

Duke TRAVELS

# Finland

ARCTIC MAGNIFICENCE

March 8-16, 2024



[duke-travels.com](http://duke-travels.com)



# A World of Discovery



From the dazzling Northern Lights to a rejuvenating sauna, bask in outdoor fun and cool Finnish traditions in the world's happiest country! The Finnish people savor the simple pleasures of life and find joy in their close bond with nature. On this marvelous, seven-night adventure, appreciate what Finnish happiness is all about as you embrace the country's majestic beauty and Nordic charm. Take in hip Helsinki's urban vibes and explore the sparkling, snowy landscapes of Lapland!

Top: Glass-domed cabin, Northern Lights Village, Saariselkä  
Cover: Northern Lights Village  
Mail panel: Reindeer | Cathedral, Helsinki

## Inspiring Moments



- Watch the ethereal **Northern Lights** dance overhead from your **glass-domed cabin in northern Lapland**.
- **Drive a team of energetic huskies** on a thrilling ride across the glistening fjells.
- Revel in a **snowshoe trek through a tranquil, moonlit forest** to take in the Northern Lights and the starry sky.
- Discover intriguing facets of **Finland's three Sámi cultures**.
- Soak up the **soothing steam of a sauna** and learn why it's an essential, beloved experience for Finns.
- Travel to Estonia and delight in **Tallinn's beautiful old town, a UNESCO World Heritage site**.
- Admire the stunning mix of historic and contemporary architecture in **Helsinki**.
- Meet a Sámi family and see reindeer in the wild at a **traditional reindeer farm**.

# Duke TRAVELS

## Dear Duke Travelers,

Duke Travels is pleased to have engaged AHI Travel to operate this exhilarating, seven night journey that captures the natural grandeur, vibrant culture and Nordic cool of Finland! Begin with three nights at a first-class hotel in lively Helsinki, getting acquainted with this cosmopolitan capital and indulging in a Finnish sauna. Then, fly to northern Lapland and stay for four nights in a comfy, glass-domed cabin, perfect for watching the spectacular Northern Lights overhead.

Breathe in Lapland's crisp, fresh air on unforgettable, active adventures. You'll strap on snowshoes for a nighttime trek to view the Northern Lights and yell "Mush!" to your dogsled team on a thrilling ride! Other engaging excursions introduce you to Finland's Sámi cultures and life on a traditional reindeer farm.

As you explore with your small group, look to experienced guides and lecturers for illuminating details about Finland's history, cultural traditions and the unique character of its people. This well-rounded itinerary also includes a day trip to admire the beautiful old town of Tallinn, Estonia, and a round-trip flight between Helsinki and Lapland.

Space on this remarkable Finnish experience is limited to 24 travelers and in demand, so guarantee your place by reserving today!

As the Duke group grows in size, a Duke host will join the program to bring a uniquely Duke perspective to the program. Please call 919-684-2988 with questions or to make a reservation!

Forever Duke,



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

### UNESCO World Heritage

#### Historic Center (Old Town) of Tallinn, Estonia



Old Town, Tallinn



Viru Gate, Old Town, Tallinn



Helsinki

### Day 1 | In Transit

Depart your gateway city for Helsinki, Finland. 🌐

### Day 2 | Helsinki, Finland

Upon arrival, transfer 🚗 to Hotel U14.

Join your Travel Director for a brief stroll around the neighborhood this afternoon. Later, meet for a Welcome Reception and Dinner in the hotel.

### Day 3 | Helsinki

**Helsinki Tour.** On a scenic tour, discover the eye-catching architecture of this dynamic city founded in 1550. Visit several gems along your route, including Tuomiokirkko, the Neoclassical, green-domed cathedral built in 1852. Check out the sleek, light-filled Oodi Library, popular with Finns since it opened in 2018, and the Temppeliaukion Church, or Rock Church, a subterranean house of worship.

**Free Time:** Make your own plans for lunch.

**Enrichment: Finnish Sauna Culture.** Relaxing in a sauna is an essential part of Finnish life, a cherished ritual enjoyed alone or with family and friends. A local expert discusses the traditions behind this quintessentially Finnish experience.

**Löyly Sauna Experience.** It's time to do as the Finns do! Try different styles of saunas at Löyly Sauna, and if you're game, cool off with a bracing dip in the Baltic Sea!

**Free Time:** Get a wonderful taste of Helsinki's inventive dining scene tonight.

### Day 4 | Tallinn, Estonia | Helsinki, Finland

After breakfast, ferry across the Gulf of Finland on a two-hour journey to Tallinn, Estonia.

**Tallinn Walking Tour.** Founded in the 12th century, Tallinn boasts an enchanting, medieval old town that's one of the most impressively preserved in northern Europe. Its delightful Gothic and baroque churches, elegant spires and red-tile roofed buildings imbue this Baltic gem with a special romance. On a guided walk in this UNESCO World Heritage site, see the highlights and learn about its intriguing history while exploring the picturesque, winding lanes.

**Free Time:** Enjoy lunch and see more of Tallinn. Rejoin the group and return by ferry to Helsinki. Dinner will be served on board the ship.

### Day 5 | Ivalo | Saariselkä

This morning, check out of the hotel and depart for the Helsinki airport. Fly to Ivalo Airport in Lapland and transfer to Saariselkä. Check in to the Northern Lights Village.

Spend time getting settled in your cozy cabin and checking out the Village's lovely environs. Savor a tasty dinner in the Village's restaurant.

*Löyly Sauna, Helsinki*





Dogsledding

**Aurora Expedition.** Set off on an invigorating snowshoe hike tonight under a moonlit sky amid the stillness of the pristine forest and fjells. Follow your guide over gentle slopes to special vantage points for the chance to witness the awe-inspiring Aurora Borealis, or Northern Lights. During the springtime, an optimal time of year for viewing, this amazing natural phenomenon can be seen approximately every second night in northern Lapland, weather permitting. Take a break by a fire, where you'll enjoy toasty beverages, snacks and tales about the Northern Lights.

### Day 6 | Inari | Saariselkä

**Sámi Museum Siida.** View exhibits about the traditional livelihoods, customs and handicrafts of Finland's Sámi cultures at this fascinating museum in Inari. Explore an outdoor area with dwellings, dugouts, turf buildings and traps. Relish a delicious, authentic Finnish lunch.

Sámi woman, Sámi Museum Siida



### 🌍 **AHI Connects | Finnish Reindeer Farm.**

Reindeer husbandry has been an intrinsic part of Sámi culture since the Middle Ages. At a farm owned by a Sámi family, ride through the forest to spot reindeer in the wild and chat with the reindeer herder about daily life. Gather at the Village restaurant for dinner.

### Day 7 | Saariselkä

#### 🌍 **PYJ | Choose one of these excursions:**

- **Husky Safari.** Drive a team of eager huskies on a fast-paced journey across the fjells. You'll receive training from the guide who will lead the group. (*Very active. Requires strong balance over a two-hour period.*)
- **Snowmobile Safari.** Zip across powdery snow on a breathtaking ride. Your guide will provide safety training and accompany you. Pause for great photos and a warm drink.

🌍 **AHI Connects | Happiest People in the World.** Finland consistently ranks as one of the happiest nations. Discover the reasons

Reindeer farm





## Included Features



### Accommodations (with baggage handling)

- **3 nights** in Helsinki, Finland, at the first-class Hotel U14.
- **4 nights** in Saariselkä at the first-class Northern Lights Village.

### Transfers (with baggage handling)

- All transfers in the Land Program: flights, ferry and deluxe motor coaches.

### Extensive Meal Program

- 7 breakfasts, 1 lunch and 6 dinners, including Welcome and Farewell Dinners; tea or coffee with all meals, plus wine with dinner.

### Your One-of-a-Kind Journey

- **Small group:** Sized just right at 24 guests.
- **AHI Travel Assurance plan** covers Accident and Sickness Medical Expense, Trip Delay and Emergency Evacuation for U.S. residents.
- **Enrichment by expert speakers** enhances your insight into the region.
- **Engaging excursions** showcase the local culture, heritage and history.
- **Personalize Your Journey | PYJ |** A choice of excursions in selected locales.
- **AHI Sustainability Promise:** We strive to make a positive impact wherever we travel.
- **AHI Connects:** Local immersion.
- Welcome and Farewell Receptions to mingle with fellow travelers.
- A personal VOX headset to hear your English-speaking guide clearly.
- Tipping of guides and drivers.

behind the Finns' strong sense of well-being from a local expert. Then, follow her into the forest to learn how to bask in the splendor of the natural world in true Finnish fashion. Join your group for dinner in the restaurant.

### Day 8 | Saariselkä

**Free Time:** Pursue your own passions in the great outdoors of Lapland! The Village offers free cross-country ski and snowshoe rentals in addition to many optional experiences (at an additional cost).

Celebrate your time in Finland with your fellow travelers at a Farewell Reception and Dinner.

### Day 9 | Ivalo | Helsinki | In Transit

After breakfast, depart for the Ivalo airport and fly to Helsinki. Connect in Helsinki to your international flight home.

**Note:** Itinerary may change due to local conditions.

**F**lights and **T**ransfers included for AHI FlexAir participants.

**PYJ** experiences are included.

Restaurant, Northern Lights Village

## ACTIVE TRAVEL

This **Active Program** is designed for people who are in good health and can comfortably participate in a demanding daily schedule of physical activities. For more details, please call or visit our website.

### Excursions on this program require:

- standing and walking for up to 2 hours during dogsled ride and snowshoe hike
- walking on cobblestones, unpaved paths and/or uneven surfaces
- getting on/off motor coaches and boats
- tolerating colder temperatures during outdoor activities in the snow



## Accommodations



Hotel U14 | Helsinki



Northern Lights Village | Saariselkä



Lapland

# Reserve your trip today!

To book your journey,  
please call our Duke Travels Office  
at **919-684-2988** or  
visit **duketravels@duke.edu**.

## Program Dates

### Travel dates †

**March 8-16, 2024**

† Travel dates include any overnights required for international travel. These dates may vary depending on air schedules.

### Tour dates\*

**March 9-16, 2024**

\* Tour dates begin on the scheduled arrival date at your destination and end on the scheduled departure date from your destination.

## Land Program

|                   |                |
|-------------------|----------------|
| <b>Full Price</b> | <b>\$4,745</b> |
|-------------------|----------------|

|                        |              |
|------------------------|--------------|
| <b>Special Savings</b> | <b>\$250</b> |
|------------------------|--------------|

|                       |                |
|-----------------------|----------------|
| <b>Special Price*</b> | <b>\$4,495</b> |
|-----------------------|----------------|

\*Special Price valid if booked by the date found on the address panel.  
VAT is an additional \$395 per person.

All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs (unless otherwise stated).  
Special offers, promotions and discounts cannot be combined.

Single accommodations are an additional \$1,095 (limited availability).

**Please note:** Program-specific terms and conditions are available at <https://duke.ahitravel.com/destinations/1801A?schoold=50>. You can also request a copy from our travel experts. Any payment to AHI Travel constitutes your acceptance of the terms and conditions set out therein, including but not limited to the cancellation terms.

## AHI FlexAir

### Let us arrange your flights

**Our experts are ready to assist you in booking flights. Our personalized air program offers the following advantages:**

- **price guarantee** to protect you from fuel surcharge increases after ticket purchase
- arrival and departure **transfers** on group dates
- **flexibility** to change or cancel your reservation without penalty up to 60 days before departure on most flights
- **assistance** in the event of schedule changes or delays





Tallinn, Estonia



Great Grey Owl, Lapland



Exploring at Northern Lights Village



Oodi Library, Helsinki

## AHI Travel Expertise



From your reservation to your return home, we are here to ensure you have the adventure of a lifetime.

### *Before you go:*

**Travel Consultants** stand ready to answer your questions as they guide you through the reservation process.

**Passenger Service Representative** offers personalized assistance with flights, electives and special requests.

**Travel Information** provides pre-departure details and enrichment about your destination.

### *Once you arrive:*

**Your Travel Director**, a seasoned, multilingual professional, manages daily logistics so you enjoy a seamless experience.

**Handpicked Expert Guides** offer fascinating insights and share their passion for their country with you.

**Knowledgeable Lecturers** deepen your appreciation for the region and its history, culture and current events.

# Duke ALUMNI

Duke Travels  
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Durham, NC 27708-0572

FINLAND24 5

**919-684-2988**

**SMALL  
GROUP**

Maximum of  
24 Travelers



**Nordic charm, the Northern Lights and outdoor fun!**

AHI Travel's mission is to deliver inspirational, educational and cultural programs that delight travelers.

**With AHI you can rely on:**

- Experienced Travel Directors who attend to every detail of your journey.
- An exceptional travel value.
- Unique access to local sites.
- Flexibility and customization.
- Safety and security.



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program information,  
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