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Whether it's *The Killing*, new Nordic Cuisine or flat pack furniture, we've gone crazy for all things Scandinavian. Hugh Fearnley-Whittingstall explores Sweden, Denmark and Norway to find out why.



Scandinavia is a rugged, untamed landscape. Yet it is also one of the happiest places to live. Could their secret be in the ancient, primal relationship they have with their wilderness?

Join Hugh Fearnley-Whittingstall on a journey across the land of the eternal sun as he discovers the Scandinavian way of life and how we can all learn from the secrets of their success.

Part travelogue, part culinary feast, this series is filled with breathtaking landscapes, extraordinary characters, fascinating design and food unlike anything you've seen before.

Each episode focuses on a different country: Denmark, Sweden and Norway.

Hugh's journey takes him fishing in spectacular fjords, foraging through lush pine forests, diving in icy waters for sea urchins and hunting for wild boars and Nordic elk. It's a unique blend of cookery, travel, architecture, design, heritage and history.

Keo Films for Channel 4
3 x 1 hr

Available in HD

