the urban space with ferries, bridges, and level paths. The port and the areas of Amsterdam Noord are also connected by frequent services and modern infrastructure. In Rotterdam, postwar urban reconstruction created a highly accessible city, with spacious spaces, efficient public transportation, and museums such as the Boijmans Van Beuningen Depot designed with contemporary design criteria. The port area, among the largest in Europe, is organized with modern infrastructure and linear waterfront paths.

In terms of nature, some of the most accessible experiences are found along the country's coastal and lake systems. The IJsselmeer, with towns like Enkhuisen and Lelystad, offers flat lakeside promenades, well-equipped ports, and regular ferry connections. The Zeeland region, with the Oosterschelde National Park, also features dikes, visitor centers, and structured and accessible coastal paths.

The historical and cultural dimension thrives in compact, easily navigable cities. In Utrecht, street-level canals like the Oudegracht and the Dom Tower Utrecht are integrated into a well-connected urban center. In Leiden, the Rijksmuseum van Oudheden and historic canals offer continuous, flat cultural routes, while in Haarlem, the Frans Hals Museum is part of a compact urban fabric.

Even less centrally located natural areas are functionally organized. In the Veluwe region, De Hoge Veluwe National Park offers flat trails, regulated access points, and distributed services. In the Friesland region, areas like Sneek are connected by water and land infrastructures that allow for easy access to the lake landscape.

In this context, the Netherlands emerges as a destination particularly suited to a fully accessible experience: cities like Amsterdam, Rotterdam, and Utrecht, waterways like the IJsselmeer and Zeeland, and parks like the Veluwe offer a seamless journey through culture, nature, and the urban landscape, without barriers and with a strong structural coherence of the territory.





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.



CONTACT US

OUR EXCLUSIVE SUPPORT
TO PERSONALIZE YOUR
ITINERARY ACCORDING
TO YOUR NEEDS AND
WISHES



WOULD YOU LIKE TO REQUEST A QUOTE?

We hope this travel planner has been of interest to you and has provided inspiration for your next journey.

If you would like to organize your next trip, please click on the “Itinerary and Quotation Request” button.

Complete and submit the form, and we will contact you shortly to create your personalized travel quotation.

ITINERARY AND QUOTATION REQUEST



Atlantic Travel & Tours Ltd

London, New York
Los Angeles, Miami
Denver

ATLANTIC TRAVEL & TOURS LTD

HEADQUARTERED IN THE UNITED STATES AND THE UNITED KINGDOM

REGISTERED COMPANIES

USA - DENVER - COLORADO - COMPANY REGISTRATION NUMBER: 202 110 96 014

UK - LONDON - COMPANY REGISTRATION NUMBER: 130 288 33

E-MAIL

USA - unitedstatesadministration@atlantictourstravel.com

UK - unitedkingdomadministration@atlantictourstravel.com

WEBSITE

www.visitatlantictraveltours.com

FULL CONTACT DETAILS

www.visitatlantictraveltours.com/contact