



Grand Baltic Sea Voyage 2022

14-Day Small Ship Adventure

EXTEND YOUR TRIP

PRE-TRIP

Copenhagen, Denmark

POST-TRIP

Stockholm, Sweden

Your Day-to-Day Itinerary

OVERSEAS ADVENTURE TRAVEL

Overseas Adventure Travel, founded in 1978, is America's leading adventure travel company. *The New York Times*, *Condé Nast Traveler*, *The Los Angeles Times*, *Travel + Leisure*, *The Wall Street Journal*, *US News & World Report*, and others have recommended O.A.T. trips. But our most impressive reviews come from our customers: Thousands of travelers have joined our trips, and 95% of them say they'd gladly travel with us again, and recommend us to their friends.

A WORD ABOUT ADVENTURE TRAVEL

Overseas Adventure Travel offers American travelers a 4-star experience at a 3-star price aboard our privately owned and chartered fleet. On this Small Ship Adventure, you'll enjoy off-the-beaten-path discoveries in a group of 20-25 (with an average of 22), a convivial experience onboard the 89-passenger M/V *Clio*, and more travel choices. Plus, we are the only small ship company with expert, local Trip Experience Leaders who accompany you throughout your journey, enhancing your exploration with the kind of insight and passion that only a local can provide.

As with any type of travel experience, it's important to remember that sometimes, due to weather, sea conditions, or local circumstances, ports of call, activities, and accommodations could differ from what is described in our trip itinerary. The order of the included features in this itinerary may also change. Your Trip Experience Leader will advise you of any changes that may occur while on tour. As some of these changes are just part of the nature of traveling, it's good to remember that a certain degree of flexibility can ultimately enrich your travel experience.

INCLUDED IN YOUR PRICE

- » Services of our local Trip Experience Leader with your group of 20-25 (average of 22) throughout your adventure
- » International airfare, airport transfers, government taxes, fees, and airline fuel surcharges, unless you choose to make your own air arrangements
- » Accommodations for 1 night in Copenhagen, 10 nights aboard our privately owned small ship with wireless Internet access, and 1 night in Stockholm
- » 34 meals: 12 breakfasts, 10 lunches, 12 dinners—including 1 Home-Hosted Dinner—plus all onboard house beer, wine, and soft drinks
- » 14 guided tours and cultural experiences
- » Gratuities for local guides and motorcoach drivers
- » All port charges
- » Baggage handling for 1 piece of luggage per person, including tips
- » 5% Frequent Traveler Credit toward your next trip

WHAT THIS TRIP IS LIKE

GROUP SIZE

- » This adventure has a group size of 20-25 travelers (average of 22) with a local Trip Experience Leader exclusive to O.A.T.

PACING

- » 13 days, with two overnight hotel stays and 10 nights aboard the *Clio*

PHYSICAL REQUIREMENTS

- » Walk 3 miles continuously unassisted and participate in 2 hours of physical activities each day, including stairs
- » Good agility, balance, and strength needed for possible rough seas
- » Not accessible for travelers using wheelchairs or scooters
- » Travelers using walkers, crutches, or other mobility aids will not be able to board the *Clio*
- » We reserve the right for Trip Experience Leaders to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience

TERRAIN & TRANSPORTATION

- » Uneven walking surfaces, including unpaved paths, hills, stairs, and cobblestones
- » Travel by 89-passenger small ship and 45-seat coach

CLIMATE

- » Daytime temperatures range from 58-77°F during cruising season

Grand Baltic Sea Voyage

YOUR DETAILED ITINERARY

BEGIN YOUR ADVENTURE WITH AN OPTIONAL PRE-TRIP EXTENSION

3 nights in *Copenhagen, Denmark*

Day 1 Depart U.S.

Day 2 Copenhagen, Denmark

Day 3 Explore Copenhagen

Day 4 Explore Copenhagen

Day 5 Explore Copenhagen •
Join main trip

Day 1 Depart U.S.

Depart the U.S. today on your flight to Copenhagen, Denmark. Please refer to your personal air itinerary for exact departure and arrival times.

Day 2 Arrive Copenhagen, Denmark

- Destination: Copenhagen
- Included Meals: Dinner
- Accommodations: Copenhagen Admiral Hotel or similar

Afternoon: Upon arrival in Denmark, you'll be met at the airport by an O.A.T. representative or a driver and transferred by motorcoach or car to your hotel, around 30 minutes away. Upon arrival, you will receive your room assignments, and check in (regular check-in time is after 3pm). You'll be joining your fellow travelers who took the *Copenhagen, Denmark* pre-trip extension.

We stay for one night in a centrally-located hotel. Typical rooms include a minibar, safe, air conditioning, wireless Internet, and a private en suite bathroom.

Based on your arrival time, your Trip Experience Leader will offer multiple opportunities to join an orientation walk to get acquainted with the area around the hotel and some of the sites you may choose to return to in your free time. Stroll by Amalienborg Palace, where the Danish royal family resides. Constructed in 1760, the area consists of a cluster of four palaces, two of which are open to the public. Your Trip Experience Leader will speak to the history of the Danish monarchy there, as well as what royalty looks like in the country today—you can still witness the changing of the guard surrounding the premises, and the family still uses many of the reception rooms to greet leaders from around the world.

Make your way to the glistening waterfront for a view of Maersk Opera House, a feat of modern architecture, as well as of the recycling plant. Denmark is considered a forerunner in green energy and waste management, and your Trip Experience Leader will provide some perspective on the history of the industry in Copenhagen and how it has affected residents' daily lives. The waste-to-energy plant, in fact,

includes a year-round ski slope climbing wall, so visitors can experience a blend of education and recreation.

Of course, you'll also walk past colorful Nyhavn as well as the many nearby grocery stores, pharmacies, and ATMs surrounding your hotel. You can explore Copenhagen on a deeper level with a number of suggested free time activities. If time allows today, you might take an approximate one-hour canal ride around the city.

Around 6:15pm, join your fellow travelers and walk to a local restaurant about 15 minutes away from the hotel.

Dinner: Enjoy a Welcome Dinner from 6:30pm-8:30pm at the restaurant, which features local Danish fare.

Evening: Walk back to the hotel for the evening following dinner around 8:30pm and rest after your journey.

Freedom To Explore: Make the most of your explorations in Copenhagen on these off-the-beaten path activities. These recommendations are designed by our team of local experts with women travelers in mind.

- **Walking with your Trip Experience Leader,** explore the **Carlsberg Glyptotek:** Discover this museum dedicated to the artistic collection of Carl Jacobsen—the son of Carlsberg Breweries founder—including his antique sculptures with influences from several ancient Mediterranean cultures, such as Rome, Greece, and Egypt. Originally displayed in the garden of Jacobsen's private villa, his collection grew so much that an entire museum space was necessary to accommodate all the pieces. In addition to the sculptures, which are the focal point of the museum, art lovers will also appreciate a large collection of paintings from French impressionists, post-impressionists, and the Danish Golden

Age—with works by Monet, Degas, Jacques-Louis David, van Gogh, and Bonnard. Visitors usually spend two to three hours here and end their tour by unwinding in the winter garden.

- **How to get there:** About a 15-minute walk from the hotel with your Trip Experience Leader.
- **Hours:** 10am-5pm, Tuesday-Sunday; 10am-9pm, Thursday.
- **Cost:** About \$11 USD per person.
- Stroll through the city's colorful **Botanical Garden:** Located in the heart of Copenhagen, this garden famously features the largest collection of living plants in the world, covering more than 10 hectares with complex glasshouses dating back to 1874. The garden serves as both a recreational space and a place for research as it is part of the University of Copenhagen Faculty of Science. There are more than 13,000 species housed in the garden, which are all arranged for easy viewing. Visitors will find 600 species of Danish plants, 1,100 species of perennial plants, 1,100 species of annual plants, and rock gardens including plants from mountainous areas in Central and Southern Europe and Conifer Hill. The garden is perfect for those wishing to escape the bustling city and enjoy a peaceful afternoon surrounded by nature.
 - **How to get there:** About a 10-minute walk from the hotel.
 - **Hours:** 8:30am-6pm, daily.
 - **Cost:** About \$6 USD per person.
- Delve into the world of 18th-century European art at the **David Collection** museum: Peruse the notable art collections once owned by C. L. David, a prominent lawyer in Denmark, which include masterpieces from the 8th to the mid-19th centuries. This private collection is displayed in what was David's home and since his death in 1960, the museum has continuously acquired new pieces. The three main permanent collections are

the Collection of Islamic Art, the Collection of European 18th-Century Art (which is now complete), and the Collection of Danish Early Modern Art. The Islamic Art Collection is the most well-known and features pieces from an expansive area that spans from Spain to China (west to east) and Uzbekistan to Yemen (north to south). From furniture to silverware to paintings, discover “the most exclusive museum in Denmark,” as described by a Danish newspaper.

- **How to get there:** About a 10-minute walk from the hotel.
- **Hours:** 10am–5pm, Tuesday–Sunday; 10am–9pm, Wednesday.
- **Cost:** Free.

Day 3 Explore Copenhagen • Embark ship

- Destination: Copenhagen
- Included Meals: Breakfast, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: Served from 6:30am–8:30am at the hotel, with international options available.

Morning: Following breakfast, you’ll have some time to relax before discovering Copenhagen. A local guide will join you and your Trip Experience Leader on your tour to provide an expert perspective on the city’s past and present.

Around 9am, board a motorcoach headed for the city center. After around 15 minutes of driving, we’ll arrive at our first stop, the Gefion Fountain. Here, you’ll have a chance to get off the motorcoach to see the massive fountain on the harbor that depicts the legendary Norse goddess Gefion. A touchstone of the Norse mythology, Gefion is referenced in many poems and epics throughout the centuries as the “mother” of Denmark, Sweden, and Norway. The statue at the fountain’s center depicts

Gefion and the creation of Zealand, the island on which Denmark was founded, as she plows through the earth with her oxen.

Next, at around 9:30am, we’ll go for a 20-minute walk through the public gardens to see the city’s signature attraction—the Little Mermaid monument. Unveiled in 1913, the Little Mermaid was designed from bronze and granite by Edvard Eriksen and given as a gift to the city from Danish brewer Carl Jacobsen of Carlsberg Breweries. The statue marks the influence of fairy tale writer Hans Christian Andersen, who was born in Copenhagen. Andersen published the original story in 1837 in a collection of children’s stories, and since then, the journey of a young mermaid willing to risk everything for a human soul has been retold and adapted again and again. A small, but intricately sculpted statue, the Little Mermaid has guarded Copenhagen’s harbor for over a century. In 2013, a celebration of the statue’s 100th year took place throughout the city.

We’ll reboard the motorcoach around 10am and begin our drive to Rosenborg Castle, built by Christian IV in the early 1600s in the iconic Renaissance architectural style. Rosenborg provides a more complete picture of Danish royal history, which you learned about in brief during your orientation walk around Amalienborg Palace. Rosenborg Castle chronicles over four centuries of Danish royal history, and even houses the monarchy’s royal jewels. You’ll get the chance to stop here briefly at around 10:45am, walking around the grounds as your local guide discusses the massive castle’s elaborate history.

At around 11am, we’ll depart on an approximate 20-minute drive for Christiansborg. Once we arrive, we’ll walk to the Royal Library and tour the picturesque gardens. Nestled between the Palace and the Royal Library itself, the Library Garden is considered one of the most peaceful

places in Copenhagen, a reprieve from the fast pace of city life. We'll gather for a discussion outside of the Library's Old Galley House, which has been home to the Danish Jewish Museum since 2004. This sobering museum chronicles the stories of Danish Jews who were helped by non-Jewish Danes to escape the Nazis in October 1943.

We'll continue our tour of Copenhagen around noon, driving through the city's vibrant modern neighborhoods. The tour will end in bustling Stroget, one of Europe's longest pedestrian shopping streets.

Lunch: As your tour wraps up, walk with your Trip Experience Leader into the heart of Stroget where you can shop and have lunch at one of the many restaurants and cafes on your own. Perhaps you'll try a traditional favorite among Danish locals, *smorrebrod* (an open-faced sandwich), commonly topped with shrimp, meat, egg, or vegetables.

Afternoon: We'll depart Stroget en route to our small ship around 3pm, our home for the next 10 nights. Our ship docks close to Copenhagen's city center for privacy and convenience, where most larger ships are unable to dock. Upon arrival at the dock around 3:15pm, we'll begin the embarkation process.

Meet the Captain and crew in the lounge, participate in a safety briefing, and take some time to relax and explore the ship beginning at around 3:45pm. Throughout your adventure, you'll experience a family-like atmosphere onboard that will make you feel right at home—many crew members will likely know you by name come dinner time.

You'll also have time to get acquainted with the ship's inviting common areas. The lounge is equipped with couches and chairs and a specialty coffee-maker available at all hours, and the adjacent bar serves complimentary

house beer, house wine, and soft drinks throughout the day. A topside Sun Deck features ample deck chairs for admiring the scenery. Complimentary wireless Internet is available in all cabins and common areas—the front desk staff will be happy to provide you with an access code.

Around 6:30pm, you'll meet with your Trip Experience Leader onboard for a Port Talk on Bornholm—your next destination. These informative conversations will give you an overview of the following day's itinerary, and prepare you for the discoveries ahead.

Dinner: Around 7pm, dinner is served onboard in the ship's dining room. Dinners onboard include a three-course meal with a choice of meat, fish, and vegetarian options available. As with all the dinners during your cruise, the atmosphere is relaxed, the dress code is smart casual, and you are free to sit at whichever table you please.

Evening: You have the freedom to spend the rest of your evening as you wish as the ship sets sail for Bornholm. Perhaps you'll enjoy live music in the bar area around 8:45pm.

Day 4 Spend A Day in the Life of the Danish island of Bornholm • Captain's Welcome Dinner

- Destination: Bornholm
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Activity Note: Depending on availability and departure, you may experience a number of **A Day in the Life** experiences, including learning about the art form of ceramics with local artists, visiting a family-owned organic farm, exploring a family-owned apple cider production facility, visiting a locally-owned

berry farm, or enjoying time at a family-owned micro-brewery, followed by discovering the marine center of Tejn harbor.

Breakfast: From 7:30am-9am onboard, with international and American options available. Coffee and pastry are always available for early risers beginning at around 7am.

Morning: Because of our ship's small size, we'll be able to dock in Ronne this morning, a port town on Denmark's island of Bornholm. Strategically located in the Baltic Sea—just east of Denmark, south of Sweden, northeast of Germany, and north of Poland, claim to this northerly isle has been disputed for centuries. For most of this time, it was ruled by Denmark, but also by Sweden and Lübeck, Germany. Today, boasting a population of just under 40,000, the primary industries on Bornholm are dairy farming and arts and crafts, namely glass production and pottery using locally sourced clay.

Our day's discoveries include ***A Day in the Life*** experience on this quaint, breezy island, where we'll first split up into smaller groups to make for an intimate morning. Your day may be spent learning about the art form of ceramics with local artists, visiting a family-owned organic farm, exploring a family-owned apple cider production facility, visiting a locally-owned berry farm, or enjoying time at a family-owned micro-brewery, followed by discovering the marine center of Tejn harbor.

For those who visit the apple cider production facility, our ***A Day in the Life*** begins when we meet with local resident Knud Andersen at his home near the town center (if Knud is unavailable, we will meet with another resident community leader). Knud is a former mayor of Bornholm, serving from 1990-2002, as well as a former municipal council member. As we get to know him this morning, we'll learn about a few of the local initiatives he

spearheaded, including policies which enabled the development of organic agriculture. He was also instrumental in transforming the local economy in the early 1990s. Prior to that time, fishing was the major industry here; however, when the European Union introduced fishing quotas, it no longer became a viable way to make a living. Thousands of locals lost their jobs, but thanks to the leadership of those like Knud, other industries—like glass production—eventually emerged. Today, Knud remains a member of a local island committee which aims to support Bornholm entrepreneurs and small businesses.

At about 10:45am, we'll say goodbye to our new friend and board our private motorcoach for a 15-minute drive to Avijll Apple Cider farm, where we'll meet husband and wife owners Alex and Line. This activity is quite fitting, as "Avijll" in an old Bornholm dialect actually translates to "apple," underscoring the enduring tradition of this agricultural practice. Upon arrival around 11am, Alex and Line will welcome us to their property and provide an introduction to their facilities, as well as the history of the operation. Situated in the center of the island and featuring views of nearby Ekkodalen, Avijll is not only home to a cider production house, but also a brewery, bed and breakfast, as well as vineyards. As we delve into the farm's history, we'll learn how Line's great grandfather was also in the business of apple cider-making, formerly owning a nursery and orchard in the village of Allinge. As she got older, Line was inspired to stay true to her roots and carry on this tradition. We'll also hear how she met her husband Alex, who brings extensive knowledge of beer brewing, fermentation, and bread-baking to the business. Together, they founded Avijll in 2017, and for nearly a year, commuted between Bornholm and their former home of Copenhagen before permanently making the move to the island.

Around 11:15am, we'll embark on a brief walking tour around the 24-acre property, led by our hosts. While we walk, we'll take in views of the idyllic grounds, dotted with pastures, meadows, forests, ponds, bogs, and a number of lakes. We'll also hear how Alex and Line strive to run the grounds according to biodynamic and permaculture cultivation principles—in fact, they describe their methods as being “close to nature.” You can imagine that on an island as small as Bornholm—occupying an area of just 227 square miles—sustainability is crucial for the survival of local businesses; hence why it is at the heart of every agricultural operation here. As we explore the grounds, we'll also notice the sizeable herd of cattle, sheep, and chickens, primarily kept for personal use.

After getting acquainted with the property, we'll receive a thorough overview of the apple cider production process, beginning with an introduction to the apples themselves. Alex and Line cultivate a number of Nordic varieties, some of which are rather common and others which are exceedingly rare. All of them boast distinctive taste profiles, carefully curated and processed to make their signature cider. We'll then step into the production facility, where Alex and Line will walk us through the cider-making process. We'll see how the apples are first macerated, or softened by soaking in a liquid, then fermented slowly over time. This first fermentation is what gives the cider its aroma and flavor. Then, the cider is fermented for a second time in bottles, which then causes bubbles to develop. As we learn about this process, we'll observe the machinery Alex and Line rely on to maintain the quality and craftsmanship for which they're known. We'll also have an opportunity to sample several varieties of ciders and ask any questions we may have about production.

Following this insightful activity, we'll then have the opportunity to help Alex and Line with several chores around the farm at about 11:30am. Perhaps we'll pick apples, assist with production, or even help care for some of the animals. Then around 11:45am, we'll join our hosts in preparing for the lunch we'll all share together. We may assist with harvesting and chopping vegetables from the garden, or retrieving eggs from the chicken coop.

Lunch: Around 12pm at Alex and Line's farmhouse, featuring farm-fresh, seasonal fare.

Afternoon: Around 1:30pm, we'll bid farewell to our hosts for a 15-minute drive back to the ship. The remainder of the day is for your own discoveries in Bornholm (considered the “Pearl of the Baltic Sea” because of its colorful scenery)—ask your Trip Experience Leader for recommendations. This island has long been a popular vacation spot for the Danes, but not one that has been discovered by international travelers. Many locals also call Bornholm the “sunshine island” because it gets more sun than anywhere else in the region—all the more reason to take a stroll through its winding streets and soak in the sites.

There will be shuttle buses provided throughout your free time to bring you to nearby towns you may be interested in exploring during your discoveries of Bornholm. Perhaps you'll want to explore the fishing town of Gudhjem. Perched high on a hill, you'll find panoramic views of the Baltic Sea as you amble through its quiet neighborhoods. Or, you might rather explore Svaneke to get a sense of small-town life in Denmark, from the town's rose-hued church to its colorful harbor. You may get the chance to chat with locals and learn about their businesses, or walk through the old market square.

Around 6:30pm, you'll gather for a Captain's Welcome Cocktail before a Port Talk on Gdansk—your next destination.

Dinner: From around 7pm–8:45pm, gather in the ship's dining room for the Captain's Welcome Dinner. While the dress code at mealtimes is always relaxed and smart casual, some travelers opt to wear a day dress or slacks for the Welcome Dinner. As they say in Scandinavia, "*smaklig måltid*" ("enjoy your meal").

Evening: At leisure. Perhaps you'll enjoy a nightcap at the bar.

Day 5 Explore Gdansk, Poland • Controversial Topic: Poland's paradoxical immigration stance with a Muslim migrant & former activist

- Destination: Gdansk
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Activity Note: The guided tour of Gdansk will require approximately 1.5 miles of walking along cobblestone streets, requiring good agility and balance. If the Archaeological Museum is unavailable for our **Controversial Topic** conversation, our group will instead congregate at the Maritime Cultural Center and Museum, located just 5 minutes away on foot.

Exclusive O.A.T. Activity: Today's activities feature the **Controversial Topic** of immigration in Poland led by a Muslim migrant and former activist. This is an increasingly contentious topic in Europe—and especially—Poland, where 97% of the population consist of ethnic Poles. Our conversation will examine the issue from both a political and personal angle, providing an intimate lens through which our small group can glean insight. Read more about this activity below.

Breakfast: From 7:30am–9am onboard, with international and American options available.

Morning: Around 9am, we'll depart for the city of Gdansk, Poland—across from the very spot where World War II began—by motorcoach. Our discoveries begin around 9:30am alongside a local expert who will guide us through the *Stare Miasto* (Old Town). A maritime city that's existed for a millenium, Gdansk has fluctuated between great prosperity and tragic destruction—and Old Town still shows both wartime scars and rich architectural beauty. As we explore on foot for about 45 minutes, our local guide will explain what went into the reconstruction of the town following World War II and how it recovered to become what it is today.

We'll wander past the town hall and its Neptune Fountain, rumored to have once spouted Gdansk's trademark liqueur, Goldwasser, instead of water. Along the way, witness the city's many gates—including the Green Gate, Golden Gate, and Upland Gate. We'll also see the Monument to the Fallen Shipyard Workers, three 138-foot-tall steel crosses at the entrance to the city's shipyard. A sudden spike in food costs in 1970 led to mass riots throughout northern Poland that left at least 40 dead and more than 1,000 wounded. This monument was the first to commemorate the victims of a communist regime.

At about 10:45am, our walking tour will conclude at the Archaeological Museum, located along the banks of the Motlawa River. The building itself dates back to the 16th century, though much of it was destroyed during World War II and then later restored. The collections amassed here document and celebrate the cultural heritage of Poland, providing an all-too-relevant backdrop for our conversation about the **Controversial Topic** of immigration—perhaps the most divisive

issue facing the country. To facilitate, we'll be met by an immigrant living in Gdansk, whose name we cannot disclose for his own safety. Our speaker has lived in Poland now for eight years and currently owns a business. He is a practicing Muslim who frequently feels his life is at risk—and he has reason to: Over the years, he has suffered verbal and physical abuse on the streets. In fact, he still receives threats on a regular basis. To combat xenophobia and racism, he lent his efforts to various NGOs, as well as a local immigrant support center, in the early years of his transition to Polish society. However, he recently pulled away from these organizations and now chooses to help immigrants on his own time, citing a lack of faith in institutions as a motivation for this shift.

Poland is the most ethnically homogenous country in Europe—97% ethnic Pole, 2% European, and less than 1% non-European. At the height of the migrant crisis in 2015, the far-right Law and Justice party (PiS) took power, and since that time, the administration has deliberately stoked the fires of intolerance, orchestrating campaigns that bear such slogans as “Poland for Poles” and “Pure blood, clear mind.” In fact, Prime Minister Mateusz Morawiecki has openly declared his party's ideology, saying in a 2017 interview with a Catholic television station, “We want to reshape Europe and re-Christianize it.” The government even went so far as to order new passports to include the phrase, “God, Honor, Motherland.” Unfortunately, polls show that this rhetoric has pervaded the minds of most of the nation: 70% of the population opposes migrants from the Middle East and Africa.

And visa issuances reflect both this agenda and sentiment: In 2017, 85% of visas granted to foreign workers went to people from Ukraine—an overwhelmingly white, Christian country. Contrastingly, Poland has fiercely

resisted opening their arms to refugees coming from Muslim majority and African countries—even though, as a member of the European Union, they are technically obligated to do so. Loopholes and strategic bureaucracy have enabled them to stall the distribution of these visas long enough for “undesirable” immigrants to be allocated to other nations. Even for white, Christian refugees, the average wait time for a visa is two years. Of course, the irony in all of this is that Poland has benefited immensely from the European Union's Schengen borders, pocketing billions of dollars in payments from the hundreds of thousands of Polish workers who freely migrate to other countries in the union. In fact, since 2004, more than 3 million Poles have permanently immigrated to other European Union countries in search of a better life.

But obtaining a Polish visa is just the first hurdle—cultural assimilation is another. Unlike most other E.U. nations, Poland's government has no integration model in place, leaving immigrants to navigate the system utterly alone. For instance, language classes are not provided—making it near impossible for them to understand the immigration support center's website, written entirely in Polish. Former Gdansk mayor, Pawel Adamowicz, strove to improve these less than welcoming conditions by developing an integration model together with the immigrant support center in 2015. The plan gained a bit of traction, but before it could go any further, Adamowicz was stabbed to death during a live charity event in January 2019. The motive is unsubstantiated, but many attribute the attack to his liberal views.

Throughout our 1-hour conversation, we'll examine the policies and social conditions that led to such a right-wing Poland, and we'll also have about 40-minutes to ask our speaker any questions we may have. Perhaps you'd like

to know more about the discrimination he's experienced, or maybe you're wondering how he helps immigrants adjust to local culture.

Following our discussion around 11:45am, we'll have about an hour to explore on our own. Then, we'll reconvene around 12:45pm for lunch at a nearby restaurant.

Lunch: Served at a local restaurant around 12:45pm, featuring local specialties.

Afternoon: Following lunch around 1:45pm, we'll board our motorcoach and depart for the 15-minute drive to the Solidarity Center, arriving around 2pm. This institution serves as a museum and library documenting the history of Solidarity, the Polish trade union, and other opposition movements of Communist Eastern Europe. There, a local guide will help us understand how Lech Walesa spearheaded the Solidarity movement as a labor activist. We'll also examine how he is viewed by the Polish population today. Walesa, who worked as an electrician, helped establish the Solidarity trade union in 1980. Solidarity is considered by many to have contributed largely to the fall of communism in the country, making its mark as the first independent workers' union in the Eastern Block that ultimately helped transform Poland into a democratic nation.

Around 3:30pm, we'll make the 30-minute drive back to the ship and set sail for Klaipeda, Lithuania, overnight. After about two hours of free time to relax onboard, you'll rejoin your fellow travelers and Trip Experience Leader for a Port Talk on Klaipeda.

Dinner: From 7pm-8:30pm onboard in the ship's dining room.

Evening: You have the freedom to spend the rest of your evening as you wish. Perhaps you'll enjoy a nightcap at the bar or relax in the lounge.

Day 6 Klaipeda, Lithuania • Explore the Curonian Spit

- Destination: Klaipeda
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: From 6:30am-7:45am onboard, with international and American options available.

Morning: At around 8am, we'll ride by private motorcoach to Klaipeda's ferry terminal, arriving at around 8:30am, where we'll catch a 10-minute ferry ride headed to the Curonian Peninsula. Klaipeda is the gateway to a coastal stretch known as the Curonian Spit, a UNESCO World Heritage Site. This scenic area is separated by a protected lagoon on one side and exposed to the harsh Baltic Sea on the other.

Boasting 60 miles of curving coastline, this striking stretch of land has undergone quite a transformation throughout the last five centuries. Once a settlement of a now nearly extinct Baltic ethnic group, the Curonians (Kuršiai), the health of this natural environment quickly began declining due to significant human impacts, namely deforestation. As a result of this destruction, the miles of life-giving forests eventually gave way to lifeless dunes, which could no longer sustain the Kuršiai, and as a result, swallowed over a dozen villages. Today, thanks to a reforestation project aimed at stabilizing the dunes, the Curonian Spit has made a remarkable comeback, making it a prime location for outdoor activities such as bird watching.

After disembarking the ferry, we'll take a 15-minute bus ride to the village of Juodkrante, arriving at around 9am. Here, our Trip Experience Leader will help us keep an eye out for the cormorants that make their home here, searching for their daily meals in the waters

surrounding this narrow strip of land (much to the chagrin of the local fishermen who are trying to do the same).

We'll then continue driving along the spit, taking in the scenic dunes that typify the local landscape as we make our way to the town of Nida, arriving at around 10:30am, where we'll have an hour free to rest and stretch our legs. At around 11:30am, we'll drive for about an hour back to the ferry terminal at the northern end of the spit, where we'll embark and return to Klaipeda. We'll return to the ship at around 1pm.

Lunch: Served onboard the ship from around 1:15pm to 2:45pm. The ship will begin sailing toward Visby, Sweden during our meal, lifting anchor around 1:30pm.

Afternoon: The afternoon is yours to relax onboard as your ship cruises toward Visby. Rejoin your Trip Experience Leader in the lounge around 6:30pm for a Port Talk about our next destination.

Dinner: Served from 7pm–8:30pm onboard in the ship's dining room.

Evening: You have the freedom to spend the rest of your evening as you wish. Perhaps you'll enjoy a nightcap at the bar or relax in the lounge.

Day 7 Explore Visby, Sweden

- Destination: Visby
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: From 7:30am–9am onboard, with international and American options available.

Morning: We'll dock in Visby this morning, in a small port that larger ships are not able to access. Situated on the Swedish island of Gotland, Visby is considered the best-preserved

medieval town in Scandinavia. Following breakfast, you have some free time to prepare for your walking tour.

Around 9:30am, we'll set off on a 30-minute walk to the Gotland Museum for a guided tour with a local expert. You'll delve into the rich history of the region as you view displays of pre-Viking picture stones, medieval wooden sculptures, and the world's largest collection of preserved silver treasure. Your local guide will provide insight on some of the museum's 400,000 collected objects that create a unique mosaic depicting medieval life in the Baltics.

Then, from about 11:15am–12pm, you'll continue with your local guide to begin a 1.5-mile walking tour of the historic town of Gotland. First, you'll take a stroll through the colorful botanical garden, followed by a walk through the narrow streets of the old town to enjoy towering medieval architecture. As you explore this town from the Middle Ages, your local guide will discuss what everyday life is like in Gotland, and provide insight into the national identity of Gotlanders and their relationship with the rest of Sweden. Now is the perfect time to ask questions about Sweden's local culture, traditions, and current issues. Perhaps your guide can provide personal insight on environmental issues like soil degradation, or the country's centuries-long tumultuous relationship with Russia.

After your tour, you're free to make your own discoveries from around 12pm to 1:45pm. Perhaps you'll want to witness the signature *ringmur* (ringwall) encircling the town since the 13th century. Reachable only by boat or plane, and beloved as a holiday destination for Swedes, the "City of Ruins and Roses" is rich with historical artifacts, earning it a designation as a UNESCO World Heritage Site. See its history unfold as its hundreds of

warehouses and merchant homes tell the story of its heyday as a major port between Russia and Western Europe for the Hanseatic League.

You may also choose to visit a women's cooperative and talk with the members to gain a deeper understanding of the local culture and what its like to run and own a business in Sweden. The cooperative was established as a space for women to sell their artisan crafts, as well as food like homemade honey and jam and fresh fruit. Around 15 women, all Gotland residents, operate the store together and meet regularly to discuss new products to sell and hone in on quality assurance. You might take the opportunity to ask the women about what daily life looks like on this quaint island, or about their perspectives on how the cooperative has united women's independent businesses from all over Gotland.

If you'd like to pursue a more active afternoon, you may hike to Visby's upper ruins for a panoramic view of Gotland and the harbor perched along the Baltic Sea.

Lunch: You may choose to have lunch onboard around 1:30pm, or extend your free time and return to the ship for a later lunch around 2pm.

Afternoon: The afternoon is yours to relax onboard as your ship cruises toward Riga, Latvia. Rejoin your Trip Experience Leader in the lounge around 6:30pm for a Port Talk about Riga's past and present.

Dinner: Served from 7pm-8:30pm onboard in the ship's dining room.

Evening: You have the freedom to spend the rest of your evening as you wish. Perhaps you'll enjoy a nightcap at the bar or relax in the lounge.

Day 8 Explore Riga, Latvia • Controversial Topic: Latvia's ongoing recovery from Soviet occupation & modern-day threats to independence with Karina & Aija • Home-Hosted Dinner

- Destination: Riga
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Exclusive O.A.T. Activity: This afternoon we'll venture into the home of a family in Riga, where we'll enjoy a **Home-Hosted Dinner**. This is a special opportunity afforded to us by our small group size and made by possible by the regional connections of our local Trip Experience Leaders. During our shared meal, you'll learn more about daily life in the capital city from these residents, and take part in the customs and culinary traditions of the region. Read more about this experience below.

Breakfast: From 7am-9am onboard, with international and American options available.

Morning: After a leisurely breakfast, we'll depart by private motorcoach around 10am for a 15-minute drive to the New Riga library. There, we'll split into smaller groups of no more than 25 travelers to learn about the **Controversial Topic** of Latvia's struggle to recover from Soviet occupation, as well as the continuous threats it faces from Russia. Thirty years have passed since Latvia declared independence, and today, we'll talk about the long road the nation has traveled to get here—and the forces which seek to derail it. Our meeting place is symbolic of this national effort, as it is the first modern structure to be built in Riga since parting ways from the Soviet Union. Today's conversation will be facilitated by one of two local experts: Karina Petersone and Aija Tamsone, each of whom will regale our smaller groups with their personal accounts to illustrate the oppression they and their families endured.

Karina is a former member of the Latvian Parliament, joining shortly after the Baltic nation declared independence in 1991. She is considered one of the many young politicians who led Latvia into a new era of prosperity and freedom. But this revolutionary political activism didn't start with her generation, of course. As we'll learn, Karina's grandfather was a democrat and freedom fighter seeking to liberate his country. Because of his affiliations and beliefs, Karina's family was persecuted by Soviet forces during the second occupation, even losing their home to the regime. During our conversation, Karina will recount what it was like growing up under such tyrannical and terrifying conditions, and we'll also learn how her experiences continue to fuel her activism today.

Like Karina, Aija's family was also directly impacted by Soviet forces when her aunt was deported to Siberia following World War II. This involuntary family separation lasted for almost two decades, until her aunt was finally able to return in the 1960s. Today, Aija works closely with the Latvian memorial center for occupation to document her aunt's memoirs of this harrowing time, in hopes that Soviet oppression and those who suffered are never forgotten.

As we learn about the family history of these two speakers, we'll also come to understand the political and economic events that gave way to such turmoil. Following World War II, the Baltic states were officially incorporated into the Soviet Union via military occupation and annexation. Over the decades, the Baltic states saw a sharp decline in trust and satisfaction with Soviet Union authorities—including former Soviet Union leader Mikhail Gorbachev, who attempted to boost the failing economy through controversial means, like rescinding limitations on political freedoms. In addition to questionable practices and an imbalance

of freedoms, the Soviet-Afghan War and nuclear fallout in Chernobyl led to an even further degradation of trust between the Baltic states and Russia. Furthermore, non-Russian populations became increasingly concerned about the threat to their national identities posed by the migration of various ethnic groups. All of these factors combined culminated in mass demonstrations throughout the 1980s and into the 1990s, perhaps the most famous of which were the Singing Revolution of 1988, a mass signing demonstration, and the Baltic Chain of 1989, a demonstration in which more than 2 million Latvians, Estonians, and Lithuanians joined hands in a show of solidarity—a chain which ran the length of all three countries. By the end of the 1980s, pro-independence campaigns spread like wildfire throughout the Baltic states. After years of struggle—often met with violent resistance by Soviet Paratroopers, Latvia declared its independence on August 21, 1991.

Shortly after its liberation, Latvia severed most political, economic and cultural ties with its hostile neighbor, sending clear signals that a new era was upon the region. Tensions with Russia brewed ever since, increasing exponentially when Latvia became a member of NATO on March 29, 2004. Citizens of Latvia—and throughout the Baltics—continue to carry their trauma, and for them, one question remains: is Russia still a threat? Some feel that it's time to move on, but many point to evidence that suggests otherwise, like the 2014 annexation of Crimea following the Ukrainian revolution. Concerned Latvians fear that this highly controversial (and most would say, illegal) move is an indication that Russia may be trying to repeat history. During our 1-hour conversation, we'll hear what Karina and Aija think about Russia's intentions and whether or not they worry about the future. After a 20-minute presentation, we'll open up the conversation to a 40-minute Q&A. Take this

opportunity to ask questions about Karina's political activism and Aija's determination to preserve the stories of this turbulent period so that they may never happen again.

Around 11:30am, we'll depart the library for a 10-minute drive to the Art Nouveau district of Riga. Situated near the mouth of the Daugava River, which travels from the Baltic Sea into Russia, Riga served as an important trade port for centuries. Its prosperity also made it a target for conquest: before Latvia declared itself an independent nation in 1918, Riga was claimed by Russia, Sweden, Lithuania, and Germany.

Upon our arrival around 11:45am, we'll set off on a roughly 20-minute walking tour of the Art Nouveau district. Accompanied by a local guide, we'll explore facades from the early 20th-century period, during which architecture took a romantic turn in response to the Eclecticism and Revivalist architectural movements of the 19th century. Riga's Art Nouveau buildings are identified by their blend of opulent decoration with practical structure, and are known for unique elements like tall stained glass windows and intricate sculptures. Your local guide will speak to the different styles nestled within the Art Nouveau trend and how each is represented throughout the district.

We'll continue our discoveries around 12pm and drive about 10 minutes to the Old Town, passing through the city center. Along the way, we'll notice the influence of Soviet architecture here, as Riga's city center functioned as a manufacturing hub for the USSR during Latvia's Communist past. Our drive will also take us through a former Jewish ghetto, ruins of the former city wall, and the area's Byzantine-style Orthodox cathedral. We'll arrive in the Old Town at about 12:15pm, where we'll embark on an approximately 45-minute walking tour. As a diverse, thriving city with a prominent upper class, Riga experienced

radical change under occupation by the Soviets and Nazis. Buildings from Riga's most prosperous eras still stand throughout the city. As we discover the ancient relics of the city, you may witness ancient sites like St. Peter's Church, built in the 15th century and Riga's oldest monument. Perhaps you'll also want to explore the Town Hall square that dates back to the 13th century and features unique Hanseatic architecture around every bend.

At about 12:45pm, we'll depart by private motorcoach for the 10-minute ride back to the ship for lunch.

Lunch: Served buffet-style from 1pm-2:30pm onboard, with local and international options available. You also have the option to stay in Old Town for lunch. This is a great time to try Latvia's traditional cuisine, such as pelmeni dumplings (often described as a cross between Polish *pierogi* and Italian tortellini) and *karbonade*—a type of pork that's flattened and fried.

Afternoon: From around 2:30pm-5:30pm, you have free time to relax on the ship and prepare for your local dinner tonight, or take one of the available shuttles to and from Riga's city center for further explorations. During this time, you also have the option to join your Trip Experience Leader for a walk to a local food market for a tasting of regional delicacies, as well as to peruse traditional Latvian arts and crafts. You might, for example, visit a local glassblower or stop by a chocolate stall to enjoy a sweet treat.

At around 5:30pm, our group will reconvene at the hotel and break into smaller groups to depart for a 30-minute private motorcoach ride to meet one of three or four local families from various walks of life. Together, we'll enjoy a **Home-Hosted Dinner** and get to know one another.

Dinner: Around 6pm in the home or apartment of a local family in Riga. We'll discuss what everyday life is like and gain a unique understanding of the city's culture over a traditional meal together. Riga is a spirited blend of old and new, with vestiges of Art Nouveau grandeur and cutting edge architecture at every turn. As we'll learn, this dichotomy is also apparent in local culture: a hip, cosmopolitan vibe informed by a turbulent, 800-year-heritage. While we dine, you might ask the family about ever-evolving traditions, such as what customs they practice or how they feel things are changing for the better (or worse). For example, you may like to discuss family dynamics and gender roles in Latvia—over the years, the role of woman as housekeeper and husband as provider has gradually become dismantled, creating more fluid family dynamics. Our meal this evening will consist of traditional dishes made with local organic produce. These dishes will vary; however, you can look forward to the Latvian staple of *rupjmaize*, a variety of rye bread commonly enjoyed by locals.

Evening: We'll depart around 8pm and return to the ship at roughly 8:30pm by private motorcoach, where we'll have the rest of the evening to rest and prepare for another day of discoveries.

Freedom To Explore: Make the most of your explorations in Riga on these off-the-beaten path activities. These recommendations are designed by our team of local experts with women travelers in mind.

- **Walking with your Trip Experience Leader,** learn about Latvia's troubling past at the **Museum of the Occupation of Latvia:** Uncover the history of Latvia's occupation, which lasted for 51 years—the Soviet Union from 1940–1941, Nazi Germany from 1941–1944, and then the Soviet Union again from

1944–1991. In the museum, visitors can view intergovernmental agreements and documents, photographs, and artifacts from a time of tragedy and totalitarian regimes. Gain a deeper understanding of the inhumane conditions Latvians were forced into, as well as their resistance against the occupying powers. The museum is home to nearly 60,000 items, plus an audiovisual archive of more than 2,300 testimonials from refugees and deportees.

- **How to get there:** About a 20-minute walk with your Trip Experience Leader.
- **Hours:** 11am–6pm, daily.
- **Cost:** Admission by donation. Guided tours are available for \$11 USD per tour.
- Listen to a **Riga Cathedral Organ Concert:** Experience a unique performance by choirs and organ players in a more than 800-year-old cathedral, and see one of the biggest organs in the world, containing over 6,000 pipes. Considered the largest medieval church in the Baltic states, the cathedral currently operates as both a Lutheran place of worship, as well as museum. During Soviet occupation from 1939–1989, religious services were prohibited, and it was solely utilized as a concert hall. Concerts range from 20 minutes to 1 hour in length.
 - **How to get there:** Around a 20-minute walk from the ship.
 - **Hours:** Hours of operation may vary depending on the day of the week—your Trip Experience Leader will provide more information upon request.
 - **Cost:** Approximately between \$12 USD–\$23 USD per person.
- Witness the UNESCO World Heritage-listed **Riga Art Nouveau Museum:** Containing collections of Art Nouveau artifacts made and used in Riga, this museum celebrates the city's unique architecture and is the only museum to focus on the Art Nouveau period

in all of the Baltics. The centerpiece of the museum, which was once the lavish home of architect Konstantīns Pēkšēns, is a series of rooms designed to portray a typical, upscale residence during the early 20th century, complete with art, furnishings, and even clothing. The aim of these displays is to preserve this unique artistic heritage, as well as educate the public and even carry out research on various pieces.

- **How to get there:** Around a 20-minute walk from the ship.
- **Hours:** Tuesday–Sunday, 10am–6pm.
- **Cost:** Approximately \$10 USD per person.

Day 9 Riga • Optional Latvian Open-Air Museum tour

- Destination: Riga
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: From 7am–8:30am onboard, with international and American options available.

Morning: Your morning is free to explore Riga at your own pace. You might return to one of the sites visited on your motorcoach tour, join your Trip Experience Leader for a walk through the city and conversation on locally-made products, or delve into the region’s history as you explore sites like St. Peter’s Cathedral. You may also want to immerse yourself in the city’s artistic culture and build upon yesterday’s discoveries at the museum of Art Nouveau, located in the former apartment of Latvian architect Konstantīns Pēkšēns. Or, explore other renowned museums like the Holocaust Museum, where you’ll discover the tragedies of World War II and its impact on life in Latvia. You can also witness one of Latvia’s hidden gems during a train ride to Jurmala—a seaside town with miles of sandy beaches—alongside your Trip Experience Leader.

Or, join us for our optional half-day excursion to the Latvian Open-Air Museum, located on the banks of Riga’s Lake Jugla. Around 9:30am, we’ll depart the ship for the approximate half-hour drive to one of the oldest and largest open-air museums in all of Europe. Upon arrival at around 10am, we’ll meet with a local guide who will take us on a leisurely 90-minute stroll as we catch a glimpse of what life was like for farmers, craftsmen, and fishermen. Over 100 historical buildings dating from the 17th century all the way to the 1930s serve as snapshots of daily life for people in Riga. You’ll learn how these people made their living, including viewing traditional tools of the time period. Cap off your discoveries at a traditional wooden Latvian church, originally built in the 18th century.

Then, at around 1:45pm, enjoy about 45 minutes of free time in the surrounding area before returning to the ship around 3pm.

Lunch: You can enjoy an included lunch onboard the ship around 1:30pm, or grab lunch on your own in Riga during your day of independent exploration. Travelers who choose to go on the optional tour will have lunch at a local tavern around noon, complete with traditional music and folk dancing.

Afternoon: Rejoin your fellow travelers who discovered Riga on their own around 3:30pm onboard to set sail for Tallinn as you enjoy free time to relax.

Sit down with your Trip Experience Leader around 6:30pm for a Port Talk on Tallinn, a wonderfully preserved city of the old Hanseatic League. This ancient walled port on the Baltic Sea is a UNESCO World Heritage Site filled with remarkable fortresses, castles, and cathedrals. Medieval Tallinn is home to several towered gates, all bastion-forts complete with moats and drawbridges.

Dinner: Served around 7pm onboard in the ship's dining room.

Evening: You have the freedom to spend the rest of your evening as you wish. Perhaps you'll enjoy a nightcap at the bar or relax in the lounge.

Day 10 Explore Tallinn, Estonia

- Destination: Tallinn
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: From 7am–8:30am onboard, with international and American options available.

Morning: From around 8:30am–9:30am, we'll view a documentary onboard about the Baltic Singing Revolution that occurred from 1987–1991. In 1987, the Soviet government revealed plans to establish phosphorite mines in the Virumaa region, causing concern among locals regarding the environmental impact of such a large endeavor. Unbeknownst to the Russian government, this decision was the catalyst for Estonia's fight for independence. In response to the mining plans, Estonians began expressing their resistance in an unusual way: through singing. Tallinn's Old Town Festival in 1988 saw the joining of hundreds of Estonians together in patriotic song. At music events and festivals thereafter, locals banded together to sing the same songs as their act of defiance. This sense of unity inspired the peaceful protests that followed, including the Baltic Way in 1989: a nearly 420-mile long human chain made of about two million residents of Estonia, Latvia, and Lithuania. The country declared independence on August 22, 1991.

At around 9:45am, we'll board our private motorcoach for a panoramic tour of Tallinn. On our way, we'll catch a glimpse of sites like the Rotterman Quarter, a time capsule of the city's industrial period nestled among modern

buildings in the city center. We'll also see the sprawling campus of Tallinn University, considered one of the top research universities in the world. We'll also discover the district of Viru, which features a quite literal gateway to Old Town Tallinn: the towering stone gates originally built in the 1300s to protect the city now greet visitors as they enter Old Town and the many shops and restaurants within.

Once we arrive in Old Town around 11am, we'll set off on a walking tour. Within the city's ancient gated walls, the streets remain much as they were when Danish rulers built them in the 13th century. The historic city center is divided into the Lower Town and the Upper Town.

In the Lower Town, the 600-year-old Town Hall—the best-preserved of its kind in northern Europe—presides dramatically over Town Hall Square (*Raejoka plats*). The Upper Town is on Toompea Hill, where two 13th-century landmarks still stand: Toompea Castle (now the meeting place for the Estonian Parliament) and the Dome Church (Estonia's largest Lutheran sanctuary). Many of the city's historic buildings reflect the prosperity it enjoyed between the 14th and 16th centuries. Under German control, Tallinn flourished during these years as a trade port in the Hanseatic League. Later periods of Swedish and Russian rule also left their marks on Tallinn, whose rich layers of history you'll delve into during your tour.

Lunch: You may choose to return from your tour for a 1pm buffet-style lunch onboard, or you can stay in town and have lunch on your own. You may want to try a taste of Estonia's national fish—the Baltic herring—and enjoy a cold glass of locally-made beer or a cocktail, such as Saku or Le Coq.

Afternoon: Those who returned to the ship for lunch will have the option to head back to town on a 15-minute shuttle bus ride around

2pm for some free time. You may want to visit a local marzipan shop, witness the Sweater Wall, climb the tower of St. Olav's Church to take in the views, or hike approximately one mile to the observation platform in the upper part of town. You also have the option to join your Trip Experience Leader around 2:15pm for a walk to discover Old Town's hidden streets. Here you'll find artisan workshops featuring local artists honing their craft in textiles, ceramics, and much more. You might take the opportunity to talk to the local artists about the intricate processes involved in the work or about daily life in Tallinn.

Shuttle buses will run back to the ship between 4pm and 6pm.

Dinner: Served from 7pm–8:30pm onboard in the ship's dining room.

Evening: You have the freedom to spend the rest of your evening as you wish. Perhaps you'll enjoy a nightcap at the bar or relax in the lounge.

Day 11 Discover Tallinn's Song Festival Grounds

- Destination: Tallinn
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: From 7am–9am onboard, with international and American options available.

Morning: At around 9am, we'll drive by private motorcoach to the Song Festival Grounds: the stage where the historic musical demonstration against Soviet occupation took place. We'll meet with a local guide to discuss the details of the revolution and the choral traditions of Estonia, including a conversation about the "five patriotic songs" series sung at the Old Town Festival, produced by composer Alo Mattiisen in 1988.

At around 11:15am, we'll board our private motorcoach; you have the choice to either return to the ship, or be dropped off downtown for further free exploration of Tallinn.

Lunch: Served onboard from 12pm to 1:30pm. If you've elected to remain in the city, your Trip Experience Leader can recommend options for your independent meal.

Afternoon: For travelers who chose to return to the ship for lunch, shuttle service is available at 1:45pm to return to Tallinn's Old Town. Here, you may choose to join your Trip Experience Leader for an elective walk to the city's upper town, where we'll get panoramic views of our new surroundings from a viewing platform. A shuttle bus will be available to return us back to the ship later this afternoon.

At around 4pm, the ship will lift anchor and begin its journey to Helsinki, Finland. Join your Trip Experience Leader at 5pm for a Port Talk about this Finnish capital. We'll dock in the city at around 6pm.

Dinner: Served onboard from around 6:30pm to 8pm.

Evening: You have the freedom to spend the rest of your evening as you wish. Perhaps you'll enjoy a nightcap at the bar or relax in the lounge. Or, join your Trip Experience Leader for a short walk in Helsinki from 8pm to 9pm.

Day 12 Explore Helsinki, Finland • Captain's Farewell Dinner

- Destination: Helsinki
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio* or M/V *Corinthian*

Breakfast: From 7:30am–9am onboard, with international and American options available.

Morning: Our ship's small size allows us to dock in the heart of Helsinki. At around 9am, we'll board a motorcoach and set off on an included tour. As we wind our way through the city, we'll notice how the sea is an integral part of Helsinki—the city spreads out onto islands, peninsulas, and along coves among which boats of all types navigate.

First, we'll stop at the Sibelius Monument, a statue made of hundreds of metal pipes that commemorates the renowned composer Jean Sibelius, for a photo opportunity. Since it was first built in the 1960s, the monument has sparked debate among music lovers; the pipes seem to resemble those of an organ despite Sibelius writing little to no pieces for the organ itself. Beyond the controversy, the Sibelius Monument is a wonder to behold, capturing the highs and lows of Sibelius' intricate musical compositions in a single structure.

Next, around 10am, we'll drive to the new Oodi public library, known as the "living room of the city." Upon arrival at around 10:30am, we'll explore this uniquely designed building for about 30 minutes. Oodi not only serves as a library, but as a meeting place for Helsinki residents. Take time to observe local life happening around you as you make your way through the building.

At around 11am, we'll head back to the bus to drive the approximate half mile to Senate Square, arriving at around 11:30am for a brief stop. Here, we'll discover many ornate Empire Neo-classical buildings, including the 19th-century Lutheran Cathedral, whose central tower dominates the city. Like Times Square in New York City, this is the place where residents gather to celebrate special occasions, such as New Year's Eve and Independence Day (December 6th).

We'll wrap up our tour in Helsinki's Market Square in the city center at around 11:45am. A lively area full of boutique and souvenir shops, vendors selling fresh produce and traditional Finnish fare, and colorful stands displaying artisan crafts, Market Square is perhaps the best way to immerse yourself in the sights and sounds of the city. We'll take about a 30-minute walk through the market, complete with our Trip Experience Leader's firsthand insight on the best stalls with crafts to buy or food to sample.

Lunch: Served buffet-style between 12:30pm-2pm onboard, with local and international options available. Travelers who chose to stay in the market can try local favorites like salmon soup with rye bread.

Afternoon: Around 2pm, you're free to make your own discoveries. Perhaps you'll take a stroll through Helsinki's design district with your Trip Experience Leader. Located in the center of the city, the area is home to the works of Helsinki's most creative minds, featuring an array of art galleries, antique shops, fashion stores, and showrooms. You may also want to return to Market Square to mingle with local vendors and snack on staples like smoked fish and fresh berries. Return to the ship by 4:30pm.

At around 5pm, the ship will set sail to Stockholm. As we sail, you can enjoy some free time to relax after your day of discoveries. Then join your fellow travelers and Trip Experience Leader for a Captain's Farewell Drink around 6pm. Your Trip Experience Leader will also say a few words about the experience and toast to a successful journey. As they say in Sweden, "Skål!" ("Cheers!").

Dinner: Between 7pm-9pm, enjoy the Captain's Farewell Dinner onboard in the ship's dining room. While the dress code at mealtimes

is always relaxed and smart casual, some travelers opt to wear a day dress or slacks for the Farewell Dinner.

Evening: You have the freedom to spend the rest of your evening as you wish. Perhaps you'll enjoy a nightcap at the bar or relax in the lounge as we set sail for Stockholm, Sweden.

Day 13 Disembark ship • Explore Stockholm, Sweden

- Destination: Stockholm
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Hilton Stockholm Slussen Hotel or similar

Activity Note: The walking tour of Gamla Stan is approximately 1 mile on cobblestone streets, requiring good balance.

Breakfast: From 7:30am–9am onboard, with international and American options available.

Morning: After packing up and leaving your cabin, you'll gather with your Trip Experience Leader around 9am for a Port Talk on Stockholm prior to your discoveries. From around 9:30am to 11am, you'll enjoy scenic sailing as we cruise toward Stockholm. The sun deck is a great spot to soak in the vistas as we approach the city.

Upon docking around 11am, we'll bid goodbye to the ship and the crew as we disembark the ship for a city tour of Stockholm. Sweden's capital city, an archipelago within an archipelago, occupies a cluster of 14 islands floating among 24,000 that make up a 60-mile chain.

Our tour begins at around 11:30am when we arrive by motorcoach at *Stadshuset*, the romantic City Hall building famous for hosting the annual Nobel Prize banquet, which your Trip Experience Leader will discuss in detail as you explore. Designed in 1923, City Hall was

constructed using eight million red bricks and 19 million chips of gilt mosaic. The *Stadshuset* is not just the city's seat of government, but is also a national symbol, as the building's 300-foot tower, topped with three golden crowns that represent Sweden's coat of arms, will attest.

Following your explorations of City Hall, take some time for quick souvenir shopping before we head to lunch.

Lunch: Included at a restaurant in City Hall, complete with a host of regional options.

Afternoon: After lunch, we resume our tour and set off to *Gamla Stan* by motorcoach, Stockholm's Old Town nestled at the heart of this great city. We'll arrive at around 2:45pm for an approximate 45-minute walking tour through the labyrinth of cobbled streets. While the mighty Royal Palace dominates much of the *Gamla Stan*, there's still so much more to do and see. The picturesque isle is a labyrinth of narrow alleyways and staircases, home to antique shops, museums, statues, and churches.

The *Stortorget* (the "Big Square"), is the city's oldest square and site of the infamous Stockholm Bloodbath. Denmark—under the rule of King Christian II—invaded Sweden in 1520 and took the country for its own. Shortly thereafter, Christian rounded up all those who had challenged his rule and on November 8 and 9, he executed more than 80 Swedish nobles in the Big Square. According to legend, rivers of blood rushed through the streets. Today, the *Stortorget* is a brightly-colored square, home to a handful of cafés, the Stock Exchange, and an annual Christmas market.

Around 3:30pm, you'll have free time to explore the ancient city on your own. Experience the gilded 15th-century sculpture of St. George at the *Storkyrkan Church*, or visit the Nobel Prize

Museum to learn about the most prestigious award in the world, the world-changing ideas that have earned the prize, and its founder Alfred Nobel. Or, you can take this time to relax and grab a seat at a local cafe to observe everyday life, or peruse the shops for a last-minute souvenir.

Around 4:30pm, we'll transfer to our hotel by motorcoach and settle in. Depending on where we stay, your hotel may feature a restaurant, bar, and gym; and each room will include a safe, a television, complimentary Internet access, hair dryer, and private bath. The rest of the afternoon is yours to lounge in the hotel or continue your explorations of Stockholm. Your Trip Experience Leader will be at the hotel's hospitality desk between 5:30pm-6:30pm to provide assistance with your boarding pass for your flight home.

Dinner: From 7pm-9pm at your hotel, you'll enjoy another Farewell Dinner with your travel companions and Trip Experience Leader. While

the dress code at mealtimes is always relaxed and smart casual, some travelers opt to wear a day dress or slacks for the Farewell Dinner.

Evening: You have the freedom to spend the rest of your evening as you wish. You may want to rest for your flight tomorrow.

Day 14 Stockholm • Return to U.S. or begin post-trip extension

- Included Meals: Breakfast

Breakfast: At the hotel, with international options available. Breakfast is served throughout the morning to accommodate individual flight times.

Morning: Begin your one-hour transfer to the airport for your flight home (flight time determines your departure time from the hotel), or continue on our *Stockholm, Sweden* post-trip extension.

END YOUR ADVENTURE WITH AN OPTIONAL POST-TRIP EXTENSION

3 nights in Stockholm, Sweden

Day 1 Explore Stockholm, Sweden

Day 2 Stockholm • Optional Vasa Museum & Skansen tour

Day 3 Stockholm

Day 4 Stockholm • Return to U.S.

OPTIONAL TOURS

During your trip you will be able to book optional tours directly with your Trip Experience Leader. He or she will ask you to confirm the payment for these tours by filling out a payment form. Optional tours can only be purchased with a credit or debit card. We accept Visa, MasterCard, and Discover credit cards. We also accept Visa and MasterCard debit cards, but it must be a debit card that allows you to sign for purchases.

In order to correctly process these charges, there can be a delay of 2–3 months from the date of your return for the charges to be posted to your account. Therefore we ask that you use a card that will not expire in the 2–3 months following your return.

Please note: *Optional tour prices are listed in U.S. dollar estimates determined at the time of publication and are subject to change. Optional tours may vary.*

Latvian Open-Air Museum

(Day 9 \$115 per person)

Discover one of the oldest and largest open-air museums in all of Europe, located on the banks of Riga's Lake Jugla. On this excursion, you'll walk through some of the beautifully preserved 17th-century Latvian buildings—of which there are over 100—and get a glimpse of what daily life was like for farmers, craftsmen, and fishermen at the time. Cap off your day here with an included lunch at a local Latvian tavern, where you'll get the chance to meet locals and hear traditional folk music.

PRE-TRIP

Copenhagen, Denmark

INCLUDED IN YOUR PRICE

- » Accommodations for 3 nights at the Copenhagen Admiral Hotel or similar
- » 5 meals: 3 breakfasts, 1 lunch, and 1 dinner
- » Copenhagen Card for transit and museum access
- » Services of our local Trip Experience Leader
- » Gratuities for local guides and motorcoach drivers
- » All transfers

PRE-TRIP EXTENSION ITINERARY

Native son Hans Christian Andersen rendered Danish life as a fairy tale ... something you can witness yourself as you revel in a three-night stay in Denmark's capital city. Explore Kobenhavn—and the surrounding area—and discover vibrant architecture, seaside castles, and a unique culture unlike anything you've experienced before.

Day 1 Depart U.S.

Depart the U.S. today on your flight to Copenhagen, Denmark. Please refer to your personal air itinerary for exact departure and arrival times.

Day 2 Copenhagen, Denmark

- Destination: Copenhagen
- Accommodations: Copenhagen Admiral Hotel or similar

Afternoon: Upon your arrival in Copenhagen, you'll be met at the airport and assisted to your hotel. The world's oldest capital city is also among the most welcoming in Scandinavia. The Danes are known for being more extroverted than their neighbors, as you'll experience during your stay here.

We will stay for three nights in a centrally-located hotel. You'll receive your room assignments and check in around 2pm.

Typical rooms include a minibar, safe, air conditioning, wireless Internet, and a private en suite bathroom.

Then, enjoy a walk (less than one mile) around the vicinity of your hotel with your Trip Experience Leader to introduce you to the area in which you'll be staying. As you walk, witness sites like Amalienborg Palace where the royal family resides, the Maersk Opera House, and Denmark's recycling plant that doubles as a ski slope. You'll also engage in discussions with your Trip Experience Leader and fellow travelers regarding the country's green energy movement.

The rest of the afternoon is yours to do as your please. Perhaps you'll explore Nyhavn, the iconic 17th-century waterfront district for a drink and people watching.

Dinner: You're free to explore Copenhagen's local restaurants tonight. For a quick bite, you can stop by one of the many sausage stands for

a traditional *rod polse* (red sausage). *Frikadeller* is another popular Danish dish consisting of meatballs fried in butter, and are often served with boiled potatoes.

Evening: You are free to return to your room to rest after your overseas flight, or you may venture out to experience Copenhagen's lively clubs and cafes—ask your Trip Experience Leader for recommendations. Your hotel is also located within walking distance of theaters, shops, the famous Little Mermaid statue, and the impressive Gefion Fountain.

Freedom To Explore: Make the most of your explorations in Copenhagen on these off-the-beaten path activities. These recommendations are designed by our team of local experts with women travelers in mind.

- Stroll through the city's colorful **Botanical Garden:** Located in the heart of Copenhagen, this garden famously features the largest collection of living plants in the world, covering more than 10 hectares with complex glasshouses dating back to 1874. The garden serves as both a recreational space and a place for research as it is part of the University of Copenhagen Faculty of Science. There are more than 13,000 species housed in the garden, which are all arranged for easy viewing. Visitors will find 600 species of Danish plants, 1,100 species of perennial plants, 1,100 species of annual plants, and rock gardens including plants from mountainous areas in Central and Southern Europe and Conifer Hill. The garden is perfect for those wishing to escape the bustling city and enjoy a peaceful afternoon surrounded by nature.
 - **How to get there:** About a 10-minute walk from the hotel.
 - **Hours:** 8:30am–6pm, daily.
 - **Cost:** About \$6 USD per person.

- **Walking with your Trip Experience Leader,** explore the **Carlsberg Glyptotek:** Discover this museum dedicated to the artistic collection of Carl Jacobsen—the son of Carlsberg Breweries founder—including his antique sculptures with influences from several ancient Mediterranean cultures, such as Rome, Greece, and Egypt. Originally displayed in the garden of Jacobsen's private villa, his collection grew so much that an entire museum space was necessary to accommodate all the pieces. In addition to the sculptures, which are the focal point of the museum, art lovers will also appreciate a large collection of paintings from French impressionists, post-impressionists, and the Danish Golden Age—with works by Monet, Degas, Jacques-Louis David, van Gogh, and Bonnard. Visitors usually spend two to three hours here and end their tour by unwinding in the winter garden.
 - **How to get there:** About a 15-minute walk from the hotel with your Trip Experience Leader.
 - **Hours:** 10am–5pm, Tuesday–Sunday; 10am–9pm, Thursday.
 - **Cost:** About \$11 USD per person.
- Delve into the world of 18th-century European art at the **David Collection** museum: Peruse the notable art collections once owned by C. L. David, a prominent lawyer in Denmark, which include masterpieces from the 8th to the mid-19th centuries. This private collection is displayed in what was David's home and since his death in 1960, the museum has continuously acquired new pieces. The three main permanent collections are the Collection of Islamic Art, the Collection of European 18th-Century Art (which is now complete), and the Collection of Danish Early Modern Art. The Islamic Art Collection is the most well-known and features pieces from an expansive area that spans from Spain to China (west to east) and Uzbekistan to Yemen (north to south). From furniture to silverware

to paintings, discover “the most exclusive museum in Denmark,” as described by a Danish newspaper.

- **How to get there:** About a 10-minute walk from the hotel.
- **Hours:** 10am–5pm, Tuesday–Sunday; 10am–9pm, Wednesday.
- **Cost:** Free.

Day 3 Explore Copenhagen

- Destination: Copenhagen
- Included Meals: Breakfast, Lunch
- Accommodations: Copenhagen Admiral Hotel or similar

Breakfast: From 6:30am–8:45am at your hotel, with international options available.

Morning: After breakfast, join your Trip Experience Leader and fellow travelers for personal introductions and to review our itinerary in more detail (including any changes that may need to occur).

Around 9am, you’ll receive a personal Copenhagen Card from your Trip Experience Leader at the hotel’s hospitality desk. Your card allows you entry to 75 of the city’s attractions and free transportation on the bus, metro, and train lines, and will be your passport to exploring the city on your own over the next three days, allowing you to follow your interests to the activities and destinations that most appeal to you.

Around 10am, you’ll embark on a tour of Copenhagen’s winding canals with panoramas of the harbor, ancient castles, and colorful rowhouses.

You’ll have from around 11am–12:30pm to discover the *Nyhavn* (New Harbor) district on your own. Bars, cafes, and restaurants line the 17th-century waterway, and dozens of vividly-painted 300-year-old houses add to the

lively feel of this district. Perhaps you’ll relax at one of the many cafes along the harbor and soak in everyday life.

Lunch: Around 12:30pm, lunch is at a local restaurant.

Afternoon: Free for your own discoveries—ask your Trip Experience Leader for recommendations. Perhaps you’ll explore the 17th-century Rosenborg Castle where you’ll find the Crown Jewels and famous artwork, such as the portrait of Queen Caroline Mathilde from 1771. You may also want to explore one of the city’s prized museums, including the National History Museum and the Louisiana Museum.

Or, consider a stroll through historic *Kongens Nytorv* (King’s New Square), which was laid out by Christian V in 1670 in an effort to expand the fortified city. The equestrian statue erected of him sits in the center of the square and is surrounded by prominent institutions, such as the Royal Theatre.

Dinner: On your own. Whether you want rustic traditional seafood or high-end “New Nordic” cuisine (in which Danish staples like elderberry, herring, and salmon are infused with modern techniques and ingredients from around the world) Copenhagen boasts more than 2,000 restaurant and café options to satisfy all preferences.

Evening: After arriving back at your hotel around 8:45pm, you may continue making independent discoveries or rest up for the day of exploration ahead.

Day 4 Explore Copenhagen

- Destination: Copenhagen
- Included Meals: Breakfast, Dinner
- Accommodations: Copenhagen Admiral Hotel or similar

Breakfast: From 6:30am–9am at your hotel, with international options available.

Morning: Around 9:30am, we'll depart the hotel and embark on a short walk to a nearby bus stop. We'll begin our journey by public bus around 10am using our Copenhagen Card to one of the typical Danish villages.

We'll arrive around 10:45am, when we'll set off on a tour of the area. Home to thatched-roof houses and bobbing fishing boats, these two adjacent villages present a stark contrast to contemporary Copenhagen. Your Trip Experience Leader will delve into the history of the region with a discussion on World War II and how it shaped the community.

From around 11:15am–12:15pm, you'll have free time to explore the villages at your own pace. Perhaps you'll peruse the quaint shops or take a stroll and soak in the seaside views.

We'll return to the bus stop (about a 5-minute walk) and take the bus back to Copenhagen around 12:30pm.

Lunch: On your own. Your Trip Experience Leader would be happy to provide suggestions for local fare or a taste of home.

Afternoon: Upon returning to the hotel around 3pm, you'll have the afternoon to explore Copenhagen on your own. Now is the perfect time to try one of the recommended activities—explore the world's largest collection of Danish art at the Danish Museum of Art & Design, visit the stately Amalienborg Palace, or discover an impressive ethnographic collection at the National Museum.

Dinner: Walk about 15 minutes to a local restaurant, where we'll enjoy an included dinner from 6:30pm–8:30pm.

Evening: You'll return to the hotel around 8:30pm. You can choose to walk (about 30 minutes) or take the local bus we arrived on. Rest up for tomorrow's adventures or continue exploring on your own. If you choose the latter, you may want to relax at one of the city's bars or cafes for a nightcap.

Day 5 Explore Copenhagen • Join main trip

- Destination: Copenhagen
- Included Meals: Breakfast
- Accommodations: Copenhagen Admiral Hotel or similar

Breakfast: From 6:30am–9:30am at the hotel, with international options available.

Morning: Around 9:30am, you'll join your Trip Experience Leader for a walking tour of the city. You'll witness some of Copenhagen's most famous gems, such as the King's Square, the Old Royal Theatre, Stroget, and Du Nord shopping center—many of which you'll explore further on the main trip.

We'll walk to Nyhavn around 11am where you can see any of the sites you haven't had a chance to explore yet, such as the Royal Palace of Amalienborg, the National History Museum, and the city's colorful botanical gardens.

Lunch: Around 12:30pm, lunch is on your own.

Afternoon: You'll have the rest of the afternoon at your leisure. Rest up for your main trip, or continue your explorations of Copenhagen. Perhaps you want to discover sites like the rococo-style Frederik's Church, famously known as the Marble Church.

Around 5pm, you'll join your fellow travelers, and begin the activities described on Day 2 of the main itinerary.

POST-TRIP

Stockholm, Sweden

INCLUDED IN YOUR PRICE

- » Accommodations for 3 nights at the Hilton Stockholm Slussen Hotel or similar
- » 5 meals: 3 breakfasts, 1 lunch, and 1 dinner
- » Guided tour with personal headsets: Royal Palace
- » Services of our local Trip Experience Leader
- » Gratuities for local guides and motorcoach drivers
- » All transfers

POST-TRIP EXTENSION ITINERARY

Both the modern and the antique blend harmoniously together in Sweden's capital city, built atop an archipelago bound together by a string of stunning bridges. Journey here and witness Old World beauty mingled with cutting-edge design ... and discover a vibrant culture filled with regal palaces, modern art, and verdant parks.

Day 1 Explore Stockholm, Sweden

- Destination: Stockholm
- Included Meals: Lunch
- Accommodations: Hilton Stockholm Slussen Hotel or similar

Morning: Around 9am, we'll meet at the hospitality desk at the hotel for Royal Palace ticket distribution. We'll then set off on a discovery walk around 9:15am. After a short walk to Central Train Station, we'll see sites like Wallenberg Memorial—a monument in honor of Raoul Wallenberg, a Swedish diplomat who saved the lives of thousands of Hungarian Jews during the Holocaust.

You may also explore the Neoclassical facades of the city's Parliament House, also known as Christiansborg Palace, where you can venture inside to witness a series of murals that tell the story of Stockholm's past.

Then you'll walk to *Kungliga Slottet* (about a one-mile walk), Stockholm's Royal Palace, with your Trip Experience Leader and enjoy free time to explore from around 11am-12:30pm. Located in the city's Old Town, the Royal Palace is the official residence of the Swedish Royal Family (although King Carl XVI Gustaf and his wife Queen Silvia live at the Drottningholm Palace on the island of Lovön). Following your independent discoveries, we'll walk (for about 15 minutes) to lunch.

Lunch: From around 12:45pm-1:45pm, we'll have lunch at a local restaurant for a taste of traditional Swedish cuisine made from locally-produced organic ingredients.

Afternoon: Beginning around 2pm, the rest of the day is free for your own discoveries—ask your Trip Experience Leader for recommendations. While the mighty Royal Palace dominates much of the *Gamla Stan* (Stockholm's Old Town, a small island

nestled at the heart of this great city), there's still so much more to do and see. The isle is a labyrinth of narrow alleyways and staircases, home to antique shops, museums, statues, and churches.

The Hallwyl Museum is another unique site that provides insight into the rich history of Stockholm, and is often considered one of the city's most eccentric and engaging museums. It's located in the home of Count and Countess Walther and Wilhelmina von Hallwyl. This palatial residence was built as a winter home for the immensely rich couple, built in 1898 by Sweden's most renowned architect at the time, Isak Gustaf Clason. He used a combination of Venetian Late Gothic and Early Spanish Renaissance design influences that are still visually striking today.

Or, consider continuing your explorations of *Stortorget* (the "Big Square"), the city's oldest square and site of the infamous Stockholm Bloodbath. Denmark—under the rule of King Christian II—invaded Sweden in 1520 and took the country for its own. Shortly thereafter, Christian rounded up all those who had challenged his rule and on November 8 and 9, he executed more than 80 Swedish nobles in the Big Square. According to legend, rivers of blood rushed through the streets. Today, the *Stortorget* is a brightly-colored square, home to a handful of cafés, the Stock Exchange, and an annual Christmas market.

Dinner: On your own tonight. Now is a great time to discover Swedish culinary favorites, from lingonberries and meatballs to *raggmunk*—a Swedish potato pancake fried in butter and often served with fried pork or lingonberries.

Evening: The evening is free to make your own discoveries or relax at the hotel to prepare for the day of exploration ahead. Perhaps you'll venture to a local cafe or bar and try Sweden's traditional *brannvine* (burn-wine).

Freedom To Explore: Make the most of your explorations in Stockholm on these off-the-beaten path activities. These recommendations are designed by our team of local experts with women travelers in mind.

- Explore **Södermalm Island:** For an authentic Swedish experience, cross the bridge over to Södermalm, one of the 14 islands that make up the Swedish capital. Favored by Stockholm's young and hip, this sprawling residential island surrounded by Lake Mälaren teems with colorful homes, hipster cafés, vintage shops, and trendy restaurants—in fact, *Vogue* magazine voted it Europe's "coolest" neighborhood. But there is more to the urban island of Södermalm than its hipster vibe. Stroll along the cobbled streets of Gamla Stan, the city's historic 16th-century heart, or go further afield to Djurgården, a lovely area with wide open green spaces and winding parkland trails.
 - **How to get there:** Three subway stops away from the hotel.
 - **Hours:** Open daily, recommended to visit before sundown.
 - **Cost:** Free.
- Enjoy a **canal boat ride:** Gain a new perspective of the Stockholm archipelago from the water, and take in the sights of historical buildings, museums, and even a unique view of the Stockholm skyline. A variety of guided tour options are available, ranging from 50 minutes to 2.5 hours. Spend a relaxing afternoon on the water and witness the city from the comfort of your boat, which may include coffee, pastries, soft drinks, beer, and wine

for sale onboard. Tours depart regularly from the *Gamla Stan* area—your Trip Experience Leader will help direct you.

- **How to get there:** Approximately 0.5 miles from *Gamla Stan*
 - **Hours:** Ongoing, daily.
 - **Cost:** From \$21 USD per person.
- Discover Sweden’s largest exhibit of cultural history at the **Nordic Museum**: See displays of local clothing, jewelry, furniture, toys, folk art, and more dating back to the 16th century for a rare look at Sweden. This museum also features an exhibition on the indigenous Sami people who inhabit Sweden and Finland, and who you will meet and share a meal with during your main adventure. While Scandinavia is flush with great art and classic artists, what sets the Nordic Museum apart is its focus on the everyday life and stories of people who inhabit the Nordic region, both past and present. Join a guided tour to hear these stories, everyday at 11am and 2pm.
 - **How to get there:** Approximately 2 miles from the hotel.
 - **Hours:** 10am–5pm; closed Monday
 - **Cost:** A ticket is around \$13 USD.

Day 2 Stockholm • Optional Vasa Museum & Skansen tour

- Destination: Stockholm
- Included Meals: Breakfast
- Accommodations: Hilton Stockholm Slussen Hotel or similar

Breakfast: From 6:30am–10am at your hotel, with international options available.

Morning: Free for your own discoveries—ask your Trip Experience Leader for recommendations. Perhaps you’ll explore the luxurious Dottingham Palace, home to the Swedish royal family and a UNESCO World Heritage Site, or discover the many gardens, parks, and mansion throughout the small

island of Djurgarden. Or, grab a frosty beverage at ICEBAR, the world’s first permanent ice bar carved out of 40 tons of ice.

Or, join us for an optional tour which begins with a funicular ride to Skansen, located at the top of Djurgarden, a wooded island at the center of Stockholm.

We’ll depart around 8:30am for Skansen, the oldest continually-operating outdoor museum in the world, founded in 1891. A 75-acre 19th-century village in which living history performers demonstrate baking, glass-blowing, leather tanning, shoemaking, silversmithing, and more, Skansen immerses visitors in a rural way of life its founder saw disappearing as the 20th century approached.

After exploring Skansen with your Trip Experience Leader, you’ll take a funicular to the *Vasa* Museum around 12pm for a guided tour. In 1628, the *Vasa*, a fearsome warship with 72 cannons and 300 soldiers, set off on a maiden voyage two years in the making—and then sank in the harbor. Like the *Titanic*, the *Vasa* was an epic ship that became a symbol of tragedy—and Sweden never forgot her. Hundreds of years later, in 1961, the *Vasa* was raised from the seabed and returned to land. Today, restored and preserved, still outfitted with its original masts, deadeyes and blocks, the *Vasa* is one of Stockholm’s most well-loved icons. In addition to a tour of the museum, you’ll also enjoy a film viewing about *Vasa*.

Lunch: If you opted for an afternoon of free time, you can continue exploring Stockholm’s unique culinary scene. Glavad lox, or dill-cured salmon, and bread topped with shrimp and caviar called toast skagen are other local favorites you may want to try. Lunch is included at the *Vasa* Museum around 12:30pm for those on the optional tour.

Afternoon: Those on the optional tour will return to the hotel around 3:30pm, while travelers who stayed back will continue their explorations of Stockholm.

Dinner: On your own tonight. Continue your culinary education of Swedish specialties, or enjoy some American comfort food at a familiar local restaurant like Stockholm's Hard Rock Cafe, located nearby the hotel.

Evening: Enjoy a nightcap at the hotel bar, or continue your explorations of Stockholm. A short driving distance from the hotel is Södermalm district, often referred to as "the Brooklyn of Stockholm." Here you'll find cozy cafes and bars with live music for a true taste of local life in the city.

Day 3 Stockholm

- Destination: Stockholm
- Included Meals: Breakfast, Dinner
- Accommodations: Hilton Stockholm Slussen Hotel or similar

Breakfast: From 6:30am-9am at your hotel, with international options available.

Morning: Free for your own discoveries. If you want to continue exploring the city, your Trip Experience Leader will walk over to the Central Train Station around 9am. Along the way, ask your Trip Experience Leader for suggestions for visiting the gems of Stockholm that best suit you.

You might delve into the earliest roots of Swedish culture at the National Historical Museum, whose collections span 10,000 years from the Stone Age to the Middle Ages. The museum features artifacts from the Viking era, centuries-old textiles, a Gothic collection, and a "Gold Room" housing 114 pounds of objects (not to mention almost 450 pounds of silver work).

Or, perhaps you want to visit the ABBA Museum, dedicated to honoring the famous pop band with exhibits of the members' gold records, costumes, and other memorabilia. There are also scenic boat rides that take passengers under Stockholm's many beautiful bridges, including the Vasa and Norrbo bridges.

Lunch: On your own—ask your Trip Experience Leader for local restaurant recommendations.

Afternoon: Free for your own discoveries—ask your Trip Experience Leader for recommendations. Perhaps indulge in *fika*—a social institution in Sweden. *Fika* is a morning or afternoon coffee break enjoyed among friends, family, or colleagues. In fact, more coffee is consumed in Sweden than anywhere else in the world. After your morning explorations, relax at a *konditori* (bakery) while savoring a hot cup of coffee and a *kanelbulle* (cinnamon bun). If you're feeling extra adventurous, try Sweden's "egg coffee," where a raw egg is mixed into the coffee grounds before it's steeped in boiling water.

Around 6pm, we'll depart on a motorcoach to a local restaurant.

Dinner: From around 7pm-8:30pm, we'll enjoy a Farewell Dinner where you can reflect with your fellow travelers and Trip Experience Leader on your discoveries and toast to a successful trip.

Evening: Around 8:30pm, we'll drive back to the hotel and where you may enjoy a leisurely evening in preparation for your return to the U.S.

Day 4 Stockholm • Return to U.S.

- Destination: Stockholm
- Included Meals: Breakfast

Breakfast: At the hotel, with international options available (served throughout the morning to accommodate individual flight times).

Morning: Begin your hour-long transfer to the airport for your flight home. Your flight time will determine your departure time from the hotel.

OPTIONAL TOUR

Skansen & Vasa Museum

(Day 2 \$165 per person)

Your tour begins with a funicular ride to Skansen, the oldest continually-operating outdoor museum in the world. Here you'll tour a 75-acre 19th-century village in which living history performers demonstrate baking, glass-blowing, leather tanning, shoemaking, silversmithing, and more, immersing yourself in a rural way of life that disappeared as the 20th century approached. Then continue on to the mighty Vasa Museum, dedicated to a historic 17th-century warship that is treasured as one of Stockholm's most well-loved cultural legacies. Following an included lunch and guided tour here, you'll enjoy time to absorb the exhibit at your own pace.