



## TOUR INFORMATION FOR SWEDEN in Autumn

*These notes are designed to help you prepare for your tour. Please read carefully.*

**ENTERING DENMARK AND SWEDEN:** United Kingdom citizens will need a passport, which is valid for at least three months beyond intended length of stay. Visas are not required. Citizens of other nations should contact the nearest consulates for entry requirements.

It is always a good idea to take a photocopy of your passport and air ticket with you when travelling abroad. They can prove invaluable in helping you get replacements if your originals are lost or stolen. Obviously, you should keep the photocopies in a separate bag to the originals.

**CURRENCY:** Denmark uses the Danish kroner (DKK) and Sweden uses the Swedish kroner (SEK). You can get both currencies at Copenhagen airport at a decent exchange rate. Payment by credit cards is widely accepted in Scandinavia, with chip and pin or contactless options (like ApplePay) being the best.

**LANGUAGE:** Swedish is the national language but English is widely spoken.

**CLIMATE:** Temperatures will typically range from 10°C (about 50°F) in the morning to a maximum of 18°C (65°F) at midday, although it can be colder if overcast and windy, and warmer temperatures are likewise possible. The average rainfall in September is 60mm (2.36 in) and showers are always a possibility

**INTRODUCTORY MEETING:** Our tour begins at 11.00 at Copenhagen's Kastrup airport. Once gathered, we'll have a short introductory meeting before driving across the bridge to Sweden, giving the leader the opportunity to introduce everyone to each other and to let you know generally what to expect on the trip - pace of the tour, daily routine, etc. If the weather looks good for migration, we'll likely head straight to Falsterbo to get some birding in before dinner.

**PACE OF TOUR AND DAILY ROUTINE:** This is a fairly relaxed tour. Breakfast will be between 07.00-08.00, allowing us plenty of time to arrive at the prime birding areas soon afterwards. Lunch will usually consist of either a picnic in a scenic area or a casual sit-down at a local restaurant. We will return to the hotel in time to freshen up for dinner at one of several excellent restaurants in the area.

Virtually all the walking is fairly easy on good paths or trails. Most of the birdwatching is done within a short distance of our vehicle. In fact, at Falsterbo, one of the main routes of the migrating birds is directly over the car park and adjacent bird observatory wood. With the variable weather conditions the birdwatching itinerary will be decided on a day-by-day basis by the leader.

**HEALTH:** **It is essential that you contact your own doctor to obtain the latest information on the regions you are visiting.** Please contact your doctor well in advance of your tour's departure as some medication must be initiated weeks before the period of possible exposure.

It is recommended that you are up-to-date on routine vaccinations.

It may be difficult to obtain any special medication during the tour, so bring all you are likely to need.

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For further information on health advice refer to the Medical Advisory Services for Travellers Abroad website [www.masta-travel-health.com](http://www.masta-travel-health.com)

**ACCOMMODATION:** Our small hotel is located in the quaint village of Skanor, just to the north of Falsterbo, and within walking distance of the sea and prime birding areas. The rooms are typical of this kind of hotel being simple and not too large but very clean and have adjustable heating to suit individual needs. All rooms have a bathroom with shower facilities, and towels are provided. The last night of the tour will be in Malmo, Sweden, a 15-minute train ride from the airport in Copenhagen, to facilitate departures on the last day.

**LAUNDRY:** Our hotels have a laundry service.

**ELECTRICITY:** 220V AC 50Hz. Sockets take two round-pin plugs. An international travel plug is useful and can be bought in most airport departure lounges. You may find the following website helpful: <http://www.power-plugs-sockets.com>.

**FOOD:** Modern Swedish cuisine is generally accessible, diverse, and excellent. Opportunities will be had as well to explore some classic Scandinavian dishes.

Our tours are all-inclusive and no refunds can be issued for any tour meals participants choose to miss. While we will try to do all we can to accommodate the requirements of all participants, please note that we cannot guarantee all causes of food allergies can be avoided at every destination. Many restaurants offer set menus and are unable to accommodate all special requests within a group. Thus, participants with significant food allergies or special dietary needs should bring appropriate foods with them for those times when their needs can, regrettably, not be accommodated. Our tours are carefully scheduled to insure the best possible birding experience and although the leaders will do all they can to make sure the group eats at a reasonable time, sometimes early or late lunches and/or evening meals cannot be avoided. Any participants who need to eat at specific times may need to bring supplemental food with them.

**DRINKS:** Bottled water, a soft drink or a beer (or wine if appropriate) are provided at meals, as is coffee or tea. In addition, we keep a supply of bottled water on the tour vehicles. Bottled or filtered water may also be provided in some rooms where we stay. Note that the minimum drinking age in Iceland is 20 years.

**INTERNET AND MOBILE PHONE ACCESS:** Our hotels have wireless internet access

**CLOTHING:** The following items are basic:

Long trousers, preferably cotton	Sun hat
Cotton shirts	Small travel umbrella
Light wind-proof jacket	Light rain-proof clothes
Sweater or heavy sweatshirt	Sturdy walking shoes

**MISCELLANEOUS ITEMS:** You should bring the following:

Notebook and pencil	Alarm clock
Small rucksack or shoulder bag	Torch with spare batteries
Sunscreen & sunglasses	Bandanna
Pocket knife	Laundry bag
Water bottle	Personal medication
Ear-plugs if you are a light sleeper	

**Optional:** Telescope & tripod (recommended if you have them), spare binoculars and spare spectacles (in case of loss or damage), field guide.

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**LEADER'S EQUIPMENT:** The leader will provide the following:

Telescope & tripod  
Reference Books

Basic First-aid kit  
Playback equipment

**LUGGAGE:** Our Final Information document, which will be sent to you approximately three weeks before departure, will give details about baggage weight and size restrictions imposed by the airline used for this tour.

If possible, please bring your luggage in soft-sided bags or cases (rather than large hard 'Samsonite'-type suitcases) as these pack more easily into our vehicles during the tour. Please note that on many tours there are no porters to carry your luggage so please ensure that **no bag is so heavy that you are unable to lift and carry it yourself**. As a general rule, in addition to using your luggage labels, it is a good idea to fix identification to the *inside* of each piece of luggage.

**PHOTOGRAPHY:** Camera equipment should be packed in moisture and dust-proof bags as a precaution. This tour offers many opportunities for photography. If you intend to digiscope it is recommended you bring your own telescope as the leader's telescope, will not be available for this activity.

There will be plenty of opportunities to take photos of birds, mammals and scenery and the leaders will do all they can to accommodate anyone wishing to take photographs. However if you are a serious photographer please bear in mind that this is first and foremost a birdwatching tour. Please do not allow your photographic desires to conflict with other participants' birdwatching activities.

**TRANSPORT:** Our transportation will be by minibus driven by the leader. Although many of the distances are short, the leader will be aware of seating arrangements, making sure all participants may have an equal opportunity for more desired seats.

**SMOKING:** Smoking and vaping is not allowed in the vehicles or when the group is gathered for meals, checklists etc. If you are sharing a room with a non-smoker, please do not smoke in the room. If you smoke in the field, we ask that you do so well away and downwind from the group if possible.

**TRAVEL INSURANCE:** Travel insurance is essential and we insist that you take out suitable cover as soon as your tour is booked. If you are bringing expensive optical equipment or other valuable items, please make sure they are also adequately insured on your home contents policy, as most travel insurance policies do not cover very expensive individual items. You may wish to consult your insurance broker regarding coverage. Please also ensure that your policy covers you in the event of a medical emergency, cancellation of a trip or severe delays. Medical costs abroad can often be extremely expensive. Please note that Sunbird is not liable for any medical or repatriation costs resulting from injury or illness during a tour or for covering any costs resulting from a flight delay such as extra hotel accommodation.

If you wish, insurance can be arranged by Helen Fisher, Bullerwell Independent Insurance Brokers, 13 Goldington Road, Bedford, MK40 3JY. Tel: 01234-866964. Please contact Helen for a quote and she will send the schedule directly to you.

**TIPPING:** All tour-based tips are included in the tour price. These include tips to local guides, drivers, hotel porters, and waiters and waitresses when we have group meals together in restaurants. You only need to pay tips for personal services such as room service or drinks from the bar.

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### **BIBLIOGRAPHY:**

Mullarney, Killian et al. *Collins Bird Guide*. 2010. HarperCollins. The 2<sup>nd</sup> edition is the latest, most up-to-date and portable field guide to the birds of Europe. This book has quickly become established as the standard field guide for the region. **Highly recommended**. This is now available in an excellent electronic version for smart phones.

Jonsson, L. 1996. *Birds of Europe: with North Africa and the Middle East*. Princeton University Press. A wonderful field guide with stunning illustrations and concise, informative text.

D Macdonald D, and C Barret 1993 *A Field Guide to the Mammals of Britain and Europe*. Harper Collins. The latest and best field guide to mammals of the region.

**FINAL INFORMATION:** Final information with instructions for meeting the group, hotel addresses etc., and your air tickets, will be sent to you about three weeks before the start of the tour. Other news will be communicated as necessary. If you have any questions about any aspect of the tour, please contact us.