Voyage to the Scottish Isles, the Faroes and Iceland
Nature and Culture in the Islands of the North Atlantic
A Voyage of Discovery Aboard the New 152-Guest Vega
With Kristen Neuschel
Professor of History
May 4-17, 2022

duke-travels.com
Dear Duke Travelers,

We are pleased to have engaged Thalassa Journeys to offer this travel-study program to Europe’s northern lands and islands – Scotland, its Orkney and Shetland Islands, Denmark’s Faroe Islands, and Iceland – on a voyage that will begin in Scotland’s Edinburgh and end in Reykjavik, the capital of Iceland.

Setting sail from historic Edinburgh, we will explore some of Europe’s most remote and remarkable islands, known for their dramatic physical beauty, remarkable natural history and wildlife, and the friendliness of the inhabitants. These are essentially ancient places where the awesome power of nature is revered, and travelers are made incredibly welcome. After a day touring Edinburgh’s landmark sites, our voyage will begin with a call in Aberdeen, the gateway to Scotland’s fabled castle country. Leaving the mainland of Scotland, we will reach the island groups of Orkney and Shetland, both inhabited since the mist of time and steeped in Norse history. The islands are known for their prehistoric sites, among the most important in the United Kingdom, and rich bird colonies. Cut adrift in the Atlantic are the Faroes, a self-governing archipelago within the Kingdom of Denmark, known for its scenic splendor.

From the isolated Faroe Islands, we will reach Iceland, where we will spend five days exploring this immensely fascinating island forged by the twin crucibles of ice and fire. This enchanting land features some of the most extraordinary geology on the planet. We will sail into magnificent fjords, encounter volcanic landscapes, lava fields, hot springs, tumbling waterfalls, ice caps, and look for birdlife, and attend lectures and discussions aboard the ship that will give us a deeper understanding of the islands’ rich history and contemporary scene, culture, and fascinating animal and plant life.

We are pleased to have Dr. Kristen Neuschel, Associate Professor of History, Co-Director of LAMP (Language, Arts & Media Program), as the guest lecturer on this program. Traveling with her is her husband, Alan Williams (PhD, Yale University), professor emeritus of history at Wake Forest University, where he has also been an award-winning teacher. Complementing Dr. Neuschel, is a team of naturalists and other experts familiar with these islands of Europe and the North Atlantic.

Our cruise will be aboard Vega, a state-of-the-art, new-generation expedition cruise ship that is currently under construction in Finland. Accommodating only 152 guests in superb staterooms and balcony suites, Vega will feature elegant common areas and technological, mechanical and environment-friendly features.

We hope you will join us on this learning exploration of some of Europe’s most intriguing and seldom-visited islands.

Forever Duke,

Beth Ray-Schroeder ’83
Director, Duke Travels
Duke Alumni Engagement and Development

Cover: Isafjordur, Iceland
Kris Neuschel (PhD, Brown University) is professor of history at Duke University. She specializes in the history of western Europe before 1800. Her published work focuses on war and society in France and England in medieval and early modern times. She has taught at Duke since 1982, and is a past recipient of the Alumni Distinguished Undergraduate Teaching Award. To learn more about her research and writing, please visit her website: www.kristenneuschel.com.

Traveling with her is her husband, Alan Williams (PhD, Yale University), professor emeritus of history at Wake Forest University, where he has also been an award-winning teacher. His research specialty is the history of France in the era of the Enlightenment and the French Revolution. He also taught world history and “Big History,” a course that treats human history in the context of the development of the entire universe since the “Big Bang.”

SHIPBOARD LECTURERS

Aboard Vega, you will explore these northern European sites and islands with a team of resident experts. Through talks and presentations, they will create a comprehensive understanding of the history and culture, flora and fauna, geology, sea life, ornithology and other topics that relate to the country. The experience we will provide is not just one of cruising and sightseeing, but a complete learning adventure.
ITINERARY

Wednesday, May 4, 2022
DEPART THE US
Depart the United States for Edinburgh, Scotland.

Thursday, May 5
EDINBURGH, Scotland
Arrive in Edinburgh and transfer to The Balmoral Hotel. In the evening, enjoy a welcome cocktail reception at the hotel.

Friday, May 6
EDINBURGH & EMBARKATION
A historic center for the 18th-century Age of Enlightenment, Edinburgh, the capital of Scotland, incorporates both a medieval Old Town and a Georgian-styled New Town. Edinburgh Castle dominates the city from atop its volcanic perch, but below there are beautifully sculpted gardens, the Royal Mile, and Holyroodhouse, once a palace of the Stuarts, now the residence of the Queen during her official visits. Spend the morning touring Edinburgh’s historic monuments. After an afternoon at leisure for independent activities, transfer to Leith, Edinburgh’s port, to board Vega and sail.

Meals: B, D

Saturday, May 7
ABERDEEN & THE CASTLE COUNTRY
Arrive in Aberdeen, the “Granite City,” for an excursion to Scotland’s famed castle country. Aberdeenshire, the great shoulder of land that pushes into the North Sea, is home to some 260 castles, more than any other part of the United Kingdom. Our tour of this area will include Balmoral Castle, the Scottish holiday home of the British Royal Family, a white granite baronial mansion, where we will visit the grounds, gardens, and the Castle Ballroom. Also visit Crathes Castle and Gardens. Built originally in the 16th century, the interior of Crathes is well-known for its beautiful painted ceilings, executed in 1600, and the Long Gallery. The gardens contain an outstanding collection of shrubs and trees. Lunch will be served ashore.

Meals: B, L, D

Sunday, May 8
STROMNESS, Orkney Islands
Our ship will call in Stromness, the small and attractive seaport, on the south shore of Mainland, Orkney’s largest island, that has changed little since the 18th century. The island is famed for its dramatic cliffs, significant archaeological sites, and abundant birdlife. Our tour of the island will include the large Stone Age chambered tomb of Maes Howe; the Standing Stones of Stenness and the Ring of Brodgar, also dating from the Neolithic period; and Skara Brae, a 4,500-year-old Neolithic village. The Neolithic sites of the island are a UNESCO World Heritage site. In Kirkwall, the capital of Orkney, we visit the Cathedral of St. Magnus, built in 1127; and the nearby Earl’s Palace, an outstanding example of early 17th-century architecture. The cliffs of the island are home to thousands of seabirds, and bird watchers may opt for an excursion that will include the main bird habitats.

Meals: B, L, D

Monday, May 9
LERWICK, Shetland Islands
Sharing a similar history with the Orkney group, the Shetland archipelago, which consists of 100 islands, most of which are uninhabited, were first inhabited during the Stone Age, and were later ruled by Norsemen for hundreds of years, before they were annexed by Scotland in 1472. Vega will dock at the lively harbor of Lerwick, the capital of the islands, and Britain’s northernmost town. Take an excursion to Jarlshof, an archaeological site that many consider to be one of the most important in Britain. Dating to the Bronze Age, Jarlshof displays the remains of five periods of domestic occupation that span 3000 years. The site is beautifully sited on a promontory facing the sea. Driving back to Lerwick, look for the small native Shetland ponies. In Lerwick, visit the Shetland Museum, and shop for the world famous Shetland knitwear.

Meals: B, L, D

Tuesday, May 10
TORSHAVN, Faroe Islands, Denmark
The rocky volcanic Faroe Islands, located in the North Atlantic Ocean, is a self-governed archipelago of 18 islands under the Kingdom of Denmark. Off the radar for most travelers, they are beginning to be discovered on account of their unspoiled scenic beauty, cultural heritage and traditions, and wildlife. We will disembark in Torshavn, the small port town that has been the capital of the islands since the 9th century, when the Vikings founded a settlement. Our exploration of the town will focus on the quaint old quarter of Tinganes, where small wooden houses are nestled between the cliffs.

Meals: B, L, D
Friday, May 13
HUSSAVIK, LAKE MYVATN & AKUREYRI
As we sail to Husavik, look for whales that frequent the waters around this small fishing village, nestled on the edge of the scenic Skjalfandi Bay. Disembark for an overland excursion that will take us to some of Iceland’s most impressive sights. Drive first to the magnificent Godafoss waterfall (“Waterfall of the Gods”), formed by the falling waters of a river. Continue to Lake Myvatn, a volcanic area of incredible geological features that includes hot springs, and boiling mud pots and fumaroles. Also notable is the flora and fauna. Rejoin the ship in Akureyri, docked in port for the night.
Meals: B, L, D

Monday, May 16
REYKJAVIK/USA
Morning arrival in Reykjavik. Disembark and transfer to the airport for the return flight home.
Meals: B

OPTIONAL REYKJAVIK EXTENSION
MAY 16 – 18
Extend your exploration of Iceland by two days to discover Reykjavik, the country’s vibrant capital, and nearby sites. In Reykjavik, tour the city, including the quaint Old Town and modern architectural landmarks such as Hallgrimskirkja, the city’s impressive church, and the Harpa Concert Hall. Also, a visit to the National Museum is included as well as the famed Golden Circle and the Blue Lagoon. Transfer to the airport will be provided. Accommodations for two nights will be at the Hotel Hilton Reykjavik Nordica.

FOR RESERVATIONS AND INFORMATION, PLEASE CONTACT DUKE TRAVELS AT (919) 684-2988 or duketravels@duke.edu
THE NEW EXPEDITION CRUISE SHIP VEGA

Currently under construction in Finland, and scheduled to be delivered in March 2022, Swan Hellenic’s Vega is a new-generation expedition cruise ship. Although at 10,500 tons the ship is large enough to accommodate more than 250 passengers, Vega will accommodate a maximum of 152 guests in 76 spacious staterooms and balcony suites. The low guest density results in one of the most generous indoor and outdoor space-to-guest ratios among cruise ships.

Vega has been designed to meet the stringent requirements of the new Polar Code for ships navigating in Polar regions. Its high PC5 Category A ice-strengthened hull, and other technical and mechanical features allow the ship to cruise the world’s remote regions in safety and utmost comfort. Technologically advanced hybrid engines and a system of powerful batteries make it possible for the ship to cruise in ecologically sensitive areas, leaving a minimal footprint, while a computer-controlled Dynamic Positioning System allows the ship to maintain position without anchoring. Operated by a complement of 120 experienced European officers and international crew members, Vega will carry a fleet of Zodias, versatile landing boats, kayaks, and a Remotely Operated Vehicle (ROV) that will reveal marine life in the deep. Powerful stabilizers provide a smooth ride.

All staterooms and suites face outside and are equipped with private facilities, climate control, TV, Wi-Fi and USB connections as well as other amenities. Of the ship’s 76 staterooms, 60 have balconies. Public areas include a spacious observation lounge that is equipped with state-of-the-art facilities for lectures and presentations; a club lounge; a restaurant that accommodates all guests at one seating; an outdoor café/bar that surrounds the heated swimming pool; a wellness area with gym, spa and sauna that includes an adjoining outdoor jacuzzi; library; beauty salon; a “mud room” with lockers for storing expedition gear; and an infirmary that is attended by a full-time doctor. The ship also features expansive open-deck areas. Two elevators connect all decks. Attentive service is provided on a 24-hour basis.

RATES – Per person, double occupancy

All accommodations aboard Vega are spacious staterooms and balcony suites. They are elegantly decorated, face outside, affording sea views, and include a queen-size bed that can be arranged as two twin beds, a luxurious spacious bathroom, mini-refrigerator, safe, ample closet space, climate control, telephone, TV, Wi-Fi and USB connections as well as other amenities.

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>DESCRIPTION</th>
<th>PER PERSON DOUBLE OCCUPANCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>E</td>
<td>Oceanview staterooms with two large oval portholes. Deck 4. 206 sq. ft. Staterooms 401 – 416.</td>
<td>$9,790</td>
</tr>
<tr>
<td>D</td>
<td>Suites with balcony &amp; living room area. 300 sq. ft. Deck 5. Suites 501 – 504, 530 – 533.</td>
<td>$10,590</td>
</tr>
<tr>
<td>C</td>
<td>Suites with balcony &amp; living room area. 300 sq. ft. Deck 5. Suites 505 – 514, 517 – 529.</td>
<td>$11,190</td>
</tr>
<tr>
<td>A</td>
<td>Suites with large balcony, separate bedroom &amp; living room. 440 sq. ft. Suites 515, 516, 615 &amp; 616.</td>
<td>$13,390</td>
</tr>
</tbody>
</table>

SAVINGS FOR SOLO TRAVELERS

A limited number of cabins are available for single occupancy at no additional charge. Additional cabins are available at a supplement of 40% of the per person double occupancy rate, instead of the normal 70% supplement.

EARLY BOOKING SAVINGS

Book by November 12, 2021 to receive a savings of $400 per person on the listed rates.

In addition, you will take advantage of the special low airfare of $599 economy class, or $3,499 business class.

The airfares are applicable from major US gateways for flights to Edinburgh, returning from Reykjavik. Airfares are subject to availability and subject to change.
The rates are all-inclusive. There are no hidden costs and no additional charges such as shore excursions and embarkation and port charges. Other than the international airfare and expenses of a personal nature, all else is included. Specifically, the rates include the following:

- One night at Edinburgh’s deluxe The Balmoral Hotel (or similar).
- Welcome cocktail reception at the hotel.
- 10-night cruise aboard the Vega, as described in the itinerary.
- Airport/hotel/pier transfers and handling of luggage.
- Complete programs of tours and excursions ashore.
- Private Duke cocktail reception aboard ship.
- All meals aboard the ship, with a selection of wines, beer and soft drinks during lunch and dinner.
- Welcome and farewell cocktail receptions aboard the ship hosted by the captain.
- Open bar with select alcoholic beverages.
- Coffee, including espresso and cappuccino, tea and soft drinks throughout the day and night.
- 24-hour room service.
- Gratuities to the ship’s crew, guides, porters and drivers.
- Basic Wi-Fi aboard the ship.
- The services of an experienced trip director.
- All local taxes and service charges, including port and embarkation taxes.
- Lectures by Dr. Kristen Neuschel, and members of onboard team of experts.
- Complete pre departure material.

**NOT INCLUDED:** International airfare; travel insurance; expenses of a personal nature; any items not mentioned in the itinerary or the above inclusions.

---

**RATES ARE ALL-INCLUSIVE**

**ITINERARY:**

- 10-night cruise aboard the Vega, as described in the itinerary.
- Airport/hotel/pier transfers and handling of luggage.
- Complete programs of tours and excursions ashore.
- Private Duke cocktail reception aboard ship.
- All meals aboard the ship, with a selection of wines, beer and soft drinks during lunch and dinner.
- Welcome and farewell cocktail receptions aboard the ship hosted by the captain.
- Open bar with select alcoholic beverages.
- Coffee, including espresso and cappuccino, tea and soft drinks throughout the day and night.
- 24-hour room service.
- Gratuities to the ship’s crew, guides, porters and drivers.
- Basic Wi-Fi aboard the ship.
- The services of an experienced trip director.
- All local taxes and service charges, including port and embarkation taxes.
- Lectures by Dr. Kristen Neuschel, and members of onboard team of experts.
- Complete pre departure material.

---

**INFORMATION:**

Payment by personal check or charged to a credit card.

**RATES:**

- A deposit of $1,500 per person is required to reserve your space on the tour. Final payment is due 90 days prior to departure.
- All cancellations are subject to a $300 per person administrative fee. Cancellations received 61-90 days prior to departure will be assessed a penalty equal to 50% of the total program cost per person.
- “General Information” section and agree to its terms.

---

**RATES ARE ALL-INCLUSIVE**

The rates are all-inclusive. There are no hidden costs and no additional charges such as shore excursions and embarkation and port charges. Other than the international airfare and expenses of a personal nature, all else is included. Specifically, the rates include the following:

- One night at Edinburgh’s deluxe The Balmoral Hotel (or similar).
- Welcome cocktail reception at the hotel.
- 10-night cruise aboard the Vega, as described in the itinerary.
- Airport/hotel/pier transfers and handling of luggage.
- Complete programs of tours and excursions ashore.
- Private Duke cocktail reception aboard ship.
- All meals aboard the ship, with a selection of wines, beer and soft drinks during lunch and dinner.
- Welcome and farewell cocktail receptions aboard the ship hosted by the captain.
- Open bar with select alcoholic beverages.
- Coffee, including espresso and cappuccino, tea and soft drinks throughout the day and night.
- 24-hour room service.
- Gratuities to the ship’s crew, guides, porters and drivers.
- Basic Wi-Fi aboard the ship.
- The services of an experienced trip director.
- All local taxes and service charges, including port and embarkation taxes.
- Lectures by Dr. Kristen Neuschel, and members of onboard team of experts.
- Complete pre departure material.

---

**GENERAL INFORMATION**

**PAYMENT SCHEDULE:** A deposit of $1,500 per person is required to reserve your space on the tour. Final payment is due 90 days prior to departure.

**CANCELLATIONS & REFUNDS:** All cancellations are subject to a $300 per person administrative fee. Cancellations received 61-90 days prior to departure will be assessed a penalty equal to 50% of the total program cost per person. Cancellations received within 60 days of departure are subject to 100% cancellation penalties. Requests for cancellations must be made in writing. No refunds will be made for any part of this program in which you choose not to participate.

**INSURANCE:** We strongly recommend the purchase of trip cancellation insurance, which is available for coverage of expenses in conjunction with cancellation due to illness or accident. Baggage insurance is also recommended. In the event that you must cancel your participation in a travel program, trip cancellation insurance may be the only source of reimbursement.

**ITINERARY:** The itinerary, accommodations and arrangements are subject to change at the discretion of Thalassa Journeys.

**RESPONSIBILITY:** Please read carefully the following terms and conditions, which constitute the sole, legally enforceable agreements between the traveler and Thalassa Journeys. Thalassa Journeys acts solely as agents for the traveler with respect to all transportation, hotel and other tour arrangements. In that capacity, we exercise all reasonable care possible to ensure the traveler’s safety and satisfaction, but, we neither assume nor bear any responsibility or liability for any injury, death, damage, loss, accident, delay or irregularity arising in connection with the services of any ship, airplane, train, automobile, motor coach, carriage or other conveyance, or the actions of any third-party, involved in carrying the traveler or in affecting these tours. We are not responsible for damages, additional expenses, or any other losses due to cancellation, delay or other changes in air or other services, sickness, weather, strike, war, civil disturbances, acts or threats of terrorism, travel warnings or bans, termination or suspension of war risks or other carrier insurance, quarantine, acts of God or other causes beyond our control. All such losses must be borne by the traveler, and tour rates provide for arrangements only for the time stated. In the event of cancellation, delay or rescheduling mandated by any of the aforesaid causes beyond our control, the traveler shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by us, or else, receiving a refund of as much of such advance tour expenditures as we are able to recover on the traveler’s behalf from carriers, third-party tour vendors, etc., but, we shall not have any obligation or liability to the traveler beyond the foregoing. We reserve the right to make alterations to the tour’s itinerary and to substitute hotels, transportation methods, or lecturers if this is required. We reserve the right to cancel, delay, or reschedule any tour prior to departure, and, so long as this is not due to any of the aforesaid causes beyond our control, the traveler shall be entitled to a full refund of all monies paid to that point if he/she so desires. No refund shall be made for any unused portion of any tour. By forwarding their deposit(s), the traveler certifies that he/she and/or their dependents, minors or others covered thereby do not have any mental, physical or other condition of disability that could create a hazard for them or other travelers. We reserve the right to decline to accept or to decline to retain any person as a member of any tour should such person’s health, condition or actions adversely affect or threaten the welfare or safety of other travelers or impede the tour. Baggage or valuables brought on the tour shall be transported, handled or stored at the traveler’s risk entirely, and, we shall bear no liability or responsibility for any damage or other loss thereto. Resolution of any disputes arising hereunder shall be affected exclusively in the state or federal courts presiding in Florida, pursuant to applicable Florida law.

**RATES:** Tour costs are based upon current airfares, tariffs, and currency values. While we do everything possible to maintain the listed prices, they are subject to change.

CST 2138603-50
ST 42048
EARLY BOOKING SAVINGS, plus No Supplement for Solo Travelers

Voyage to the Scottish Isles, the Faroes and Iceland
A Voyage of Discovery Aboard the new expedition-ship, Vega
May 4-17, 2022