

INSIGHT GUIDES

SCANDINAVIA



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The first Insight Guide pioneered the use of creative full-colour photography in travel guides in 1970. Since then, we have expanded our range to cater for our readers' need not only for reliable information about their chosen destination but also for a genuine understanding of the culture and workings of that destination.

Now, when the internet can supply inexhaustible (but not always reliable) facts, our books marry text and pictures to provide those much more elusive qualities: knowledge and discernment. To achieve this, they rely heavily on the authority of locally based writers and photographers.



How to use this book

This first edition of *Insight Guide: Scandinavia* is carefully structured to convey an understanding of the countries of Denmark, Norway, Sweden and Finland and their cultures as well as to guide readers through their sights and activities:

- ◆ The **Features** section, indicated by a yellow bar at the top of each page, covers the history and culture of the countries in a series of informative essays.

- ◆ The main **Places** section, indicated by a blue bar, is a complete guide to all the sights and areas worth visiting. Places of special interest are coordinated by number with the maps.

- ◆ The **Travel Tips** section, with an orange bar,

provides a handy point of reference for information on travel, hotels, shops, restaurants and more.

The contributors

Insight Guide: Scandinavia was edited by Jane Hutchings, under the guidance of managing editor Tom Le Bas. The book builds on the solid foundations laid by the late Doreen Taylor-Wilkie, editor of the original *Insight Guides* to each of the four countries.

The history of Scandinavia was the work of Rowlinson Carter. Art historian Kathryn Boyer wrote about Scandinavia's culture and from her base in Trollhättan covered Sweden's West Coast and Great Lakes. Stockholm-based journalist Amy Brown contributed the feature on the Great Outdoors, and the chapters on Stockholm, Southern Sweden and Dalarna. The writer Debra Williamson provided

her comments on The Swedes and the *Insight* on the Vikings. From Arjeplog in Lapland Ilona Fjellström covered Northern Sweden. Joanie Rafidi Oxhammar compiled the *Insight* on the Stockholm Archipelago.

From Århus, Denmark, journalist Jack Jackson wrote about the Scandinavian passion for food and drink and contributed chapters on The Danes, Copenhagen and Jutland, and the *Insight* on Danish Design.

The chapters on Norway were compiled by the journalist and author Michael Brady with the assistance of Samtext in Oslo. Brady, a long-time resident of Norway, has written extensively about the country. Other contributors included Lance Price and Olso columnist Yngve Kvistad.

Joan Gannij, an Amsterdam-based American journalist and "Finnatic", contributed the chapters on Finland and The Finns. She also compiled the *Insight* on the Hurtigruten in Norway. Writers whose text has been adapted from individual *Insight Guides* to the countries include: Denmark, Fradley Garner, Bryan Wilder; Norway, Anita Peltonen, Robert Spark, John Harley; Sweden, Philip Ray; Finland, Anne Roston, Sylvie Nickels, Robert Spark.

The Travel Tips section was compiled by Anna Lia Bright in Copenhagen, Liv Bente T. Dybfest in Oslo, Elisabet Lim in Stockholm and for Finland, Joan Gannij. The section was edited by Sue Platt.

This edition was updated by Fran Parnell. After studying Scandinavian history at Cambridge University, she became a freelance writer specialising in the region.

Paula Soper edited the book. Thanks go to Stewart Wild for proofreading.

Map Legend

- International Boundary
- Province/County Boundary
- ⊖ Border Crossing
- ⊖ National Park/Reserve
- Ferry Route
- Ⓜ Metro
- Ⓢ S-Tog (S-Train)
- Ⓣ Tunnelbanan
- ✈ Airport: International/Regional
- Ⓥ Bus Station
- Ⓟ Parking
- Ⓜ Tourist Information
- ✉ Post Office
- Ⓢ Church/Ruins
- Ⓜ Monastery
- Ⓜ Mosque
- Ⓜ Synagogue
- Ⓜ Castle/Ruins
- Ⓜ Archaeological Site
- Ⓜ Cave
- Ⓜ Statue/Monument
- ★ Place of Interest

The main places of interest in the Places section are coordinated by number with a full-colour map (e.g. ①), and a symbol at the top of every right-hand page tells you where to find the map.

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♦ Full Travel Tips index
is on page 355

MAIN PICTURE: Vibrant
colours in springtime,
southern Sweden.



SCANDINAVIA

This book provides everything you'll ever need in a guidebook. It is an inspiring background read, an invaluable on-the-spot companion and a superb souvenir of your visit

Evocative photography

Insight Guides are renowned for their great pictures, which vividly convey a sense of everyday life



Illuminating text

Expert writers bring to life Scandinavia's history, culture, arts, politics and, above all, its people

Incisive evaluations

From the buzz of Copenhagen and Stockholm to the grandeur of the Norwegian fjords and the Arctic wilderness of Lapland, it's all here

Detailed, cross-referenced maps

All sites are clearly highlighted and numbered in relation to the text

Full listings

All the travel details, hotels, restaurants and phone numbers you'll need

Other Insight Guides to Northern Europe include:

Estonia, Latvia & Lithuania
Finland
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