

Olympiad 2025: Scandinavia, the Baltics, & Poland

This wide-ranging walking adventure explores seven countries of Northern and Eastern Europe using the international biennial Olympiad walking festival in Tampere, Finland as the focal point.

With walking as the primary means, the itinerary connects with significant historical, cultural, and natural highlights in Denmark, Sweden, and Helsinki, Finland, leading up to the 4-day Olympiad event in Finland.

Following the Olympiad, the journey continues south across the Baltic Sea into the Baltic States of Estonia, Latvia, and Lithuania, finishing in Vilnius, Lithuania.

An optional 5-day extension into Poland is available, finishing in Warsaw.

The Adventure is comprised of 4 basic segments:

1. Denmark & Sweden & Helsinki, Finland
2. Baltic States
3. IVV Olympiad in Tampere, Finland as either an extension for part 1 or a pre-tour for part 2
4. Poland Extension available at the end of the Baltic States

However, because the Finland Olympiad can be attached to either the Scandinavia segment or the Baltics segments, we have developed 5 different, stand-alone itinerary Options for you to choose from. If you choose one of the 3 Options which ends in Vilnius, Lithuania, at the end of *Baltic States*, you may also add the *Poland Extension* to your trip.

To register, please review the Options below. Under TRIP DETAILS, clicking the Option in which you are interested opens both the TRIP DETAILS and the ITINERARY section for that particular Option. Be sure to review the BEFORE YOU BOOK section!

To proceed with your booking, return to the Priority Booking Invitation email you received from us. Follow the link there to make your Option selection. Within 2 business days of making your choice, you'll receive another email with a link to an invoice, where you can pay the remaining deposit due. (Both your option decision and remaining deposit must be made within a week of receiving the initial invitation.)

Feel free to let us know if you have any questions fun@walkingadventures.com.

Current tour status: The *Olympiad 2025: Scandinavia, the Baltics, & Poland* tour is currently in the Priority Booking phase. Travelers who submitted refundable pre-registration deposits are receiving invitations to convert to a full registration. We should be

finished with the Priority Booking phase in early December. If space is still available, we will then open this Adventure to new walkers.

Option 1: Denmark, Sweden, & Helsinki, Finland

August 5 - 14, 2025 • 10 Days • \$3990

Start: Roskilde, Denmark (fly into Copenhagen)

Finish: Helsinki, Finland (fly out of Helsinki)

Single supplement: \$850

Option 2: Denmark, Sweden, & Helsinki PLUS Finland Olympiad

August 5 - 18, 2025 • 14 Days • \$5590

Start: Roskilde, Denmark (fly into Copenhagen)

Finish: Helsinki, Finland (fly out of Helsinki)

Single supplement: \$1150

Option 3: Denmark, Sweden, Finland Olympiad PLUS Baltic States

August 5 - 26, 2025 • 22 Days • \$8490

Start: Roskilde, Denmark (fly into Copenhagen)

Finish: Vilnius, Lithuania (fly out of Vilnius)

Single supplement: \$1550

Option 4: Baltic States PLUS Finland Olympiad

August 12 - 26, 2025 • 15 Days • \$5390

Start: Helsinki, Finland (fly into Helsinki)

Finish: Vilnius, Lithuania (fly out of Vilnius)

Single supplement: \$875

Option 5: Baltic States

August 17 - 26, 2025 • 10 Days • \$3690

Start: Tallinn, Estonia (fly into Tallinn)

Finish: Vilnius, Lithuania (fly out of Vilnius)

Single supplement: \$575

Poland Extension

August 26 - 30, 2025 • 5 Days • \$1690

Start: Vilnius, Lithuania after *Baltic States* tour

Finish: Warsaw, Poland (fly out of Warsaw)

Single supplement: \$240

*****Can be added to Options 3, 4, & 5*****

[Contact Us](#)

[Tour Type: Classic Curated, Volkssport](#)

Trip Details

- [Option 1](#)
- [Option 2](#)
- [Option 3](#)
- [Option 4](#)
- [Option 5](#)
- [Poland Extension](#)

Option 1: Denmark, Sweden & Helsinki, Finland

August 5 - 14, 2025 • 10 Days • \$3990

Including:

- All land and ferry travel in Denmark, Sweden, and Helsinki, Finland
- Superior tourist-class or better hotel accommodations
- Overnight accommodation in A class or Promenade cabin on Tallink ferry between Stockholm and Helsinki
- 3 nights Roskilde (DK), 1 night Kristianstad (SE), 1 night Öland (SE), 1 night Norrköping (SE), 1 night Stockholm (SE), 1 night ferry to Helsinki (FI), 1 night Helsinki (FI)
- 12 meals: all breakfasts and 3 dinners (as denoted BD)
- Fees for walking credit for at least 1 walk each in Denmark and Sweden (IVV sanctions will be applied for)
- WAI guide service throughout (2 guides per bus)
- Nature, cultural, and historical expertise of local guides in Copenhagen (DK), Stockholm (SE), and Helsinki (FI)
- Services of national guide for 9 days from Roskilde, Denmark through Helsinki, Finland
- All tipping for national and local guides, coach drivers, and group meals
- Pricing is based on double occupancy. A limited number of single rooms are available at a supplement of \$850. We also provide a roommate matching service for those interested.

Activities/Visits to:

- 11 walks as listed: Roskilde Optional (DK), Copenhagen (DK), Deer Park (DK), Ales Stenar & Stenshuvud NP (SE), Öland /Borgholm (SE), Kalmar/Gota Canal (SE), Stockholm Djurgarden (SE), Stockholm Gamla Stan & Islands (SE), Helsinki (FI)
- Kastellet & Nyhavn - Copenhagen (DK)
- Castle grounds of Kronborg & Fredricksborg (DK)
- Ales Stenar (SE)
- Stenshuvud National Park (SE)
- Lerkaka Windmills & Borgholm Castle grounds (SE)
- Kalmar Castle grounds (SE)
- Gota Canal (SE)
- Vasa Museum in Stockholm with guided tour (SE)
- Stockholm's Old Town - Gamla Stan on guided walk (SE)
- Uppenski Cathedral and Senate Square in Helsinki (FI)
- More fun stops than we can list!

Optional Excursions:

- Denmark Early Arrival Package: airport transfer, Roskilde hotel on August 4, and *Roskilde Viking Capital of Denmark Walk* including entry into Roskilde Cathedral on August 5 - Day 1
- Free Time Options in Copenhagen - Day 2
 - Rosenborg Castle, Christiansborg Palace, Church of Christ the Savior Tower, Tivoli Gardens
- Free Time Options in Stockholm - Days 7 & 8
 - ABBA Museum, Royal Palace, Nobel Museum, City Hall, Riddarholm Church, Storkyrkan Church
- Stockholm Islands Bonus Walk - Day 8

[Return to Options Menu](#)

Itinerary

Click on each day to reveal more details.

Option 1: Denmark, Sweden & Helsinki, Finland ONLY [Day 0~August 4, 2025: Early Arrival into Roskilde, Denmark](#)

Denmark Early Arrival Package: Travelers arriving early (always recommended) into Copenhagen today will benefit from a 3-part early arrival package including:

- transportation from airport to hotel in Roskilde, Denmark;
- 1 night in the hotel on August 4 with breakfast; and

- participation in the guided optional Day 1 Roskilde Walk, including admission into Roskilde Cathedral, the Westminster Abbey of Denmark.

After collecting your luggage from the luggage carousels, pass through customs and look for a member of the WAI guide team holding a WAI sign. WAI guides will direct travelers to our bus for the 30-minute drive to our hotels in Roskilde, Denmark. Depending upon arrival times, you may need to wait until check-in time. But the wait will be worth the 4-night stay in one hotel! Estimated price: \$250 per person; single supplement for hotel - \$85

No group activities are planned for today.

[Day 1~August 5, 2025: En Route to Roskilde, Denmark](#)

Walk #1: Optional Roskilde Viking Capital of Denmark Walk - 7 km, rated 2B

Travelers arrive into Copenhagen today in preparation for our Denmark and Sweden Walking Adventure. Our hotel in Roskilde is about a 30-minute taxi ride from the airport.

Here, you can settle in for the first of three nights in the delightful Danish town of Roskilde. Nestled along its namesake fjord, Roskilde was Denmark's medieval capital before Copenhagen rose to prominence.

Travelers who arrive a day early on August 4 are invited to join us for an optional walk that takes in a few of the city's many highlights, including the UNESCO World Heritage Roskilde Cathedral (burial place of most of Denmark's monarchs), the grounds of an excellent waterfront Viking Ship Museum, and tranquil forest-lined paths along Roskilde Fjord. This guided 7 km walk, with admission to Roskilde Cathedral, is included in the optional Early Arrival Package for travelers arriving on August 4.

Later this evening, travelers rendezvous with their guide team and fellow travelers for a welcome orientation and dinner.

[Day 2~August 6, 2025: Activities from Roskilde \(B\)](#)

Walk #2: Wonderful Copenhagen Walk - 10 km, rated 1B (IVV sanctioned)

We drive east this morning to explore one of the gems of Scandinavia, the enchanting architecture, charming lanes, and compelling history of Copenhagen. Our guided walk here offers an introduction to countless treasures in the city's UNESCO World Heritage listed historic center. Attractions along the trail include the star-shaped fortress of Kastellet, magnificent Christiansborg Palace (home to Danish Parliament), the famous Little Mermaid Statue, Amalienborg Palace (the royal family's residence), the funky vibe of Christianshavn, and iconic Nyhavn, where colorful 17th century houses line the picturesque waterfront.

With several tempting culinary options to choose from for lunch and a wonderful variety of free time offerings in the afternoon (e.g. National Museum of Denmark, Tivoli Gardens, Church of Christ the Savior Tower, or a canal tour), immerse yourself in the vibrant culture

and charming atmosphere of Copenhagen before an early evening return to Roskilde.

[Day 3~August 7, 2025: Activities from Roskilde \(B\)](#)

Walk #3: Deer Park Forest & Seashore Walk - 10 km, rated 1B

From our home base of Roskilde on Denmark's easternmost island of Zealand, we enjoy a wonderful trio of highlights to the north. We start with a forested walk through the Dyrehaven (Deer Park), created by King Frederik III as his private royal hunting grounds in 1669. This storied estate is famous for its rolling meadows, ancient oak trees, and population of around 2,000 free-roaming deer. Our scenic stroll also passes some of the park's historic structures, including the Hermitage Hunting Lodge, and finishes in the Bakken, the world's oldest operating amusement park (dating back to 1583).

This afternoon, we visit the grounds of two famous Danish castles, starting with Kronborg, a UNESCO World Heritage Site in Helsingor and setting for Shakespeare's "Hamlet". Our second royal residence is Frederiksborg, a grand 17th century Renaissance palace surrounded by beautiful, French-style gardens.

Following these regal ramblings, a scenic drive takes us through Fredericksund and Skibby on return to Roskilde for one last night in Denmark.

[Day 4~August 8, 2025: Roskilde, Denmark - Kristianstad, Sweden \(B\)](#)

Walk #4: Ales Stenar Iron Age Walk - 2 km, rated 1A

Walk #5: Stenshuvud National Park Nature Walk - 4 km, rated 2C

We bid fond farewells to Denmark this morning and transition to Sweden, our second Scandinavian country. Our route meanders along the southern coast of this once-great maritime power, with a first stop at Ales Stenar, often referred to as "Sweden's Stonehenge." This ancient megalithic monument stands atop a coastal bluff and is comprised of 59 large boulders arranged in the outline of a ship. A short stroll here winds amongst these mysterious Iron Age stones, which may have served as a solar calendar or perhaps a burial monument. No one knows!

Continuing through the lovely Skåne region, we stop for an afternoon hike at Stenshuvud National Park, a diverse nature reserve that blends forested hills, open meadows, heathlands, and sandy Baltic beaches.

Our first day in Sweden finishes in Kristianstad, founded in 1614 by its namesake king and known for its well-preserved Renaissance architecture.

[Day 5~August 9, 2025: Kristianstad - Öland, Sweden \(BD\)](#)

Walk #6: Borgholm Castle Walk - 5 km, rated 2B

After a morning drive north from Kristianstad, today's focus rests solidly on Öland,

Sweden's second largest island, sitting in the Baltic Sea off the southeastern coast. This idyllic place is known for its unique landscape, featuring vast open plains, a large limestone plateau (UNESCO-listed Stora Alvaret) that is home to a number of rare plant species, iconic windmills, and ancient castle ruins.

Today's walk explores the wonderful little town of Borgholm, established in the early 19th century in the shadow of Borgholm Castle and Solliden Palace, a royal summer residence. Featuring charming coastal town scenes, quiet forests, and the iconic castle ruins of Borgholm (dating back to the 12th century), this walk is a great precursor for a full group dinner and relaxing evening at nearby Ekerum Resort.

[Day 6~August 10, 2025: Öland - Norrköping, Sweden \(B\)](#)

Walk #7: Kalmar Castle Walk - 2 km, rated 1A

Walk #8: Göta Canal Walk - 6.5 km, rated 1A

While Öland beckons us to stay and explore further, we leave the island this morning and enjoy a brief wander through the historical center of Kalmar, once a significant trading hub in the Middle Ages. Our trail takes us past highlights such as Kalmar Cathedral and the Old Water Tower, and culminates at Kalmar Castle, one of Sweden's most impressive Renaissance castles.

Continuing north from Kalmar, our journey takes us to Söderköping, a charming old port and trade center. Following a break for lunch, we embark on an easy, pastoral stroll from Söderköping to Mem along the Göta Canal, often referred to as Sweden's "blue ribbon." This remarkable engineering achievement stretches 243 miles across Sweden to connect the Baltic Sea with the North Sea. Completed in the early 19th century and incorporating numerous locks, lakes, and rivers, this pioneering route was initially built to facilitate trade and transportation but is now a popular tourist destination, offering boat trips, cycling and walking paths, and charming villages (like Söderköping) along its route.

We finish our day along the Motala River in the historic city of Norrköping, a major center for textile manufacturing.

[Day 7~August 11, 2025: Norrköping - Stockholm, Sweden \(B\)](#)

Walk #9: Stockholm Djurgården Island Walk - 5 km, rated 2B (IVV sanctioned)

A morning drive brings us to the great Nordic capital city of Stockholm. Founded in the 13th century, the city is strategically located on a series of islands, providing an ideal site for trade and defense against invasion.

Our first foray into the diverse delights of Stockholm takes us to Djurgården, one of those many islands, for an intriguing visit to the Vasa Museum. In the 17th century, at the height of its military power, Sweden's king commissioned a massive and ornately decorated warship known as the Vasa, which promptly sank on its maiden voyage in 1628. Raised from the

chilly depths, and painstakingly restored, the Vasa and its surrounding museum are a memorable sight to behold.

This afternoon's walk takes us past several other noteworthy highlights on Djurgården, including the ABBA Museum, Grona Lund Amusement Park, and Rosendal Palace. The route finishes with a stroll through Nobelpark past several embassies on our return to the Vasa Museum.

A centrally located Stockholm hotel offers many good walkable dining options this evening.

[Day 8~August 12, 2025: Stockholm - Overnight Ferry to Helsinki, Finland \(BD\)](#)

Walk #10: Stockholm Gamla Stan (Old Town) Walk - 4.5 km, rated 1A

BONUS WALK: Stockholm Islands Walk - 2.5 km / 3.5 km, rated 1A

Gamla Stan (Old Town) is the historic heart of Stockholm, famous for its charming cobblestone streets, colorful medieval buildings, and rich cultural heritage. Our guided walk this morning takes us past many of these well-preserved treasures, including the Royal Palace, Riddarholm Church, Storkyrkan Church, and the Nobel Museum. The city's long history is marked by a mix of architectural styles, from Gothic to Baroque, with street performers, local artisans, and outdoor markets adding to the colorful milieu. Countless hidden squares and narrow alleyways teeming with cafes and tourist shops lend a lighter ambiance to the trail.

Following the guided walk, lunch and the remainder of the afternoon are free to explore this amazing Scandinavian city. Consider a visit to the palace, City Hall, or Nobel Museum, or climb the church tower at Storkyrkan for fabulous views over the city.

Or consider joining your WAI guides on a bonus afternoon walk that incorporates a brief ferry ride (nominal cost not included) and a lovely stroll on the neighboring islands of Skeppsholmen and Kastellholmen.

Mid-afternoon, we board our bus and take a short drive to the ferry dock, embarking on a large ship bound for Helsinki, Finland. We look forward to a memorable overnight journey through the Stockholm Archipelago that includes a group dinner, postcard-perfect island scenery, and comfortable cabins.

[Day 9~August 13, 2025: Overnight Ferry into Helsinki, Finland \(B\)](#)

Walk #11: Helsinki Finland Walk 3/6 km, rated 1A

After an overnight crossing of the Baltic Sea and breakfast aboard our ship, we disembark mid-morning in Helsinki, capital of Finland. The city has roots dating back to the 16th century, when King Gustav I of Sweden founded it as a trading post to compete with nearby Reval (now Tallinn, Estonia).

Winding our way through this city's mix of modern and historical architecture, today's walk incorporates several highlights including Uppenski Cathedral, Senate Square, Helsinki Cathedral, Kemppi Chapel and the Esplanade.

After enjoying a break for lunch, those finishing their Adventure in Helsinki will be transported to a Helsinki airport hotel. After Helsinki farewells, Olympiad participants are whisked away northward for the IVV Olympiad in Tampere.

[Day 10~August 14, 2025: Depart Helsinki, Finland \(B\)](#)

A week and a half of Scandinavian delights draws to a close today as you pack your bags for a return flight to North America. Thank you for joining us in *Denmark, Sweden, & Helsinki, Finland*. Safe travels home!

Option 2:Denmark, Sweden, & Helsinki PLUS Finland Olympiad

August 5 - 18, 2025 • 14 Days • \$5590

Including:

- All land and ferry travel in Denmark, Sweden, and Finland including transportation to and during the Olympiad in Tampere, Finland
- Superior tourist-class or better hotel accommodations
- Overnight accommodation in A class or Promenade cabin on Tallink ferry between Stockholm and Helsinki
- 3 nights Roskilde (DK), 1 night Kristianstad (SE), 1 night Öland (SE), 1 night Norrköping (SE), 1 night Stockholm (SE), 1 night ferry to Helsinki (FI), 4 nights Tampere (FI), 1 night Helsinki (FI)
- 17 meals: all breakfasts and 4 dinners (as denoted BD)
- Fees for walking credit for at least 1 walk each in Denmark and Sweden plus all walking, cycling, and swim events at the IVV Olympiad in Tampere, Finland (IVV sanctions will be applied for)
- WAI guide service throughout (2 guides per bus)
- Nature, cultural, and historical expertise of local guides in Copenhagen (DK), Stockholm (SE), and Helsinki (FI)
- Services of a national guide for 13 days from Roskilde, Denmark through the Olympiad in Tampere, Finland
- All tipping for national and local guides, coach drivers, and group meals
- Pricing is based on double occupancy. A limited number of single rooms are available at a supplement of \$1150. We also provide a roommate matching service for those interested.

Activities/Visits to:

- 15 walks as listed: Roskilde Optional (DK), Copenhagen (DK), Deer Park (DK), Ales Stenar & Stenshuvud NP (SE), Öland /Borgholm (SE), Kalmar/Gota Canal (SE), Stockholm Djurgården (SE), Stockholm Gamla Stan & Islands (SE), Helsinki (FI), all

- IVV activities at the Olympiad in Tampere, Finland
- Kastellet & Nyhavn - Copenhagen (DK)
- Castle grounds of Kronborg & Fredricksborg (DK)
- Ales Stenar (SE)
- Stenshuvud National Park (SE)
- Lerkaka Windmills & Borgholm Castle grounds (SE)
- Kalmar Castle grounds (SE)
- Gota Canal (SE)
- Vasa Museum in Stockholm with guided tour (SE)
- Stockholm's Old Town - Gamla Stan on guided walk (SE)
- Uppenski Cathedral and Senate Square in Helsinki (FI)
- Activities of the IVV Olympiad in Tampere, Finland including opening ceremonies and walking, cycling and swimming daily and bus pass to reach events not served by our coach. Optional activities are also available.
- More fun stops than we can list!

Optional Excursions:

- Denmark Early Arrival Package: airport transfer, Roskilde hotel on August 4, and Roskilde Viking Capital of Denmark Walk including entry into Roskilde Cathedral on August 5 - Day 1
- Free Time Options in Copenhagen - Day 2
 - Rosenborg Castle, Christiansborg Palace, Church of Christ the Savior Tower, Tivoli Gardens
- Free Time Options in Stockholm - Days 7 & 8
 - ABBA Museum, Royal Palace, Nobel Museum, City Hall, Riddarholm Church, Storkyrkan Church
- IVV Olympiad optional activities including canoeing, orienteering, and sightseeing and evening social activities. These activities will be announced as information is available from the Olympiad committee - Days 10-13

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Itinerary

Click on each day to reveal more details.

Option 2: Denmark, Sweden, & Helsinki PLUS Finland Olympiad

[Day 0~August 4, 2025: Early Arrival into Roskilde, Denmark](#)

Denmark Early Arrival Package: Travelers arriving early (always recommended) into Copenhagen today will benefit from a 3-part early arrival package including:

- transportation from airport to hotel in Roskilde, Denmark;
- 1 night in the hotel on August 4 with breakfast; and
- participation in the guided optional Day 1 Roskilde Walk, including admission into Roskilde Cathedral, the Westminster Abbey of Denmark.

After collecting your luggage from the luggage carousels, pass through customs and look for a member of the WAI guide team holding a WAI sign. WAI guides will direct travelers to our bus for the 30-minute drive to our hotels in Roskilde, Denmark. Depending upon arrival times, you may need to wait until check-in time. But the wait will be worth the 4-night stay in one hotel! Estimated price: \$250 per person; single supplement for hotel - \$85

No group activities are planned for today.

[Day 1~August 5, 2025: En Route to Roskilde, Denmark](#)

Walk #1: Optional Roskilde Viking Capital of Denmark Walk - 7 km, rated 2B

Travelers arrive into Copenhagen today in preparation for our Denmark and Sweden Walking Adventure. Our hotel in Roskilde is about a 30-minute taxi ride from the airport.

Here, you can settle in for the first of three nights in the delightful Danish town of Roskilde. Nestled along its namesake fjord, Roskilde was Denmark's medieval capital before Copenhagen rose to prominence.

Travelers who arrive a day early on August 4 are invited to join us for an optional walk that takes in a few of the city's many highlights, including the UNESCO World Heritage Roskilde Cathedral (burial place of most of Denmark's monarchs), the grounds of an excellent waterfront Viking Ship Museum, and tranquil forest-lined paths along Roskilde Fjord. This guided 7 km walk, with admission to Roskilde Cathedral, is included in the optional Early Arrival Package for travelers arriving on August 4.

Later this evening, travelers rendezvous with their guide team and fellow travelers for a welcome orientation and dinner.

[Day 2~August 6, 2025: Activities from Roskilde \(B\)](#)

Walk #2: Wonderful Copenhagen Walk - 10 km, rated 1B (IVV sanctioned)

We drive east this morning to explore one of the gems of Scandinavia, the enchanting architecture, charming lanes, and compelling history of Copenhagen. Our guided walk here offers an introduction to countless treasures in the city's UNESCO World Heritage listed historic center. Attractions along the trail include the star-shaped fortress of Kastellet, magnificent Christiansborg Palace (home to Danish Parliament), the famous Little Mermaid Statue, Amalienborg Palace (the royal family's residence), the funky vibe of Christianshavn, and iconic Nyhavn, where colorful 17th century houses line the picturesque waterfront.

With several tempting culinary options to choose from for lunch and a wonderful variety of

free time offerings in the afternoon (e.g. National Museum of Denmark, Tivoli Gardens, Church of Christ the Savior Tower, or a canal tour), immerse yourself in the vibrant culture and charming atmosphere of Copenhagen before an early evening return to Roskilde.

[Day 3~August 7, 2025: Activities from Roskilde \(B\)](#)

Walk #3: Deer Park Forest & Seashore Walk - 10 km, rated 1B

From our home base of Roskilde on Denmark's easternmost island of Zealand, we enjoy a wonderful trio of highlights to the north. We start with a forested walk through the Dyrehaven (Deer Park), created by King Frederik III as his private royal hunting grounds in 1669. This storied estate is famous for its rolling meadows, ancient oak trees, and population of around 2,000 free-roaming deer. Our scenic stroll also passes some of the park's historic structures, including the Hermitage Hunting Lodge, and finishes in the Bakken, the world's oldest operating amusement park (dating back to 1583).

This afternoon, we visit the grounds of two famous Danish castles, starting with Kronborg, a UNESCO World Heritage Site in Helsingor and setting for Shakespeare's "Hamlet". Our second royal residence is Frederiksborg, a grand 17th century Renaissance palace surrounded by beautiful, French-style gardens.

Following these regal ramblings, a scenic drive takes us through Fredericksund and Skibby on return to Roskilde for one last night in Denmark.

[Day 4~August 8, 2025: Roskilde, Denmark - Kristianstad, Sweden \(B\)](#)

Walk #4: Ales Stenar Iron Age Walk - 2 km, rated 1A

Walk #5: Stenshuvud National Park Nature Walk - 4 km, rated 2C

We bid fond farewells to Denmark this morning and transition to Sweden, our second Scandinavian country. Our route meanders along the southern coast of this once-great maritime power, with a first stop at Ales Stenar, often referred to as "Sweden's Stonehenge." This ancient megalithic monument stands atop a coastal bluff and is comprised of 59 large boulders arranged in the outline of a ship. A short stroll here winds amongst these mysterious Iron Age stones, which may have served as a solar calendar or perhaps a burial monument. No one knows!

Continuing through the lovely Skåne region, we stop for an afternoon hike at Stenshuvud National Park, a diverse nature reserve that blends forested hills, open meadows, heathlands, and sandy Baltic beaches.

Our first day in Sweden finishes in Kristianstad, founded in 1614 by its namesake king and known for its well-preserved Renaissance architecture.

[Day 5~August 9, 2025: Kristianstad - Öland, Sweden \(BD\)](#)

Walk #6: Borgholm Castle Walk - 5 km, rated 2B

After a morning drive north from Kristianstad, today's focus rests solidly on Öland, Sweden's second largest island, sitting in the Baltic Sea off the southeastern coast. This idyllic place is known for its unique landscape, featuring vast open plains, a large limestone plateau (UNESCO-listed Stora Alvaret) that is home to a number of rare plant species, iconic windmills, and ancient castle ruins.

Today's walk explores the wonderful little town of Borgholm, established in the early 19th century in the shadow of Borgholm Castle and Solliden Palace, a royal summer residence. Featuring charming coastal town scenes, quiet forests, and the iconic castle ruins of Borgholm (dating back to the 12th century), this walk is a great precursor for a full group dinner and relaxing evening at nearby Ekerum Resort.

[Day 6~August 10, 2025: Öland - Norrköping, Sweden \(B\)](#)

Walk #7: Kalmar Castle Walk - 2 km, rated 1A

Walk #8: Göta Canal Walk - 6.5 km, rated 1A

While Öland beckons us to stay and explore further, we leave the island this morning and enjoy a brief wander through the historical center of Kalmar, once a significant trading hub in the Middle Ages. Our trail takes us past highlights such as Kalmar Cathedral and the Old Water Tower, and culminates at Kalmar Castle, one of Sweden's most impressive Renaissance castles.

Continuing north from Kalmar, our journey takes us to Söderköping, a charming old port and trade center. Following a break for lunch, we embark on an easy, pastoral stroll from Söderköping to Mem along the Göta Canal, often referred to as Sweden's "blue ribbon." This remarkable engineering achievement stretches 243 miles across Sweden to connect the Baltic Sea with the North Sea. Completed in the early 19th century and incorporating numerous locks, lakes, and rivers, this pioneering route was initially built to facilitate trade and transportation but is now a popular tourist destination, offering boat trips, cycling and walking paths, and charming villages (like Söderköping) along its route.

We finish our day along the Motala River in the historic city of Norrköping, a major center for textile manufacturing.

[Day 7~August 11, 2025: Norrköping - Stockholm, Sweden \(B\)](#)

Walk #9: Stockholm Djurgården Island Walk - 5 km, rated 2B (IVV sanctioned)

A morning drive brings us to the great Nordic capital city of Stockholm. Founded in the 13th century, the city is strategically located on a series of islands, providing an ideal site for trade and defense against invasion.

Our first foray into the diverse delights of Stockholm takes us to Djurgården, one of those many islands, for an intriguing visit to the Vasa Museum. In the 17th century, at the height of its military power, Sweden's king commissioned a massive and ornately decorated warship

known as the Vasa, which promptly sank on its maiden voyage in 1628. Raised from the chilly depths, and painstakingly restored, the Vasa and its surrounding museum are a memorable sight to behold.

This afternoon's walk takes us past several other noteworthy highlights on Djurgården, including the ABBA Museum, Grona Lund Amusement Park, and Rosendal Palace. The route finishes with a stroll through Nobelpark past several embassies on our return to the Vasa Museum.

A centrally located Stockholm hotel offers many good walkable dining options this evening.

[Day 8~August 12, 2025: Stockholm - Overnight Ferry to Helsinki, Finland \(BD\)](#)

Walk #10: Stockholm Gamla Stan (Old Town) Walk - 4.5 km, rated 1A

BONUS WALK: Stockholm Islands Walk - 2.5 km / 3.5 km, rated 1A

Gamla Stan (Old Town) is the historic heart of Stockholm, famous for its charming cobblestone streets, colorful medieval buildings, and rich cultural heritage. Our guided walk this morning takes us past many of these well-preserved treasures, including the Royal Palace, Riddarholm Church, Storkyrkan Church, and the Nobel Museum. The city's long history is marked by a mix of architectural styles, from Gothic to Baroque, with street performers, local artisans, and outdoor markets adding to the colorful milieu. Countless hidden squares and narrow alleyways teeming with cafes and tourist shops lend a lighter ambiance to the trail.

Following the guided walk, lunch and the remainder of the afternoon are free to explore this amazing Scandinavian city. Consider a visit to the palace, City Hall, or Nobel Museum, or climb the church tower at Storkyrkan for fabulous views over the city.

Or consider joining your WAI guides on a bonus afternoon walk that incorporates a brief ferry ride (nominal cost not included) and a lovely stroll on the neighboring islands of Skeppsholmen and Kastellholmen.

Mid-afternoon, we board our bus and take a short drive to the ferry dock, embarking on a large ship bound for Helsinki, Finland. We look forward to a memorable overnight journey through the Stockholm Archipelago that includes a group dinner, postcard-perfect island scenery, and comfortable cabins.

[Day 9~August 13, 2025: Overnight Ferry into Helsinki, Finland - Tampere, Finland \(BD\)](#)

Walk #11: Helsinki Finland Walk 3/6 km, rated 1A

After an overnight crossing of the Baltic Sea and breakfast aboard our ship, we disembark mid-morning in Helsinki, capital of Finland. The city has roots dating back to the 16th century, when King Gustav I of Sweden founded it as a trading post to compete with nearby Reval (now Tallinn, Estonia).

Winding our way through this city's mix of modern and historical architecture, the walk incorporates several highlights, including Uppenski Cathedral, Senate Square, Helsinki Cathedral, Kemppi Chapel and the Esplanade, before enjoying a lunch break in town. From Helsinki, we drive north through Finnish countryside bound for the IVV Olympiad and four fun-filled days of international camaraderie and activities in Tampere, Finland.

Upon arrival, we check into our lakeside hotel for a 4-night stay starting with a full-group Olympiad welcome dinner at our hotel.

NOTE: Optional sightseeing and social activities will be offered by the Olympiad committee. Details are not known at the time of publication but will be announced as they are made available to us.

[Day 10~August 14, 2025: Activities from Tampere \(B\)](#)

Walk #12: 5/6 km, 10 km, 20km in Keskustori

Cycling: 20 km in Kauppi

Orienteering in Keskustori (additional fee)

Following breakfast, IVV Olympiad activities begin in Tampere, a city founded in 1779 by Swedish king Gustav III. With its strategic location along the Tammerkoski rapids between Lake Näsijärvi and Lake Pyhäjärvi, it was an ideal site for hydro-powered industrial development and grew as a center of textile production in the 1800s.

Our objectives over the next few days are less industrial and more international as we mix and mingle with people from all over the planet in a global celebration of walking and other fun physical activities. Local bus and tram passes are provided as part of your Olympiad pass, but WAI will also provide our motorcoach as an additional means of getting everyone to their desired events each day.

Walks of 5 km, 6 km, 10 km, and 20 km are offered today, as is a 20 km cycling route, and orienteering (additional fee). At 2:00 pm, a parade of nations begins from Koskipuisto Park and concludes in Keskustori at 3:00 pm, where the Opening Ceremony takes place.

[Day 11~August 15, 2025: Activities from Tampere \(B\)](#)

Walk #13: 10 km, 20km, and 42 km in Keskustori

Cycling: 20 km and 40 km in Kauppi

Canoeing at Kaupinoja Beach (additional fee)

Orienteering in Keskustori (additional fee)

Tampere, once known as the "Manchester of Finland" due to its flourishing industrial economy, attracted a diverse population of foreign workers and became a leader in the labor movement in the early 20th century.

Enjoy Tampere's likewise-diverse international Olympiad population today as you sample

from a menu of several activity options. Like yesterday, Olympiad walking and biking events are available nearby, using either your included bus or tram passes or our private coach to get to and from the various event starting points.

Today, walks of 10 km, 20 km, and 40 km are offered, as are 20 km or 40 km cycling routes.

Also available are canoeing and orienteering, both offered for an additional fee.

[Day 12~August 16, 2025: Activities from Tampere \(B\)](#)

Walk #14: 10 km, 20km, and 42 km in Keskustori

Cycling: 20 km and 40 km in Kauppi

Swimming in Lake Kaukajärvi

Canoeing at Kaupinoja Beach (additional fee)

Orienteering in Keskustori (additional fee)

Tampere is also known as the “Sauna Capital of the World,” with over 30 public saunas in the area, including Rauhaniemi and Rajaportti, Finland’s oldest public sauna still in use. With a few days of Olympiad activities under your belt, you may wish to build in some sauna time amongst all the other activities offered today.

Like yesterday, Olympiad walking and biking events are available nearby, using either your included bus or tram passes or our private coach to get to and from the various event starts. Today, walks of 10 km, 20 km, and 40 km are offered, as are 20 km or 40 km cycling routes. Swimming is also offered today only, so unpack that swimsuit for a dip in Lake Kaukajärvi. It could also come in handy if you take advantage of a sauna today!

Also available today are canoeing and orienteering, both offered for an additional fee.

[Day 13~August 17, 2025: Tampere, Finland - Helsinki, Finland \(B\)](#)

Walk #15: 5/6 km, 10 km, 20km in Keskustori

Cycling: 20 km in Kauppi

Orienteering in Keskustori (additional fee)

Multi-faceted Tampere is home, as well, to one of the most important short film festivals in Europe. Each March, Tampere attracts filmmakers and cinephiles from around the world, showing off its role as a center for culture and the arts. Like any good film, our Olympiad journey comes to its riveting conclusion today.

As on previous days, Olympiad walking and biking events are available nearby, using either your included bus or tram passes or our private coach to get to and from the various event starts. Today, walks of 5/6 km, 10 km, and 20 km are offered, as is a 20 km cycling route.

We depart Tampere early this afternoon to arrive back in Helsinki by mid-afternoon. Those ending their Scandinavian tour with the Olympiad will be dropped off at your Helsinki

airport hotel before we continue south with the rest of the group to continue the Adventure in the Baltic States.

[Day 14~August 18, 2025: Depart Helsinki \(B\)](#)

You've reached the Finnish finish line today, blessed with several days of international camaraderie and walking in the beautiful lake-filled region of Tampere. We wish you a safe journey home!

Option 3: Denmark, Sweden, Finland Olympiad PLUS Baltic States

August 5 - 26, 2025 • 22 Days • \$8490

Including:

- All land and ferry travel in Denmark, Sweden, Finland, and the Baltic States including transportation to and during the Olympiad in Tampere, Finland
- Ferry from Helsinki, Finland to Tallinn, Estonia
- Superior tourist-class or better hotel accommodations
- Overnight accommodation in A class or Promenade cabin on Tallink ferry between Stockholm and Helsinki
- 3 nights Roskilde (DK), 1 night Kristianstad (SE), 1 night Öland (SE), 1 night Norrköping (SE), 1 night Stockholm (SE), 1 night ferry to Helsinki (FI), 4 nights Tampere (FI), 2 nights Tallinn (EE), 1 night Tartu (EE), 1 night Sigulda (LV), 2 nights Riga (LV), 1 night Kaunas (LT), 2 nights Vilnius (LT)
- 29 meals: all breakfasts and 8 dinners (as denoted BD)
- Fees for walking credit for at least 1 walk each in Denmark and Sweden, all walking, cycling, and swim events at the IVV Olympiad in Tampere, Finland, at least 1 walk in Estonia, 3 walks in Latvia, and 2 walks in Lithuania (IVV sanctions will be applied for)
- WAI guide service throughout (2 guides per bus)
- Nature, cultural, and historical expertise of local guides in Copenhagen (DK), Stockholm (SE), Helsinki (FI), Tallinn (EE), Riga (LV), and Vilnius (LT)
- Services of a national guide for 21 days from Roskilde, Denmark through the Vilnius, Lithuania
- All tipping for national and local guides, coach drivers, and group meals
- Pricing is based on double occupancy. A limited number of single rooms are available at a supplement of \$1550 We also provide a roommate matching service for those interested.

Activities/Visits to:

- 26 walks as listed: Roskilde Optional (DK), Copenhagen (DK), Deer Park (DK), Ales Stenar & Stenshuvud NP (SE), Öland /Borgholm (SE), Kalmar/Gota Canal (SE), Stockholm Djurgården (SE), Stockholm Gamla Stan & Islands (SE), Helsinki (FI), Tampere Olympiad (FI), Tallinn Old Town (EE), Kardriorg Park (EE), Tartu Old Town (EE), Ahja River (EE), Medieval Cēsis (LV), Turaida Castle (LV), Riga Old Town (LV), Kemeris Bog & Jurmala Beach (LV), Trakai Castle (LT), Vilnius Old Town (LT)

- Kastellet & Nyhavn - Copenhagen (DK)
- Castle grounds of Kronborg & Fredricksborg (DK)
- Ales Stenar (SE)
- Stenshuvud National Park (SE)
- Lerkaka Windmills & Borgholm Castle grounds (SE)
- Kalmar Castle grounds (SE)
- Gota Canal (SE)
- Vasa Museum in Stockholm with guided tour (SE)
- Stockholm's Old Town - Gamla Stan on guided walk (SE)
- Uppenski Cathedral and Senate Square in Helsinki (FI)
- Activities of the IVV Olympiad in Tampere, Finland including opening ceremonies and walking, cycling and swimming daily and bus pass to reach events not served by our coach. Optional activities are also available.
- Aleksander Nevski Cathedral - Tallinn (EE)
- Kadriorg Palace and Park (EE)
- Tartu Cathedral Ruins (EE)
- Ahja River Nature Reserve (EE)
- Medieval Cesis (LV)
- Turaida Museum Preserve and Castle (LV)
- Riga Old Town (LV)
- Great Kemeru Bog (LV)
- Jurmala Coast (LV)
- Rundale Palace on a guided tour (LV)
- Hill of Crosses (LT)
- Trakai Island Castle and Lake Galve Boat Ride (LT)
- Vilnius Old Town (LT)
- More fun stops than we can list!

Optional Excursions:

- Denmark Early Arrival Package: airport transfer, Roskilde hotel on August 4, and Roskilde Viking Capital of Denmark Walk including entry into Roskilde Cathedral on August 5 - Day 1
- Free Time Options in Copenhagen - Day 2
 - Rosenborg Castle, Christiansborg Palace, Church of Christ the Savior Tower, Tivoli Gardens
- Free Time Options in Stockholm - Days 7 & 8
 - ABBA Museum, Royal Palace, Nobel Museum, City Hall, Riddarholm Church, Storkyrkan Church
- IVV Olympiad optional activities including canoeing, orienteering, and sightseeing and evening social activities (these activities will be announced as information is available from the Olympiad committee - Days 10-13)
- Kiek in De Kok Tower and Museum (Tallinn) - Day 14
- Olaf's Church Tower (Tallinn) - Day 14
- House of the Blackheads (Riga) - Day 17 or 18
- KGB Museum (Vilnius) - Day 20

- Lukiskes Prison 2.0 (Vilnius) - Day 20
- Gediminas Tower (Vilnius) - Day 21
- Palace of the Dukes (Vilnius) - Day 21

[Return to Options Menu](#)

Itinerary

Click on each day to reveal more details.

Option 3: Denmark, Sweden, Finland Olympiad PLUS Baltic States

[Day 0~August 4, 2025: Early Arrival into Roskilde, Denmark](#)

Denmark Early Arrival Package: Travelers arriving early (always recommended) into Copenhagen today will benefit from a 3-part early arrival package including:

- transportation from airport to hotel in Roskilde, Denmark;
- 1 night in the hotel on August 4 with breakfast; and
- participation in the guided optional Day 1 Roskilde Walk, including admission into Roskilde Cathedral, the Westminster Abbey of Denmark.

After collecting your luggage from the luggage carousels, pass through customs and look for a member of the WAI guide team holding a WAI sign. WAI guides will direct travelers to our bus for the 30-minute drive to our hotels in Roskilde, Denmark. Depending upon arrival times, you may need to wait until check-in time. But the wait will be worth the 4-night stay in one hotel! Estimated price: \$250 per person; single supplement for hotel - \$85

No group activities are planned for today.

[Day 1~August 5, 2025: En Route to Roskilde, Denmark](#)

Walk #1: Optional Roskilde Viking Capital of Denmark Walk - 7 km, rated 2B

Travelers arrive into Copenhagen today in preparation for our Denmark and Sweden Walking Adventure. Our hotel in Roskilde is about a 30-minute taxi ride from the airport.

Here, you can settle in for the first of three nights in the delightful Danish town of Roskilde. Nestled along its namesake fjord, Roskilde was Denmark's medieval capital before Copenhagen rose to prominence.

Travelers who arrive a day early on August 4 are invited to join us for an optional walk that takes in a few of the city's many highlights, including the UNESCO World Heritage Roskilde Cathedral (burial place of most of Denmark's monarchs), the grounds of an excellent waterfront Viking Ship Museum, and tranquil forest-lined paths along Roskilde Fjord. This guided 7 km walk, with admission to Roskilde Cathedral, is included in the optional Early

Arrival Package for travelers arriving on August 4.

Later this evening, travelers rendezvous with their guide team and fellow travelers for a welcome orientation and dinner.

[Day 2~August 6, 2025: Activities from Roskilde \(B\)](#)

Walk #2: Wonderful Copenhagen Walk - 10 km, rated 1B (IVV sanctioned)

We drive east this morning to explore one of the gems of Scandinavia, the enchanting architecture, charming lanes, and compelling history of Copenhagen. Our guided walk here offers an introduction to countless treasures in the city's UNESCO World Heritage listed historic center. Attractions along the trail include the star-shaped fortress of Kastellet, magnificent Christiansborg Palace (home to Danish Parliament), the famous Little Mermaid Statue, Amalienborg Palace (the royal family's residence), the funky vibe of Christianshavn, and iconic Nyhavn, where colorful 17th century houses line the picturesque waterfront.

With several tempting culinary options to choose from for lunch and a wonderful variety of free time offerings in the afternoon (e.g. National Museum of Denmark, Tivoli Gardens, Church of Christ the Savior Tower, or a canal tour), immerse yourself in the vibrant culture and charming atmosphere of Copenhagen before an early evening return to Roskilde.

[Day 3~August 7, 2025: Activities from Roskilde \(B\)](#)

Walk #3: Deer Park Forest & Seashore Walk - 10 km, rated 1B

From our home base of Roskilde on Denmark's easternmost island of Zealand, we enjoy a wonderful trio of highlights to the north. We start with a forested walk through the Dyrehaven (Deer Park), created by King Frederik III as his private royal hunting grounds in 1669. This storied estate is famous for its rolling meadows, ancient oak trees, and population of around 2,000 free-roaming deer. Our scenic stroll also passes some of the park's historic structures, including the Hermitage Hunting Lodge, and finishes in the Bakken, the world's oldest operating amusement park (dating back to 1583).

This afternoon, we visit the grounds of two famous Danish castles, starting with Kronborg, a UNESCO World Heritage Site in Helsingor and setting for Shakespeare's "Hamlet". Our second royal residence is Frederiksborg, a grand 17th century Renaissance palace surrounded by beautiful, French-style gardens.

Following these regal ramblings, a scenic drive takes us through Fredericksund and Skibby on return to Roskilde for one last night in Denmark.

[Day 4~August 8, 2025: Roskilde, Denmark - Kristianstad, Sweden \(B\)](#)

Walk #4: Ales Stenar Iron Age Walk - 2 km, rated 1A

Walk #5: Stenshuvud National Park Nature Walk - 4 km, rated 2C

We bid fond farewells to Denmark this morning and transition to Sweden, our second Scandinavian country. Our route meanders along the southern coast of this once-great maritime power, with a first stop at Ales Stenar, often referred to as “Sweden’s Stonehenge.” This ancient megalithic monument stands atop a coastal bluff and is comprised of 59 large boulders arranged in the outline of a ship. A short stroll here winds amongst these mysterious Iron Age stones, which may have served as a solar calendar or perhaps a burial monument. No one knows!

Continuing through the lovely Skåne region, we stop for an afternoon hike at Stenshuvud National Park, a diverse nature reserve that blends forested hills, open meadows, heathlands, and sandy Baltic beaches.

Our first day in Sweden finishes in Kristianstad, founded in 1614 by its namesake king and known for its well-preserved Renaissance architecture.

[Day 5~August 9, 2025: Kristianstad - Öland, Sweden \(BD\)](#)

Walk #6: Borgholm Castle Walk - 5 km, rated 2B

After a morning drive north from Kristianstad, today’s focus rests solidly on Öland, Sweden’s second largest island, sitting in the Baltic Sea off the southeastern coast. This idyllic place is known for its unique landscape, featuring vast open plains, a large limestone plateau (UNESCO-listed Stora Alvaret) that is home to a number of rare plant species, iconic windmills, and ancient castle ruins.

Today’s walk explores the wonderful little town of Borgholm, established in the early 19th century in the shadow of Borgholm Castle and Solliden Palace, a royal summer residence. Featuring charming coastal town scenes, quiet forests, and the iconic castle ruins of Borgholm (dating back to the 12th century), this walk is a great precursor for a full group dinner and relaxing evening at nearby Ekerum Resort.

[Day 6~August 10, 2025: Öland - Norrköping, Sweden \(B\)](#)

Walk #7: Kalmar Castle Walk - 2 km, rated 1A

Walk #8: Göta Canal Walk - 6.5 km, rated 1A

While Öland beckons us to stay and explore further, we leave the island this morning and enjoy a brief wander through the historical center of Kalmar, once a significant trading hub in the Middle Ages. Our trail takes us past highlights such as Kalmar Cathedral and the Old Water Tower, and culminates at Kalmar Castle, one of Sweden’s most impressive Renaissance castles.

Continuing north from Kalmar, our journey takes us to Söderköping, a charming old port and trade center. Following a break for lunch, we embark on an easy, pastoral stroll from Söderköping to Mem along the Göta Canal, often referred to as Sweden’s “blue ribbon.” This remarkable engineering achievement stretches 243 miles across Sweden to connect the

Baltic Sea with the North Sea. Completed in the early 19th century and incorporating numerous locks, lakes, and rivers, this pioneering route was initially built to facilitate trade and transportation but is now a popular tourist destination, offering boat trips, cycling and walking paths, and charming villages (like Söderköping) along its route.

We finish our day along the Motala River in the historic city of Norrköping, a major center for textile manufacturing.

[Day 7~August 11, 2025: Norrköping - Stockholm, Sweden \(B\)](#)

Walk #9: Stockholm Djurgården Island Walk - 5 km, rated 2B (IVV sanctioned)

A morning drive brings us to the great Nordic capital city of Stockholm. Founded in the 13th century, the city is strategically located on a series of islands, providing an ideal site for trade and defense against invasion.

Our first foray into the diverse delights of Stockholm takes us to Djurgården, one of those many islands, for an intriguing visit to the Vasa Museum. In the 17th century, at the height of its military power, Sweden's king commissioned a massive and ornately decorated warship known as the Vasa, which promptly sank on its maiden voyage in 1628. Raised from the chilly depths, and painstakingly restored, the Vasa and its surrounding museum are a memorable sight to behold.

This afternoon's walk takes us past several other noteworthy highlights on Djurgården, including the ABBA Museum, Grona Lund Amusement Park, and Rosendal Palace. The route finishes with a stroll through Nobelpark past several embassies on our return to the Vasa Museum.

A centrally located Stockholm hotel offers many good walkable dining options this evening.

[Day 8~August 12, 2025: Stockholm - Overnight Ferry to Helsinki, Finland \(BD\)](#)

Walk #10: Stockholm Gamla Stan (Old Town) Walk - 4.5 km, rated 1A

BONUS WALK: Stockholm Islands Walk - 2.5 km / 3.5 km, rated 1A

Gamla Stan (Old Town) is the historic heart of Stockholm, famous for its charming cobblestone streets, colorful medieval buildings, and rich cultural heritage. Our guided walk this morning takes us past many of these well-preserved treasures, including the Royal Palace, Riddarholm Church, Storkyrkan Church, and the Nobel Museum. The city's long history is marked by a mix of architectural styles, from Gothic to Baroque, with street performers, local artisans, and outdoor markets adding to the colorful milieu. Countless hidden squares and narrow alleyways teeming with cafes and tourist shops lend a lighter ambiance to the trail.

Following the guided walk, lunch and the remainder of the afternoon are free to explore this amazing Scandinavian city. Consider a visit to the palace, City Hall, or Nobel Museum, or

climb the church tower at Storkyrkan for fabulous views over the city.

Or consider joining your WAI guides on a bonus afternoon walk that incorporates a brief ferry ride (nominal cost not included) and a lovely stroll on the neighboring islands of Skeppsholmen and Kastellholmen.

Mid-afternoon, we board our bus and take a short drive to the ferry dock, embarking on a large ship bound for Helsinki, Finland. We look forward to a memorable overnight journey through the Stockholm Archipelago that includes a group dinner, postcard-perfect island scenery, and comfortable cabins.

[Day 9~August 13, 2025: Overnight Ferry into Helsinki, Finland - Tampere, Finland \(BD\)](#)

Walk #11: Helsinki Finland Walk 3/6 km, rated 1A

After an overnight crossing of the Baltic Sea and breakfast aboard our ship, we disembark mid-morning in Helsinki, capital of Finland. The city has roots dating back to the 16th century, when King Gustav I of Sweden founded it as a trading post to compete with nearby Reval (now Tallinn, Estonia).

Winding our way through this city's mix of modern and historical architecture, the walk incorporates several highlights, including Uppenski Cathedral, Senate Square, Helsinki Cathedral, Kemppi Chapel and the Esplanade, before enjoying a lunch break in town. From Helsinki, we drive north through Finnish countryside bound for the IVV Olympiad and four fun-filled days of international camaraderie and activities in Tampere, Finland.

Upon arrival, we check into our lakeside hotel for a 4-night stay starting with a full-group Olympiad welcome dinner at our hotel.

NOTE: Optional sightseeing and social activities will be offered by the Olympiad committee. Details are not known at the time of publication but will be announced as they are made available to us.

[Day 10~August 14, 2025: Activities from Tampere \(B\)](#)

Walk #12: 5/6 km, 10 km, 20km in Keskustori

Cycling: 20 km in Kauppi

Orienteering in Keskustori (additional fee)

Following breakfast, IVV Olympiad activities begin in Tampere, a city founded in 1779 by Swedish king Gustav III. With its strategic location along the Tammerkoski rapids between Lake Näsijärvi and Lake Pyhäjärvi, it was an ideal site for hydro-powered industrial development and grew as a center of textile production in the 1800s.

Our objectives over the next few days are less industrial and more international as we mix and mingle with people from all over the planet in a global celebration of walking and other

fun physical activities. Local bus and tram passes are provided as part of your Olympiad pass, but WAI will also provide our motorcoach as an additional means of getting everyone to their desired events each day.

Walks of 5 km, 6 km, 10 km, and 20 km are offered today, as is a 20 km cycling route, and orienteering (additional fee). At 2:00 pm, a parade of nations begins from Koskipuisto Park and concludes in Keskustori at 3:00 pm, where the Opening Ceremony takes place.

[Day 11~August 15, 2025: Activities from Tampere \(B\)](#)

Walk #13: 10 km, 20km, and 42 km in Keskustori

Cycling: 20 km and 40 km in Kauppi

Canoeing at Kaupinoja Beach (additional fee)

Orienteering in Keskustori (additional fee)

Tampere, once known as the “Manchester of Finland” due to its flourishing industrial economy, attracted a diverse population of foreign workers and became a leader in the labor movement in the early 20th century.

Enjoy Tampere’s likewise-diverse international Olympiad population today as you sample from a menu of several activity options. Like yesterday, Olympiad walking and biking events are available nearby, using either your included bus or tram passes or our private coach to get to and from the various event starting points.

Today, walks of 10 km, 20 km, and 40 km are offered, as are 20 km or 40 km cycling routes.

Also available are canoeing and orienteering, both offered for an additional fee.

[Day 12~August 16, 2025: Activities from Tampere \(B\)](#)

Walk #14: 10 km, 20km, and 42 km in Keskustori

Cycling: 20 km and 40 km in Kauppi

Swimming in Lake Kaukajärvi

Canoeing at Kaupinoja Beach (additional fee)

Orienteering in Keskustori (additional fee)

Tampere is also known as the “Sauna Capital of the World,” with over 30 public saunas in the area, including Rauhaniemi and Rajaportti, Finland’s oldest public sauna still in use. With a few days of Olympiad activities under your belt, you may wish to build in some sauna time amongst all the other activities offered today.

Like yesterday, Olympiad walking and biking events are available nearby, using either your included bus or tram passes or our private coach to get to and from the various event starts. Today, walks of 10 km, 20 km, and 40 km are offered, as are 20 km or 40 km cycling routes. Swimming is also offered today only, so unpack that swimsuit for a dip in Lake Kaukajärvi. It could also come in handy if you take advantage of a sauna today!

Also available today are canoeing and orienteering, both offered for an additional fee.

[Day 13~August 17, 2025: Tampere, Finland - Tallinn, Estonia \(B\)](#)

Walk #15: 5/6 km, 10 km, 20km in Keskustori

Cycling: 20 km in Kauppi

Orienteering in Keskustori (additional fee)

Multi-faceted Tampere is home, as well, to one of the most important short film festivals in Europe. Each March, Tampere attracts filmmakers and cinephiles from around the world, showing off its role as a center for culture and the arts. Like any good film, our Olympiad journey comes to its riveting conclusion today.

As on previous days, Olympiad walking and biking events are available nearby, using either your included bus or tram passes or our private coach to get to and from the various event starts. Today, walks of 5/6 km, 10 km, and 20 km are offered, as is a 20 km cycling route.

We depart Tampere early this afternoon to arrive back in Helsinki by mid-afternoon. Those ending their Scandinavian tour with the Olympiad will be dropped off at a Helsinki airport hotel while travelers continuing on for the *Baltic States Adventure* will board an evening ferry for the 2-hour Baltic Sea crossing to Tallinn, Estonia. We check into our centrally located hotel late in the evening looking forward to a 2-night stay.

[Day 14~August 18, 2025: Activities in Tallinn \(BD\)](#)

Walk #16: Tallinn Old Town Walk - 5/9 km, rated 2B

Offering one of the best-preserved medieval towns in Europe, Tallinn invites us to enter its gates and wander its charming and historic lanes. Its many diverse delights include Aleksander Nevski Cathedral and Toompea Castle as well as creatively named towers like Fat Margaret and Tall Hermann. Our guided walk continues through Telliskivi Creative City, a trendy district just outside Old Town known for its street art, creative spaces, and thriving culinary scene.

During your free afternoon, dive deeper into Tallinn's treasures with a climb up St. Olaf's Church Tower for magnificent views of the city's UNESCO-designated Old Town. Or visit labyrinthine Kiek in De Kok Tower and Museum, which showcases the city's rich history with the added opportunity to walk a portion of Tallinn's fortified walls and among its hidden passageways.

We rendezvous again this evening for our first group dinner and a chance to get better acquainted before continuing our journey to Baltic points south tomorrow.

[Day 15~August 19, 2025: Tallinn - Tartu, Estonia \(B\)](#)

Walk #17: Kadriorg Park Walk - 6 km, rated 2B

Walk #18: Tartu Old Town Walk - 3 km, rated 2B

Dominated at various times by German crusaders, Denmark, Sweden, Poland, and more recently Russian Soviets, Estonia's long history has been shaped by centuries of foreign rule and cultural influence. During these periods of foreign occupation, Estonian language and cultural pride never wavered. Nowhere is this more evident than at Kadriorg Park, a gorgeous green space in Tallinn containing an elegant Baroque palace built by Peter the Great of Russia.

Near this opulent symbol of foreign oppression lies the Tallinn Song Festival Grounds, site of Estonia's "Singing Revolution" where, in 1988, more than 300,000 Estonians gathered to defiantly but peacefully sing forbidden patriotic songs expressing their desire for independence from the Soviet Union.

Our morning walk in this revered setting helps us better understand this Baltic nation's yearning for freedom. This afternoon, we drive south to Tartu, the country's second largest city, considered to be the intellectual and cultural heart of Estonia. A short walk here takes in highlights such as Town Hall Square, University of Tartu, Toome Hill, and the evocative ruins of 13th century Tartu Cathedral.

[Day 16~August 20, 2025: Tartu - Sigulda, Latvia \(BD\)](#)

Walk #19: Ahja River Nature Walk - 3 km, rated 2B

Walk #20: Medieval Cēsis Walk - 4 km, rated 2B

Located in southeastern Estonia, Ahja River Nature Reserve serves as our farewell walk in this fascinating Baltic country. A short hike offers a sense of serenity beside the meandering Ahja River, through lush forests and meadows, and along sandstone cliffs.

Crossing the border into Latvia, we make our way to Cēsis, a charming medieval town. Drawn by its strategic location along major trade routes, Cēsis was first settled by the Livonian Brothers of the Sword (a Catholic military order) in the early 13th century. The town and its castle served as a stronghold for the order and became a political center in the region.

Enjoy wandering the cobblestone streets and among the colorful wooden and stone buildings of Cēsis, catching sight of both the New and Old Cēsis Castles, before we finish our evening in nearby Sigulda with an included dinner.

[Day 17~August 21, 2025: Sigulda - Riga, Latvia \(BD\)](#)

Walk #21: Turaida Castle Walk - 4 km, rated 2B

Walk #22: Riga House of the Blackheads Walk - 3.5 km, rated 1B

Turaida Castle, one of the most iconic medieval fortresses in Latvia, rests atop a commanding hillside position in Gauja National Park. This red brick castle, built in 1214 by

the Archbishop of Riga, served as an important stronghold in the Middle Ages. It is now the 21st century centerpiece of impressive Turaida Museum Reserve, an outdoor living history space that offers a comprehensive look at the early Livonian inhabitants that called this place home.

Our morning walk shows off the castle and its lovely views of the Gauja River, but also features traditional farmsteads, ancient burial sites, a sculpture garden, and fascinating indoor exhibits.

A short afternoon drive brings us to Riga, capital of Latvia and the largest city in all the Baltic States. Our trail here explores the UNESCO World Heritage Old Town, marveling at its Art Nouveau architecture and enjoying unique Riga sights like the 14th century House of the Blackheads, Riga Cathedral, St. Peter's Church, Freedom Monument, and Bastejkalns Park. This evening, we celebrate our host country with a full-group dinner with Latvian-themed entertainment!

[Day 18~August 22, 2025: Activities from Riga, Latvia \(B\)](#)

Walk #23: Great Kemeris Bog Boardwalk Walk - 5 km, rated 1B

Walk #24: Jurmala Beach Town Walk - 3 km, rated 1B

Venturing west of Riga this morning, we explore the extensive, biodiverse wetlands of Kemeris National Park. Home to a vast area of bogs, swamps, lakes, and forests, this unique stroll features the Great Kemeris Bog on an elevated boardwalk loop that offers rewarding encounters with mossy peat beds, stunted pine trees, and crystal-clear pools.

Following this enchanting trail, we drive to the Baltic coast and enjoy the famous resort town of Jurmala, renowned for its fine, white sand beach and beautifully preserved 19th and early 20th century wooden villas. With plenty of excellent lunch restaurants, shops, and people-watching opportunities, the afternoon walk allows us to dive into the delights of this Latvian vacation destination.

Our day concludes back in the bustling capital city of Riga with an evening free to explore dining options and the walkable old town near our hotel.

[Day 19~August 23, 2025: Riga, Latvia - Kaunas, Lithuania \(B\)](#)

One of Latvia's most impressive architectural landmarks awaits our exploration today. Stunning baroque Rundale Palace was designed by the same Italian architect (Francesco Bartolomeo Rastrelli) who created the famous Winter Palace in St. Petersburg. This opulent 18th century gem exhibits Latvia's noble past on a guided tour exploring its richly decorated rooms and alluring Grand Hall, with its intricate stucco work, gilded accents, and elegant period furniture.

The baroque theme continues in the estate's expansive gardens, with beautifully landscaped flower beds, walking paths, and a small orchard.

Continuing south from Rundale, we cross from Latvia to Lithuania and make a brief stop at evocative Hill of Crosses. This iconic pilgrimage site near the town of Šiauliai is characterized by thousands of diverse crosses and religious icons (over 100,000 of them!), initially placed here spontaneously as a memorial to those who died in 19th century uprisings against the Russian Empire. During later Soviet occupation, Lithuanians continued to defy their overlords by placing new crosses here as a form of peaceful resistance.

Following this eerily uplifting visit, we finish our day in Kaunas, the country's second largest city, located at the confluence of the Nemunas and Neris rivers.

[Day 20~August 24, 2025: Kaunas, Lithuania - Vilnius, Lithuania \(B\)](#)

Walk #25: Trakai Castle Walk - 4.2 km, rated 1B

Trakai Castle, a well-known Lithuanian landmark, rests majestically on an island in the middle of Lake Galvė. Our lakeside approach to the castle, its red brick Gothic architecture dating back to the 14th century, shows us the many water activities on offer here (fishing, boating, swimming) that make Trakai such a popular outdoor destination for Lithuanians.

The town of Trakai boasts beautiful churches and a host of colorful old wooden homes, adding more varied highlights to the trail. Before a break for lunch, we enjoy a scenic boat ride on Lake Galvė, featuring great views of the castle from the water.

With a mid-afternoon arrival into Vilnius, the capital of Lithuania, consider an optional activity such as the KGB Museum. While this site has a darker theme, it serves as an excellent introduction to the challenging history of occupation and heartache Lithuanians have endured and overcome.

For a lighter, more colorful activity, consider wandering into Vilnius's UNESCO World Heritage Old Town, just a short walk from our hotel.

[Day 21~August 25, 2025: Activities in Vilnius, Lithuania \(BD\)](#)

Walk #26: Vilnius Old Town Walk - 4.5/6 km, rated 1B or 2C

Situated at the confluence of the Vilnia and Neris rivers, Vilnius combines a broad range of stunning architecture (Gothic, Renaissance, and Baroque) with a rich history of political and cultural influences.

This morning's walk passes many outstanding highlights, including the Gates of Dawn, St. Anne's Church, Vilnius Cathedral, Palace of the Grand Dukes of Lithuania, Vilnius University, the Old Jewish Ghetto, Bernardine Gardens, Gediminas' Tower, and the Republic of Užupis (a bohemian Vilnius neighborhood that is both charming and quirky).

Our local guide brings this endearing Baltic capital to life while leaving you with plenty of time to enjoy lunch on your own and an afternoon free to dive deeper into other Vilnius

offerings.

We rendezvous this evening for a delectable and memorable Lithuanian farewell dinner.

[Day 22~August 26, 2025: Depart Vilnius, Lithuania for home \(B\)](#)

Our exploration of this storied corner of Europe ends today with a transfer (not included) to Vilnius International Airport. We return home with a new admiration for the rich heritage of these three brave Baltic nations, and fond memories of new walking friends made during our visit.

Option 4: Baltic States PLUS Finland Olympiad

August 12 - 26, 2025 • 15 Days • \$5390

Including:

- All land travel in Finland and the Baltic States including transportation to and during the Olympiad in Tampere, Finland
- Ferry from Helsinki, Finland to Tallinn, Estonia
- Superior tourist-class or better hotel accommodations
- 1 night Helsinki (FI), 4 nights Tampere (FI), 2 nights Tallinn (EE), 1 night Tartu (EE), 1 night Sigulda (LV), 2 nights Riga (LV), 1 night Kaunas (LT), 2 nights Vilnius (LT)
- 19 meals: all breakfasts and 5 dinners (as denoted BD)
- Fees for walking credit for all walking, cycling, and swim events at the IVV Olympiad in Tampere, Finland, at least 1 walk in Estonia, 3 walks in Latvia, and 2 walks in Lithuania (IVV sanctions will be applied for)
- WAI guide service throughout (2 guides per bus)
- Nature, cultural, and historical expertise of local guides in Helsinki (FI), Tallinn (EE), Riga (LV), and Vilnius (LT)
- Services of national guide for 13 days from Helsinki, Finland through Vilnius, Lithuania
- All tipping for national and local guides, coach drivers, and group meals
- Pricing is based on double occupancy. A limited number of single rooms are available at a supplement of \$875. We also provide a roommate matching service for those interested.

Activities/Visits to:

- 16 walks as listed: Helsinki (FI), Tampere Olympiad (FI), Tallinn Old Town (EE), Kardriorg Park (EE), Tartu Old Town (EE), Ahja River (EE), Medieval Cēsis (LV), Turaida Castle (LV), Riga Old Town (LV), Kemeris Bog & Jurmala Beach (LV), Trakai Castle (LT), Vilnius Old Town (LT)
- Uppeski Cathedral and Senate Square in Helsinki (FI)
- Activities of the IVV Olympiad in Tampere, Finland including opening ceremonies and walking, cycling and swimming daily and bus pass to reach events not served by our coach. Optional activities are also available.
- Aleksander Nevski Cathedral - Tallinn (EE)

- Kadriorg Palace and Park (EE)
- Tartu Cathedral Ruins (EE)
- Ahja River Nature Reserve (EE)
- Medieval Cesis (LV)
- Turaida Museum Preserve and Castle (LV)
- Riga Old Town (LV)
- Great Kemeris Bog (LV)
- Jurmala Coast (LV)
- Rundale Palace (LV)
- Hill of Crosses (LT)
- Trakai Island Castle and Lake Galve Boat Ride (LT)
- Vilnius Old Town (LT)
- More fun stops than we can list!

Optional Excursions:

- IVV Olympiad optional activities including canoeing, orienteering, and sightseeing and evening social activities (these activities will be announced as information is available from the Olympiad committee. - Days 3-6)
- Kiek in De Kok Tower and Museum (Tallinn) - Day 7
- Olaf's Church Tower (Tallinn) - Day 7
- House of the Blackheads (Riga) - Day 10 or 11
- KGB Museum (Vilnius) - Day 13
- Lukiskes Prison 2.0 (Vilnius) - Day 13
- Gediminas Tower (Vilnius) - Day 14
- Palace of the Dukes (Vilnius) - Day 14

[Return to Options Menu](#)

Itinerary

Click on each day to reveal more details.

Option 4: Baltic States PLUS Finland Olympiad

[Day 1 ~ August 12, 2025: Arrive Helsinki, Finland](#)

Travelers starting their Adventure at the Olympiad arrive today in Helsinki, Finland.

The airport is about a 20-minute taxi ride to your hotel, which is situated a short walk from city center and waterfront, where many of the highlights of tomorrow's walk can be found.

No group activities are scheduled for this day, and you will meet your guides and the rest of the group tomorrow when they arrive on an overnight ferry from Stockholm. Enjoy exploring the area around the hotel and the many walkable dining options that introduce you to your first taste of Finnish cuisine.

[Day 2~August 13, 2025: Helsinki, Finland - Tampere, Finland \(BD\)](#)

Walk #1: Helsinki Finland Walk 3/6 km, rated 1A

The group arriving from Stockholm docks in Helsinki mid-morning, allowing for a leisurely breakfast if you so choose. Once the Denmark & Sweden group disembarks, they will bus to the hotel to invite you to join in today's first Finnish activities.

Today's walk features Helsinki, the capital of Finland. The city has roots dating back to the 16th century, when King Gustav I of Sweden founded it as a trading post to compete with nearby Reval (now Tallinn, Estonia).

Winding our way through this city's mix of modern and historical architecture, the walk incorporates several highlights, including Uppenski Cathedral, Senate Square, Helsinki Cathedral, Kemppi Chapel and the Esplanade, before enjoying a lunch break in town.

We leave Helsinki northward bound for the IVV Olympiad and four fun-filled days of international camaraderie and exercise in Tampere, Finland. Upon arrival, we check into our lakeside hotel for a 4-night stay starting with a full-group Olympiad welcome dinner at our hotel.

NOTE: Optional sightseeing and social activities will be offered by the Olympiad committee. Details are not known at the time of publication but will be announced as they are made available to us.

[Day 3~August 14, 2025: Activities from Tampere \(B\)](#)

Walk #2: 5/6 km, 10 km, 20km in Keskustori

Cycling: 20 km in Kauppi

Orienteering in Keskustori (additional fee)

Following breakfast, IVV Olympiad activities begin in Tampere, a city founded in 1779 by Swedish king Gustav III. With its strategic location along the Tammerkoski rapids between Lake Näsijärvi and Lake Pyhäjärvi, it was an ideal site for hydro-powered industrial development and grew as a center of textile production in the 1800s.

Our objectives over the next few days are less industrial and more international as we mix and mingle with people from all over the planet in a global celebration of walking and other fun physical activities. Local bus and tram passes are provided as part of your Olympiad pass, but WAI will also provide our motorcoach as an additional means of getting everyone to their desired events each day.

Walks of 5 km, 6 km, 10 km, and 20 km are offered today, as is a 20 km cycling route, and orienteering (additional fee). At 2:00 pm, a parade of nations begins from Koskipuisto Park and concludes in Keskustori at 3:00 pm, where the Opening Ceremony takes place.

[Day 4~August 15, 2025: Activities from Tampere \(B\)](#)

Walk #3: 10 km, 20km, and 42 km in Keskustori

Cycling: 20 km and 40 km in Kauppi

Canoeing at Kaupinoja Beach (additional fee)

Orienteering in Keskustori (additional fee)

Tampere, once known as the “Manchester of Finland” due to its flourishing industrial economy, attracted a diverse population of foreign workers and became a leader in the labor movement in the early 20th century.

Enjoy Tampere’s likewise-diverse international Olympiad population today as you sample from a menu of several activity options. Like yesterday, Olympiad walking and biking events are available nearby, using either your included bus or tram passes or our private coach to get to and from the various event starting points.

Today, walks of 10 km, 20 km, and 40 km are offered, as are 20 km or 40 km cycling routes.

Also available are canoeing and orienteering, both offered for an additional fee.

[Day 5~August 16, 2025: Activities from Tampere \(B\)](#)

Walk #4: 10 km, 20km, and 42 km in Keskustori

Cycling: 20 km and 40 km in Kauppi

Swimming in Lake Kaukajärvi

Canoeing at Kaupinoja Beach (additional fee)

Orienteering in Keskustori (additional fee)

Tampere is also known as the “Sauna Capital of the World,” with over 30 public saunas in the area, including Rauhaniemi and Rajaportti, Finland’s oldest public sauna still in use. With a few days of Olympiad activities under your belt, you may wish to build in some sauna time amongst all the other activities offered today.

Like yesterday, Olympiad walking and biking events are available nearby, using either your included bus or tram passes or our private coach to get to and from the various event starts. Today, walks of 10 km, 20 km, and 40 km are offered, as are 20 km or 40 km cycling routes. Swimming is also offered today only, so unpack that swimsuit for a dip in Lake Kaukajärvi. It could also come in handy if you take advantage of a sauna today!

Also available today are canoeing and orienteering, both offered for an additional fee.

[Day 6~August 17, 2025: Tampere, Finland - Tallinn, Estonia \(B\)](#)

Walk #5: 5/6 km, 10 km, 20km in Keskustori

Cycling: 20 km in Kauppi

Orienteering in Keskustori (additional fee)

Multi-faceted Tampere is home, as well, to one of the most important short film festivals in Europe. Each March, Tampere attracts filmmakers and cinephiles from around the world, showing off its role as a center for culture and the arts. Like any good film, our Olympiad journey comes to its riveting conclusion today.

As on previous days, Olympiad walking and biking events are available nearby, using either your included bus or tram passes or our private coach to get to and from the various event starts. Today, walks of 5/6 km, 10 km, and 20 km are offered, as is a 20 km cycling route.

We depart Tampere early this afternoon to arrive back in Helsinki by mid-afternoon. Those ending their Scandinavian tour with the Olympiad will be dropped off at a Helsinki airport hotel while travelers continuing on for the *Baltic States Adventure* board an evening ferry for the 2-hour Baltic Sea crossing to Tallinn, Estonia. We check into our centrally located hotel late in the evening looking forward to a 2-night stay.

[Day 7~August 18, 2025: Activities in Tallinn \(BD\)](#)

Walk #6: Tallinn Old Town Walk - 5/9 km, rated 2B

Offering one of the best-preserved medieval towns in Europe, Tallinn invites us to enter its gates and wander its charming and historic lanes. Its many diverse delights include Aleksander Nevski Cathedral and Toompea Castle as well as creatively named towers like Fat Margaret and Tall Hermann. Our guided walk continues through Telliskivi Creative City, a trendy district just outside Old Town known for its street art, creative spaces, and thriving culinary scene.

During your free afternoon, dive deeper into Tallinn's treasures with a climb up St. Olaf's Church Tower for magnificent views of the city's UNESCO-designated Old Town. Or visit labyrinthine Kiek in De Kok Tower and Museum, which showcases the city's rich history with the added opportunity to walk a portion of Tallinn's fortified walls and among its hidden passageways.

We rendezvous again this evening for a group dinner and a chance to get better acquainted before continuing our journey to Baltic points south tomorrow.

[Day 8~August 19, 2025: Tallinn - Tartu, Estonia \(B\)](#)

Walk #7: Kadriorg Park Walk - 6 km, rated 2B

Walk #8: Tartu Old Town Walk - 3 km, rated 2B

Dominated at various times by German crusaders, Denmark, Sweden, Poland, and more recently Russian Soviets, Estonia's long history has been shaped by centuries of foreign rule and cultural influence. During these periods of foreign occupation, Estonian language and cultural pride never wavered. Nowhere is this more evident than at Kadriorg Park, a gorgeous green space in Tallinn containing an elegant Baroque palace built by Peter the Great of Russia.

Near this opulent symbol of foreign oppression lies the Tallinn Song Festival Grounds, site of Estonia's "Singing Revolution" where, in 1988, more than 300,000 Estonians gathered to defiantly but peacefully sing forbidden patriotic songs expressing their desire for independence from the Soviet Union.

Our morning walk in this revered setting helps us better understand this Baltic nation's yearning for freedom. This afternoon, we drive south to Tartu, the country's second largest city, considered to be the intellectual and cultural heart of Estonia. A short walk here takes in highlights such as Town Hall Square, University of Tartu, Toome Hill, and the evocative ruins of 13th century Tartu Cathedral.

[Day 9~August 20, 2025: Tartu - Sigulda, Latvia \(BD\)](#)

Walk #9: Ahja River Nature Walk - 3 km, rated 2B

Walk #10: Medieval Cēsis Walk - 4 km, rated 2B

Located in southeastern Estonia, Ahja River Nature Reserve serves as our farewell walk in this fascinating Baltic country. A short hike offers a sense of serenity beside the meandering Ahja River, through lush forests and meadows, and along sandstone cliffs.

Crossing the border into Latvia, we make our way to Cēsis, a charming medieval town. Drawn by its strategic location along major trade routes, Cēsis was first settled by the Livonian Brothers of the Sword (a Catholic military order) in the early 13th century. The town and its castle served as a stronghold for the order and became a political center in the region.

Enjoy wandering the cobblestone streets and among the colorful wooden and stone buildings of Cēsis, catching sight of both the New and Old Cēsis Castles, before we finish our evening in nearby Sigulda with an included dinner.

[Day 10~August 21, 2025: Sigulda - Riga, Latvia \(BD\)](#)

Walk #11: Turaida Castle Walk - 4 km, rated 2B

Walk #12: Riga House of the Blackheads Walk - 3.5 km, rated 1B

Turaida Castle, one of the most iconic medieval fortresses in Latvia, rests atop a commanding hillside position in Gauja National Park. This red brick castle, built in 1214 by the Archbishop of Riga, served as an important stronghold in the Middle Ages. It is now the 21st century centerpiece of impressive Turaida Museum Reserve, an outdoor living history space that offers a comprehensive look at the early Livonian inhabitants that called this place home.

Our morning walk shows off the castle and its lovely views of the Gauja River, but also features traditional farmsteads, ancient burial sites, a sculpture garden, and fascinating indoor exhibits.

A short afternoon drive brings us to Riga, capital of Latvia and the largest city in all the Baltic States. Our trail here explores the UNESCO World Heritage Old Town, marveling at its Art Nouveau architecture and enjoying unique Riga sights like the 14th century House of the Blackheads, Riga Cathedral, St. Peter's Church, Freedom Monument, and Bastejkalns Park. This evening, we celebrate our host country with a full-group dinner with Latvian-themed entertainment!

[Day 11~August 22, 2025: Activities from Riga, Latvia \(B\)](#)

Walk #13: Great Kemeru Bog Boardwalk Walk - 5 km, rated 1B

Walk #14: Jurmala Beach Town Walk - 3 km, rated 1B

Venturing west of Riga this morning, we explore the extensive, biodiverse wetlands of Kemeru National Park. Home to a vast area of bogs, swamps, lakes, and forests, this unique stroll features the Great Kemeru Bog on an elevated boardwalk loop that offers rewarding encounters with mossy peat beds, stunted pine trees, and crystal-clear pools.

Following this enchanting trail, we drive to the Baltic coast and enjoy the famous resort town of Jurmala, renowned for its fine, white sand beach and beautifully preserved 19th and early 20th century wooden villas. With plenty of excellent lunch restaurants, shops, and people-watching opportunities, the afternoon walk allows us to dive into the delights of this Latvian vacation destination.

Our day concludes back in the bustling capital city of Riga with an evening free to explore dining options and the walkable old town near our hotel.

[Day 12~August 23, 2025: Riga, Latvia - Kaunas, Lithuania \(B\)](#)

One of Latvia's most impressive architectural landmarks awaits our exploration today. Stunning baroque Rundale Palace was designed by the same Italian architect (Francesco Bartolomeo Rastrelli) who created the famous Winter Palace in St. Petersburg. This opulent 18th century gem exhibits Latvia's noble past on a guided tour exploring its richly decorated rooms and alluring Grand Hall, with its intricate stucco work, gilded accents, and elegant period furniture.

The baroque theme continues in the estate's expansive gardens, with beautifully landscaped flower beds, walking paths, and a small orchard.

Continuing south from Rundale, we cross from Latvia to Lithuania and make a brief stop at evocative Hill of Crosses. This iconic pilgrimage site near the town of Šiauliai is characterized by thousands of diverse crosses and religious icons (over 100,000 of them!), initially placed here spontaneously as a memorial to those who died in 19th century uprisings against the Russian Empire. During later Soviet occupation, Lithuanians continued to defy their overlords by placing new crosses here as a form of peaceful resistance.

Following this eerily uplifting visit, we finish our day in Kaunas, the country's second largest

city, located at the confluence of the Nemunas and Neris rivers.

[Day 13~August 24, 2025: Kaunas, Lithuania - Vilnius, Lithuania \(B\)](#)

Walk #15: Trakai Castle Walk - 4.2 km, rated 1B

Trakai Castle, a well-known Lithuanian landmark, rests majestically on an island in the middle of Lake Galvė. Our lakeside approach to the castle, its red brick Gothic architecture dating back to the 14th century, shows us the many water activities on offer here (fishing, boating, swimming) that make Trakai such a popular outdoor destination for Lithuanians.

The town of Trakai boasts beautiful churches and a host of colorful old wooden homes, adding more varied highlights to the trail. Before a break for lunch, we enjoy a scenic boat ride on Lake Galvė, featuring great views of the castle from the water.

With a mid-afternoon arrival into Vilnius, the capital of Lithuania, consider an optional activity such as the KGB Museum. While this site has a darker theme, it serves as an excellent introduction to the challenging history of occupation and heartache Lithuanians have endured and overcome.

For a lighter, more colorful activity, consider wandering into Vilnius's UNESCO World Heritage Old Town, just a short walk from our hotel.

[Day 14~August 25, 2025: Activities in Vilnius, Lithuania \(BD\)](#)

Walk #16: Vilnius Old Town Walk - 4.5/6 km, rated 1B or 2C

Situated at the confluence of the Vilnia and Neris rivers, Vilnius combines a broad range of stunning architecture (Gothic, Renaissance, and Baroque) with a rich history of political and cultural influences.

This morning's walk passes many outstanding highlights, including the Gates of Dawn, St. Anne's Church, Vilnius Cathedral, Palace of the Grand Dukes of Lithuania, Vilnius University, the Old Jewish Ghetto, Bernardine Gardens, Gediminas' Tower, and the Republic of Uzupis (a bohemian Vilnius neighborhood that is both charming and quirky).

Our local guide brings this endearing Baltic capital to life while leaving you with plenty of time to enjoy lunch on your own and an afternoon free to dive deeper into other Vilnius offerings.

We rendezvous this evening for a delectable and memorable Lithuanian farewell dinner.

[Day 15~August 26, 2025: Depart Vilnius, Lithuania for home \(B\)](#)

Our exploration of this storied corner of Europe ends today with a transfer (not included) to Vilnius International Airport. We return home with a new admiration for the rich heritage of these three brave Baltic nations, and fond memories of new walking friends made during

our visit.

Option 5: Baltic States

August 17 - 26, 2025 • 10 Days • \$3690

Including:

- All land travel in the Baltic States: Estonia, Latvia, and Lithuania
- Superior tourist-class or better hotel accommodations
- Stockholm and Helsinki
- 2 nights Tallinn (EE), 1 night Tartu (EE), 1 night Sigulda (LV), 2 nights Riga (LV), 1 night Kaunas (LT), 2 nights Vilnius (LT)
- 13 meals: all breakfasts and 4 dinners (as denoted BLD)
- Fees for walking credit for at least 1 walk in Estonia, 3 walks in Latvia, and 2 walks in Lithuania (IVV sanctions will be applied for)
- WAI guide service throughout (2 guides per bus)
- Nature, cultural, and historical expertise of local guides in Tallinn (EE), Riga (LV), Rundale Palace (LV), and Vilnius (LT)
- Services of national guide for 8 days from Tallinn, Estonia through Vilnius, Lithuania
- All tipping for national and local guides, coach drivers, and group meals
- Pricing is based on double occupancy. A limited number of single rooms are available at a supplement of \$575. We also provide a roommate matching service for those interested.

Activities/Visits to:

- 11 walks as listed: Tallinn Old Town (EE), Kadriorg Park (EE), Tartu Old Town (EE), Ahja River (EE), Medieval Cesis (LV), Turaida Castle (LV), Riga Old Town (LV), Kemeris Bog & Jurmala Beach (LV), Trakai Castle (LT), Vilnius Old Town (LT)
- Aleksander Nevski Cathedral - Tallinn (EE)
- Kadriorg Palace and Park (EE)
- Tartu Cathedral Ruins (EE)
- Ahja River Nature Reserve (EE)
- Medieval Cesis (LV)
- Turaida Museum Preserve and Castle (LV)
- Riga Old Town (LV)
- Great Kemeris Bog (LV)
- Jurmala Coast (LV)
- Rundale Palace (LV)
- Hill of Crosses (LT)
- Trakai Island Castle and Lake Galve Boat Ride (LT)
- Vilnius Old Town (LT)
- More fun stops than we can list!

Optional Excursions:

- Kiek in De Kok Tower and Museum (Tallinn) - Day 1

- Olaf's Church Tower (Tallinn) - Day 1
- House of the Blackheads (Riga) - Day 5 or 6
- KGB Museum (Vilnius) - Day 8
- Lukiskes Prison 2.0 (Vilnius) - Day 8
- Gediminas Tower (Vilnius) - Day 9
- Palace of the Dukes (Vilnius) - Day 9

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Itinerary

Click on each day to reveal more details.

Option 5: Baltic States

[Day 1~August 17, 2025: Arrive in Tallinn, Estonia](#)

Travelers arrive into Tallinn, Estonia today for the start of our *Baltic States* Adventure. Most of your fellow travelers have opted to participate in the IVV Olympiad in Tampere, Finland and arrive from Helsinki by ferry late this evening, along with the WAI guide team.

Those of you who are starting in Tallinn arrive into Tallinn Airport, an easy 10-minute taxi ride to our well-situated hotel just outside the gates of the old medieval city. Tallinn, Estonia's vibrant capital, is a wonderful blend of ancient and modern, boasting cobblestone lanes, beautifully preserved Old Town buildings, and 13th century defensive walls, while also being a vibrant tech scene full of digital innovation, earning it the nickname "Silicon Valley of Europe."

Because the group from Finland arrives late today, the first group activity is breakfast tomorrow morning, followed by a full, fun day of activities in magical Tallinn.

[Day 2~August 18, 2025: Activities in Tallinn \(BD\)](#)

Walk #1: Tallinn Old Town Walk - 5/9 km, rated 2B

Offering one of the best-preserved medieval towns in Europe, Tallinn invites us to enter its gates and wander its charming and historic lanes. Its many diverse delights include Aleksander Nevski Cathedral and Toompea Castle as well as creatively named towers like Fat Margaret and Tall Hermann. Our guided walk continues through Telliskivi Creative City, a trendy district just outside Old Town known for its street art, creative spaces, and thriving culinary scene.

During your free afternoon, dive deeper into Tallinn's treasures with a climb up St. Olaf's Church Tower for magnificent views of the city's UNESCO-designated Old Town. Or visit labyrinthine Kiek in De Kok Tower and Museum, which showcases the city's rich history with the added opportunity to walk a portion of Tallinn's fortified walls and among its

hidden passageways.

We rendezvous again this evening for our first group dinner and a chance to get better acquainted before continuing our journey to Baltic points south tomorrow.

[Day 3~August 19, 2025: Tallinn - Tartu, Estonia \(B\)](#)

Walk #2: Kadriorg Park Walk - 6 km, rated 2B

Walk #3: Tartu Old Town Walk - 3 km, rated 2B

Dominated at various times by German crusaders, Denmark, Sweden, Poland, and more recently Russian Soviets, Estonia's long history has been shaped by centuries of foreign rule and cultural influence. During these periods of foreign occupation, Estonian language and cultural pride never wavered. Nowhere is this more evident than at Kadriorg Park, a gorgeous green space in Tallinn containing an elegant Baroque palace built by Peter the Great of Russia.

Near this opulent symbol of foreign oppression lies the Tallinn Song Festival Grounds, site of Estonia's "Singing Revolution" where, in 1988, more than 300,000 Estonians gathered to defiantly but peacefully sing forbidden patriotic songs expressing their desire for independence from the Soviet Union.

Our morning walk in this revered setting helps us better understand this Baltic nation's yearning for freedom. This afternoon, we drive south to Tartu, the country's second largest city, considered to be the intellectual and cultural heart of Estonia. A short walk here takes in highlights such as Town Hall Square, University of Tartu, Toome Hill, and the evocative ruins of 13th century Tartu Cathedral.

[Day 4~August 20, 2025: Tartu - Sigulda, Latvia \(BD\)](#)

Walk #4: Ahja River Nature Walk - 3 km, rated 2B

Walk #5: Medieval Cēsis Walk - 4 km, rated 2B

Located in southeastern Estonia, Ahja River Nature Reserve serves as our farewell walk in this fascinating Baltic country. A short hike offers a sense of serenity beside the meandering Ahja River, through lush forests and meadows, and along sandstone cliffs.

Crossing the border into Latvia, we make our way to Cēsis, a charming medieval town. Drawn by its strategic location along major trade routes, Cēsis was first settled by the Livonian Brothers of the Sword (a Catholic military order) in the early 13th century. The town and its castle served as a stronghold for the order and became a political center in the region.

Enjoy wandering the cobblestone streets and among the colorful wooden and stone buildings of Cēsis, catching sight of both the New and Old Cēsis Castles, before we finish our evening in nearby Sigulda with an included dinner.

[Day 5~August 21, 2025: Sigulda - Riga, Latvia \(BD\)](#)

Walk #6: Turaida Castle Walk - 4 km, rated 2B

Walk #7: Riga House of the Blackheads Walk - 3.5 km, rated 1B

Turaida Castle, one of the most iconic medieval fortresses in Latvia, rests atop a commanding hillside position in Gauja National Park. This red brick castle, built in 1214 by the Archbishop of Riga, served as an important stronghold in the Middle Ages. It is now the 21st century centerpiece of impressive Turaida Museum Reserve, an outdoor living history space that offers a comprehensive look at the early Livonian inhabitants that called this place home.

Our morning walk shows off the castle and its lovely views of the Gauja River, but also features traditional farmsteads, ancient burial sites, a sculpture garden, and fascinating indoor exhibits.

A short afternoon drive brings us to Riga, capital of Latvia and the largest city in all the Baltic States. Our trail here explores the UNESCO World Heritage Old Town, marveling at its Art Nouveau architecture and enjoying unique Riga sights like the 14th century House of the Blackheads, Riga Cathedral, St. Peter's Church, Freedom Monument, and Bastejkalns Park. This evening, we celebrate our host country with a full-group dinner with Latvian-themed entertainment!

[Day 6~August 22, 2025: Activities from Riga, Latvia \(B\)](#)

Walk #8: Great Kemeru Bog Boardwalk Walk - 5 km, rated 1B

Walk #9: Jurmala Beach Town Walk - 3 km, rated 1B

Venturing west of Riga this morning, we explore the extensive, biodiverse wetlands of Kemeru National Park. Home to a vast area of bogs, swamps, lakes, and forests, this unique stroll features the Great Kemeru Bog on an elevated boardwalk loop that offers rewarding encounters with mossy peat beds, stunted pine trees, and crystal-clear pools.

Following this enchanting trail, we drive to the Baltic coast and enjoy the famous resort town of Jurmala, renowned for its fine, white sand beach and beautifully preserved 19th and early 20th century wooden villas. With plenty of excellent lunch restaurants, shops, and people-watching opportunities, the afternoon walk allows us to dive into the delights of this Latvian vacation destination.

Our day concludes back in the bustling capital city of Riga with an evening free to explore dining options and the walkable old town near our hotel.

[Day 7~August 23, 2025: Riga, Latvia - Kaunas, Lithuania \(B\)](#)

One of Latvia's most impressive architectural landmarks awaits our exploration today. Stunning baroque Rundale Palace was designed by the same Italian architect (Francesco

Bartolomeo Rastrelli) who created the famous Winter Palace in St. Petersburg. This opulent 18th century gem exhibits Latvia's noble past on a guided tour exploring its richly decorated rooms and alluring Grand Hall, with its intricate stucco work, gilded accents, and elegant period furniture.

The baroque theme continues in the estate's expansive gardens, with beautifully landscaped flower beds, walking paths, and a small orchard.

Continuing south from Rundale, we cross from Latvia to Lithuania and make a brief stop at evocative Hill of Crosses. This iconic pilgrimage site near the town of Šiauliai is characterized by thousands of diverse crosses and religious icons (over 100,000 of them!), initially placed here spontaneously as a memorial to those who died in 19th century uprisings against the Russian Empire. During later Soviet occupation, Lithuanians continued to defy their overlords by placing new crosses here as a form of peaceful resistance.

Following this eerily uplifting visit, we finish our day in Kaunas, the country's second largest city, located at the confluence of the Nemunas and Neris rivers.

[Day 8~August 24, 2025: Kaunas, Lithuania - Vilnius, Lithuania \(B\)](#)

Walk #10: Trakai Castle Walk - 4.2 km, rated 1B

Trakai Castle, a well-known Lithuanian landmark, rests majestically on an island in the middle of Lake Galvė. Our lakeside approach to the castle, its red brick Gothic architecture dating back to the 14th century, shows us the many water activities on offer here (fishing, boating, swimming) that make Trakai such a popular outdoor destination for Lithuanians.

The town of Trakai boasts beautiful churches and a host of colorful old wooden homes, adding more varied highlights to the trail. Before a break for lunch, we enjoy a scenic boat ride on Lake Galvė, featuring great views of the castle from the water.

With a mid-afternoon arrival into Vilnius, the capital of Lithuania, consider an optional activity such as the KGB Museum. While this site has a darker theme, it serves as an excellent introduction to the challenging history of occupation and heartache Lithuanians have endured and overcome.

For a lighter, more colorful activity, consider wandering into Vilnius's UNESCO World Heritage Old Town, just a short walk from our hotel.

[Day 9~August 25, 2025: Activities in Vilnius, Lithuania \(BD\)](#)

Walk #16: Vilnius Old Town Walk - 4.5/6 km, rated 1B or 2C

Situated at the confluence of the Vilnia and Neris rivers, Vilnius combines a broad range of stunning architecture (Gothic, Renaissance, and Baroque) with a rich history of political and cultural influences.

This morning's walk passes many outstanding highlights, including the Gates of Dawn, St. Anne's Church, Vilnius Cathedral, Palace of the Grand Dukes of Lithuania, Vilnius University, the Old Jewish Ghetto, Bernardine Gardens, Gediminas' Tower, and the Republic of Uzupis (a bohemian Vilnius neighborhood that is both charming and quirky).

Our local guide brings this endearing Baltic capital to life while leaving you with plenty of time to enjoy lunch on your own and an afternoon free to dive deeper into other Vilnius offerings.

We rendezvous this evening for a delectable and memorable Lithuanian farewell dinner.

[Day 10~August 26, 2025: Depart Vilnius, Lithuania for home \(B\)](#)

Our exploration of this storied corner of Europe ends today with a transfer (not included) to Vilnius International Airport. We return home with a new admiration for the rich heritage of these three brave Baltic nations, and fond memories of new walking friends made during our visit.

Poland Extension

August 26 - 30, 2025 • 5 Days • \$1690

Including:

- All land travel in Lithuania and Poland
- Superior tourist-class or better hotel accommodations
- 2 nights Bialystok, 2 nights Warsaw
- 6 meals: all breakfasts, 1 lunch, and 1 dinner (as denoted BLD)
- Fees for walking credit for 1 walk (IVV sanctions will be applied for)
- WAI guide service throughout (2 guides per bus)
- All tipping for local guides, coach drivers, and group meals
- Nature, cultural, and historical expertise of a local guide at Forest Bison Reserve and for the Warsaw walk
- Services of national guide for 4 days from Vilnius, Lithuania through Warsaw, Poland
- Pricing is based on double occupancy. A limited number of single rooms are available at a supplement of \$240. We also provide a roommate matching service for those interested.

Activities/Visits to:

- 5 walks as listed: Wigry Lake, Bialystok Town, Białowieża Forest & Bison Reserve, Heritage of Warsaw
- Wigry National Park and Monastery
- Bialystok Old Town
- Branicki Palace grounds
- Białowieża Forest National Park, Bison Preserve, and Palace
- Treblinka Concentration Camp
- Chopin Concert in Warsaw

- Warsaw UNESCO World Heritage Old Town
- More fun stops than we can list!

[Return to Options Menu](#)

Itinerary

Click on each day to reveal more details.

Poland Extension

[Day 1~August 26, 2025: Depart Vilnius, Lithuania for Bialystok, Poland \(B\)](#)

Walk #1: Wigry Lake Walk - 2.5 km, rated 1B

Walk #2: Bialystok Walk - 3.3 km, rated 1B

As our morning drive crosses the border into Poland, it's important to note that these two neighbors once combined to form the Polish Lithuanian Commonwealth in the 16th century, becoming one of Europe's largest and most influential states for two centuries.

Unfortunately, these glory days gave way to the partitioning of Poland by neighboring powers in the 18th century, eliminating the sovereign state of Poland for over 100 years. Still, the strong sense of Polish national awareness survived, even during the harrowing World War II years and Cold War era that followed when Nazi Germany and the Soviet Union worked to destroy Polish culture, language, religion, and national identity.

Our first stroll in Poland takes us along the lovely shoreline of Lake Wigry National Park, with serene views across the water to a 17th century Cistercian monastery.

Later this afternoon, we arrive for the first of two nights in the picturesque eastern Polish city of Bialystok. An introductory town walk surveys the delightful gardens of Branicki Palace (the "Versailles of Poland"), and passes Bialystok Cathedral, the Great Synagogue Memorial, a monument to L.L. Zamenhof (creator of the Esperanto language), and the delightful Kosciusko Square.

Plenty of excellent dining opportunities are within a short walk from our hotel.

[Day 2~August 27, 2025: Activities from Bialystok, Poland \(B\)](#)

Walk #3: Białowieża Forest Bison Reserve Walk - 2.25 km, rated 1B

Walk #4: Białowieża Forest Palace Park Walk - 3 km, rated 1B

Straddling the border between Poland and Belarus, Białowieża Forest is one of Europe's last primeval forests. Designated a UNESCO World Heritage Site in 1979, this biodiverse ecosystem is home to a rich variety of flora and fauna, including the European bison, the continent's heaviest land mammal.

Today's first walk takes us to the forest's Bison Show Reserve, where these majestic animals can be seen at close range along a loop path that may also involve encounters with indigenous creatures such as lynx, red deer, moose, wild boar, and roe deer.

This afternoon, we transition to a different area of Białowieża Forest and explore the lovely grounds of Białowieża Palace, originally built in the 19th century as a hunting lodge for Polish kings and later used as holiday lodging for Russian Tsars. Now transformed into a hotel and conference center, the palace and surrounding grounds serve as a wonderful walking venue and offer yet another opportunity to spot grazing local bison.

Returning to Białystok in the late afternoon, the remainder of the day is free to explore attractions near our hotel.

[Day 3~August 28, 2025: Białystok, Poland - Warsaw, Poland \(BL\)](#)

The story of Poland cannot be properly told without reference to multiple unspeakable horrors wrought by foreign powers, notably Germany and Russia, within its borders.

Nazi Germany's "Final Solution" produced one of the most tragic Holocaust sites in Europe near the village of Treblinka, where nearly 1 million people were executed primarily based on ethnicity. Our visit provides opportunity to reflect deeply at Treblinka's museum, cemetery, and monument, which expose the unspeakable results of these inhumane worldviews.

Following an included lunch near the town of Binduga, we arrive in Poland's capital city, Warsaw, in mid-afternoon. While dinner this evening is on your own, we invite you to join us for a special, included, pre-dinner Chopin piano performance. Held at a nearby salon, the performance showcases the distinctive music of this highly celebrated composer of the Romantic era and favorite son of Poland.

[Day 4~August 29, 2025: Activities in Warsaw, Poland \(BD\)](#)

Walk #5: Heritage of Warsaw Walk - 9 km, rated 1B

The final walk of the *Poland Extension* begins in lovely Łazienki Park at the sweeping monument to Poland's beloved national composer, Frédéric Chopin, whose iconic music we heard yesterday evening. We wander amongst beautifully designed gardens, Warsaw's largest, and through several neighboring parks to join the Royal Route.

A short detour takes us to the somber Tomb of the Unknown Soldier, then past several national monuments en route to Warsaw's Royal Palace. With so much to see, we break for lunch in Old Town Market Place, then continue to the Warsaw Uprising Monument. The monument helps educate us about the heroic 1944 Polish resistance to Nazi occupation that resulted in the systematic, vengeful destruction of 90% of Warsaw's buildings.

After one more park stroll, our walk ends at an equally poignant reminder, the Ghetto

Heroes Monument, commemorating an earlier 1943 uprising of the Jews in the Jewish Ghetto.

Having seen much of historic Warsaw on foot, we return to the hotel to relax before this evening's farewell dinner.

[Day 5~August 30, 2025: Depart Warsaw \(B\)](#)

Our brief journey through Poland has captured much of the beauty, culture, and historical drama of this fascinating and resilient European nation.

We return home grateful for new experiences, new insights, new friends, and the privilege of a life lived in freedom. We wish you safe travels home!

- [360.260.9393](tel:360.260.9393)
- [Email Us](#)

Before You Book

Click on each heading for more details.

[How Do I Lock In My Place On This Adventure?](#)

To register, a non-refundable \$800 deposit (\$700 if pre-registration deposit has already been paid) is required to hold your spot. A final payment is due 100 days before departure and is non-refundable after the due date. You will receive a prompt email from us 2 to 3 weeks in advance.

Once this tour has a viable number of participants, an "Adventure Advice" email will be sent with critical information on flight arrangements as well as important steps to take in the months before your trip. Please do not buy your airline tickets until you review this Adventure Advice email.

Please follow this link to read our full [General Tour Conditions](#).

[What is A Classic Curated Tour?](#)

With help from local experts and walking guides, these itineraries are hand-crafted, with the help of trusted in-country partners, to tailor itineraries to WAI specifications.

When planning Classic Curated Tours, our objective is to capture the essence of a destination - the history, culture, and natural wonders unique to that part of the world. We then build activities and walks that we hope will take us inside these characteristics.

Yes, these tours are educational, but they are also interactive and immersive; walking gets us off the bus and penetrates local cultures to not only see but touch, smell, and feel these

special spaces.

Along the way, local walking guides amplify the experience by sharing insights into the magic of that particular location.

In the case of **Denmark, Sweden, Finland**, the **Baltic States**, and **Poland**, the WAI background is varied. **Scandinavia** and **Finland** were one of our first European destinations back in 1990. Several iterations of walking tours in **Denmark, Sweden**, and **Finland** followed.

The **Baltic States** were part of a combination tour with Russia in the summer of 2007, when we took 2 groups.

Poland has been part of several WAI itineraries dating back to the early 1990s.

Our travel database of on-site knowledge was refreshed in summer 2024 by a 3-person guide team who spent 3 weeks setting up the itinerary we now offer in 2025.

[What is a Volkssport Tour?](#)

WAI offers walking adventures all over the planet. Most of our adventures are Classic Curated itineraries with walks developed by WAI tour planners in cooperation with local walking guides (see What is a Classic Curated Tour above).

A Volkssport Tour, on the other hand, streamlines the tour planning process and focuses more on walks and less on sightseeing. The objective is to feature more walking, offer more volkssport stamps (a record of walks volkswalkers keep in a passport-like walking book), and keep the price lower by eliminating on-site planning. Primary differences between Volkssport Tours compared to Curated Classic Tours include:

- Walks offered are hosted by clubs, not planned by WAI staff. Usually, they are self-guided walks using club-provided maps and directions.
- Itineraries are focused more on local club walks, and less on sightseeing and cultural activities.
- Itineraries tend to be paced faster, giving us the ability to offer walks in more locales.
- Extensive work is done by in-office, but on-site planning is generally not done by WAI tour planners (experience gained on previous editions of the tour, however, produces improvements to subsequent itineraries).
- Volkssport Tours tend to be limited to the USA. International tours generally follow the Classic Curated model.
- In the case of **Finland Olympiad Walking Festival 2025, Denmark, Sweden**, the **Baltic States**, and **Poland** were planned using the Classic Curated tour planning model described above, with limited sanctioned IVV walks in each country. Only the **IVV Olympiad in Tampere, Finland** was planned using the Volkssport model. WAI guides do not have on-site knowledge of Tampere but are in touch with the Olympiad Committee there and receiving updates about what appears to be a well-planned 2025 Olympiad!

[Walk Ratings](#)

We generally walk at a pace of 2 to 3 miles per hour. Walks that are oriented more towards education may take longer due to stops for guide commentary. Nature walks, on the other hand, generally continue at a steadier pace because we're stopping less to talk.

In most cases, we are not "strolling." We are walking at a relaxed but steady pace. Your experience will be significantly affected by your level of physical fitness. If not walking regularly at home, we strongly recommend that you make a priority of "training" beforehand to both enjoy the trip and avoid medical issues due to overexertion. If you have questions about your ability to participate, please contact our office at fun@walkingadventures.com.

We have adopted a walk difficulty rating system modeled on that of the American Volkssport Association which contains a numeric indicator for trail incline and an alpha indicator for trail terrain. The explanation for this system is presented on the table below:

INCLINE

1. Minimal hills or stair climbing. Cumulative elevation gain: <200 feet.
2. Some moderate hills and stair climbing. Cumulative elevation gain: 200-1000 feet.
3. Some significant hill or stair climbing. Cumulative elevation gain: 1000-2000 feet.

TERRAIN

- A. Almost entirely on pavement.
- B. A significant part of the route is on well-groomed trails with very few obstacles.
- C. A significant part of the route is on somewhat difficult terrain (rocky / rooted paths or soft sand).

[Will We Receive AVA/IVV Walk Credit?](#)

Some countries are easier than others to work with when we plan our own trails, but we know that at least one walk per country will receive an IVV stamp. At this point it appears we will have at least 1 stamped walk in **Denmark** and in **Sweden**, a plethora of stamps in **Finland**, of course, at the Olympiad, at least 1 in **Estonia**, 3 in **Latvia**, 2 in **Lithuania** and 1 in **Poland**.

[How Many Walkers Will Be On This Tour?](#)

Response to this journey to the IVV Olympiad in Finland has been enthusiastic. We have therefore devoted an unprecedented amount of WAI planning resources to establish a 26 day itinerary spanning 7 countries.

The itinerary is based upon accepting 30 people per bus on as many as 3 buses. On some nights all three groups stay in the same hotel and on some nights, especially in the Baltic

States, we are spread across 2 or 3 hotels.

Daily itineraries for the groups are staggered by about 30 minutes to avoid having more than one group at a time starting a trail or arriving at a hotel.

The maximum group size per bus is 30 for all portions of the tour except for the **Olympiad**. Due to the overlap between travelers finishing at the Olympiad after **Denmark** and **Sweden** and those starting at the **Olympiad** before **Baltic States**, we'll have the greatest number of travelers at the Olympiad. Maximum group size per bus during the Olympiad is therefore 40 walkers.

We use the bus sparingly during the Olympiad since we are 4 nights in one hotel, are participating in centrally located events, and can take advantage of a public bus pass that is included in the Olympiad pass.

[Who Are The Guides?](#)

A 21-day, onsite scouting tour was conducted in July 2024 by WAI veterans Scott Isom, and Ruth and Scott Burk. Their research, combined with experience from prior tours in the region, forms the basis for our itinerary.

Scott Isom will lead one bus, assisted by long-time WAI guide, Tim Friesen. Travelers on a second bus will be led by Ruth and Scott Burk. If a third bus is necessary, as we expect, Ruth and Scott will split up and each lead one group assisted by Jana and Roger Dorway, another veteran WAI team.

Each group will therefore be led by 2 WAI guides, working in concert with a local guide who is with the group throughout the itinerary. Cameo appearances will also be made by local walking guides for several walks and excursions as listed in the TRIP DETAILS section above.

[How Is Airfare Arranged?](#)

Since travelers arrive from all over North American, it is not practical to include flights. Because there are several ways to participate in this wide-ranging adventure, clarity on how and where to book your flights is more important than usual. An Adventure Advice memo will be emailed to participants before the end of 2024 with detailed instructions about booking air. Please do not book your airfare until receiving this important document.

To give you an idea of your air itinerary, here are arriving and departing airports for each Option of this tour:

Option 1: Denmark, Sweden, & Helsinki, Finland

- August 5 - 14, 2025 * 10 Days
- Start: Roskilde, Denmark (fly into Copenhagen)
- Finish: Helsinki, Finland (fly out of Helsinki)

Option 2: Denmark, Sweden & Helsinki PLUS Finland Olympiad

- August 5 - 18, 2025 * 14 Days
- Start: Roskilde, Denmark (fly into Copenhagen)
- Finish: Helsinki, Finland (fly out of Helsinki)

Option 3: Denmark, Sweden, Finland Olympiad PLUS Baltic States

- August 5 - 26, 2025 * 22 Days
- Start: Roskilde, Denmark (fly into Copenhagen)
- Finish: Vilnius, Lithuania (fly out of Vilnius)

Option 4: Baltic States PLUS Finland Olympiad

- August 12 - 26, 2025 * 15 Days
- Start: Helsinki, Finland (fly into Helsinki)
- Finish: Vilnius, Lithuania (fly out of Vilnius)

Option 5: Baltics States

- August 17 - 26, 2025 * 10 Days
- Start: Tallinn, Estonia (fly into Tallinn)
- Finish: Vilnius, Lithuania (fly out of Vilnius)

Poland Extension

- August 26 - 30, 2025 * 5 Days
- Start: Vilnius, Lithuania after *Baltic States* tour
- Finish: Warsaw, Poland (fly out of Warsaw)

We always recommend arriving a day before the tour officially begins to give your body and your luggage a chance to catch up and deal with jet lag. In the case of Options 1, 2, and 3, starting in Denmark, there are also Day 1 optional activities that add value to your tour. Details are listed in the ITINERARY section above and will be point out again in the Adventure Advice memo.

In all cases transportation between airports and hotels is easy to arrange upon arrival using taxi or ride-sharing services. In the case of Options 1, 2, and 3, the transfer from Copenhagen Airport to our hotel in Roskilde is included for those who opt for the Denmark Early Arrival Package (see Day 1, August 5 in the ITINERARY section).

About a month before departure, a list of travelers and their flight details will be sent. This information allows travelers to consider ridesharing if their flights arrive around the same time and they are opting out of the Denmark Early Arrival Package on itinerary Options 1, 2, or 3, or are participating in Options 4 or 5.

When it is time to book your flights, we recommend contacting Laura Pfahler, the travel agent we work with. In this age of airfare complications and airport uncertainty, using a

travel agent is a good investment!

As mentioned earlier, more details about flight arrangements and travel agent contact information will be provided in an Adventure Advice PDF by email after you register for the Adventure. Please do not book your airfare prior to receiving these flight details from us!

- Laura Pfahler: 503.434.6401 or llp@wtpdx.com

[Travel Insurance](#)

WAI recommends travel insurance for financial and medical protection from any number of unforeseen circumstances that can arise before departure or during your Adventure. Many travel insurance providers are available for you to consider. Laura Pfahler and Sharon Mitchell of World Travel Inc. can provide travel insurance options for your WAI tour, as well as for your airfare. For those who purchase airfare through Laura, purchasing your travel insurance from her colleague, Sharon Mitchell, may be the simplest option.

Be aware that some travel insurance policies contain time-sensitive provisions (i.e. some benefits, such as coverage of pre-existing conditions, are available only if the policy is purchased within a certain number of days of the purchase of the travel package). These time-sensitive provisions are generally measured from the date you make your full, non-refundable deposit, not the refundable \$100 pre-registration deposit. In addition, remember that airfare is not covered by any travel insurance policy you may have purchased for the tour, but can be easily added to your tour insurance once purchased.

Check out [Insurance Tips](#) from World Travel for a short introduction to travel insurance.

Sharon Mitchell: 971-261-2091 or smitchell@wtpdx.com

Other options include:

- Allianz
- Betins
- Travel Guard
- Travel Insured International

Using the [SquareMouth.com](https://www.squaremouth.com) website can be a good way to compare pricing.

NOTE: WAI receives no commission or financial remuneration from World Travel Inc. In addition, WAI bears no responsibility for travel insurance benefits advertised by various credit card companies. If you are relying on this type of benefit for insurance, we advise you to verify coverage types and limits and that your purchase does in fact qualify you for this insurance.

We suggest purchasing from a reputable, well-established insurance company (avoid buying insurance from an unknown company found only online). Travelers interested in purchasing

“cancel for any reason” insurance coverage should be careful to check pricing and terms BEFORE they register for a tour. Recent changes in the international travel landscape has caused changes in the policies of some insurance companies, and made the purchase of this particular type of policy even more time-sensitive.

[What If WAI Cancels The Tour?](#)

Walking Adventures International reserves the right to cancel this tour departure with fewer than 15 participants, in which case registered participants will receive a 100% refund of payments received.

This refund policy contains one exclusion. Many suppliers require non-refundable deposits as a condition of booking services. Though it is rare, unforeseen circumstances can force us to cancel a tour. In cases where supplier’s non-refundable policies are imposed, WAI attempts to retrieve as much of these deposits as possible but cannot guarantee a 100% refund.

In cases where full refunds cannot be obtained for a cancelled tour, we will do our best to transfer unrefunded money as traveler credits to be applied to a future tour to that destination.

View our full [General Tour Conditions](#) for more details.

[Wellness Policies For This Tour](#)

Our approach to wellness on tour has traditionally been to encourage travelers to:

- Focus on health before the tour so you start healthy.
- Pace yourself while on tour; travel is inherently stimulating and can produce adrenalin boosts that mask energy drain. Guard your energy reserves and consider the length of the trip and whether to opt out of some activities and/or walks.
- Be self-aware. If you feel yourself tiring or feel a bug coming on, take precautions to block it (e.g. extra rest, extra doses of vitamin C, etc).
- If you feel a bug coming on or if you take ill, distance yourself from others when possible.
- If you feel ill, isolate yourself towards the back of the bus and away from others and please wear a mask.

Click [WAI Wellness on Tour Policy](#) to view the WAI policy on Wellness on Tour.

[What Happens Next?](#)

Once we have a viable number of participants, an “Adventure Advice” email is sent with critical information on flight arrangements as well as important steps to take in the months before your trip. Please do not buy your airline tickets until you review this Adventure Advice email.

A final payment is due 100 days before departure and is non-refundable after the due date.

You will receive a prompt email from us a week or two in advance. Please see our General Tour Conditions for the full terms and conditions for participation in this Adventure.

About 2 weeks before departure, you will receive a final email packet with details of the program, including hotel names and contact information, a list of fellow travelers, and a more detailed daily schedule.

We look forward to returning to share the delights of northern Europe and the Olympiad.



Adventure Pace

Tour Pace: 1 2 3 4 5

Walk Challenge: 1 2 3 4 5

[About Adventure Pace](#)

Adventure Pace

How much Adventure do you want? Here are a few features to help gauge the following factors on each tour.

Tour Pace: On a scale of 1 (slowest pace) to 5 (fastest pace), we've rated the following factors: number of 1-night hotels; driving miles per day; fullness of schedule; mid-tour airline flights; high elevation setting; and average amount of walking per day.

Walk Challenge: This number represents an average walk difficulty rating for the tour using a scale of 1 (easiest) to 5 (hardest).

[Contact Us](#)

Important Info



Group Size

30 travelers maximum; 40 traveler maximum at Olympiad



Accommodations

Strategically located Tourist Class accommodations or better



Meals

Breakfasts included with 3 dinners. Letters BD indicate which meals are included.



Airfare

Not included. See *How is Airfare Arranged* under the BEFORE YOU BOOK section below



Transportation

Included. For this Adventure, we use motorcoaches with 48 seats that have air conditioning and a toilet for emergency use.



Traveler Age

Our travelers usually range from 50-75 years of age. All ages welcome!

Your Guides



Scott Isom (left) has had a passion for the outdoors ever since his childhood days spent exploring the waterfalls and outstanding hiking trails of the Columbia River Gorge with his family.

Scott has led tours on all 7 continents and is one of WAI's busiest guides and on-site Adventure planners.

Tim Friesen has been guiding for Walking Adventures since 2003, most often leading

summertime adventures in Europe due to his long career as a high school music teacher in Molalla, Oregon.

Tim recently retired from teaching music but is still occasionally known to burst into song on the trail!



Ruth & Scott Burk

Ruth and Scott have spent much of their free time over the last two decades exploring the world, while successfully instilling wanderlust in their two adult children.

Ruth now operates her own business as a writer consultant for high tech companies, and Scott recently retired from a career as an air traffic control manager for the Portland, Oregon airport.

Ruth and Scott have led WAI Adventures in Europe, North America, South America, and Africa and are excited about exploring Northern and Eastern Europe with you!



Roger & Jana Dorway

Roger & Jana have always appreciated the experiential, paradigm-expanding value of travel, and have been privileged to explore destinations on 6 continents, adding Antarctica as #7 in January 2025.

Roger's business background connecting buyers and sellers, and Jana's career as a teacher provide this couple with a gift for connecting with people.

Retirement only increased their appetite for discovering more of the world, largely satiated by sharing international cultural and historical insights as part of the WAI guide team.