THE FJORDS OF NORWAY TO THE CANALS OF HOLLAND:
A Voyage Exploring Coastal Norway, Scotland and its Isles, & Holland

Aboard the New Expedition Cruise Ship DIANA
July 18 - August 1, 2024
Dear Duke Travelers,

Beginning in Tromsø, high above the Arctic Circle in the Land of the Midnight Sun, set off on an exploration of a thousand miles of Norwegian coastline, sailing in and out of the awe-inspiring fjords for which the region is famous. Work your way south toward the most stunning fjord of all—the UNESCO World Heritage Site of Geirangerfjord. Then, crossing the North Sea, call in the remote Shetland Islands before following the Scottish coast to enjoy an evening and a full day in stately Edinburgh, followed by Aberdeen. Explore the castles of the Scottish Highlands, and Newcastle, which reflect over 2,000 years of English history. Your journey comes to an end in the Netherlands, where you encounter the remarkable works of Dutch and Flemish artists of the Northern Renaissance.

Accompanying you throughout the voyage will be Dr. Nicolas Cassar, Professor of Biochemistry in Duke’s Nicholas School of the Environment and a popular Duke Travels study leader. In a series of lectures and discussions, Dr. Cassar will share some of the findings of his research on the role of oceans play in determining climate, research that he has conducted partly off the coast of Norway. Presentations from other guest speakers will complement Dr. Cassar’s lectures.

Your vessel for this extraordinary journey, the Swan Hellenic Diana, is a state-of-the-art, new-generation expedition cruise ship launched in early 2023. Accommodating only 192 guests in beautifully appointed staterooms and balcony suites, Diana features several lounges, a restaurant, outdoor cafe, spa, library and beauty salon, and is equipped with the latest safety and environmentally-friendly technology.

We hope you will be able to join Dr. Cassar and fellow Duke travelers and explore The Fjords of Norway to the Canals of Holland.

Forever Duke,

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

What past travelers have to say...

“High-end experience that was educational and with interesting, intelligent people.” Jack and Sharon Casey P’10, guests on “Western European Passage: A Voyage from Amsterdam to Lisbon 2023” aboard SH DIANA

Nicolas Cassar is Professor of Biochemistry in the Earth and Climate Sciences division of the Nicholas School of the Environment at Duke University. He received a B.S. from McGill University, a Ph.D. from the University of Hawaii, and was a postdoctoral fellow and research scholar at Princeton University before coming to Duke, where he also served as Senior Associate Dean of Research and Doctoral Programs from 2019-2022. His research focusses on understanding the mechanisms by which carbon, nitrogen, and oxygen influence our global climate. As part of his work, Dr. Cassar studies the central role oceans play in climate, and conversely, how they are impacted by climate change. Dr. Cassar’s work is interdisciplinary, integrating field and satellite observations, laboratory experiments, method development, modeling, and theory. He has sailed on multiple research vessels navigating the seven seas, all the way from the North Pole to the waters off Antarctica. Some of his more recent work has been off the coast of Norway and the Norwegian archipelago of Svalbard.

He has received numerous awards, including an Alfred P. Sloan fellowship, an NSF CAREER award, and a Presidential Early Career Award for Scientists and Engineers (PECASE). The PECASE is the highest honor bestowed by the United States government on outstanding scientists and engineers in the early stages of their independent research careers.
Built in Finland, and launched in April 2023, Swan Hellenic's *Diana* is a new generation expedition cruise ship. Although at 12,100 tons the ship is large enough to accommodate more than 350 passengers, *Diana* will accommodate a maximum of 192 guests in 96 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.

Featuring the latest advances in technology and engineering, *Diana* is among the world’s first environmentally responsible ships. Equipped with hybrid engines and a unique water filtration system, *Diana* leaves a minimal footprint. For cruising in Polar regions, the ship meets the stringent requirements of the new Polar Code with its high PCS Category A ice strengthened hull and other advanced features. A computer-controlled Dynamic Positioning System allows the ship to maintain position without anchoring. Operated by a complement of 135 experienced European officers and international crew members, *Diana* will carry a fleet of Zodiacs, versatile landing boats, and kayaks. Powerful stabilizers provide a smooth ride.

*Diana*'s interior spaces exude sophisticated elegance, with most rooms opening to panoramic views of the sea. All staterooms and suites face outside and are equipped with private facilities, climate control, TV, Wi-Fi and USB connections and other amenities. Of the ship’s 96 staterooms, 76 have balconies. Public areas include a spacious observation lounge 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 with an adjoining outdoor jacuzzi; library; beauty salon; and an infirmary that is attended by a full-time doctor and nurse. The ship also features expansive open-deck areas. Two elevators connect all decks. Attentive service is provided on a 24-hour basis. The outstanding cuisine is complemented by fine wines at lunch and dinner.
Thursday, July 18, 2024
DEPART THE UNITED STATES.

Friday, July 19
TROMSØ, Norway
Arrive in Tromsø and transfer to Clarion Hotel The Edge. Gather this evening for a welcome dinner with fellow travelers. (D)

Saturday, July 20
TROMSØ/EMBARKATION
After breakfast and check out from the hotel, explore this small and vibrant city 220 miles north of the Arctic Circle. Begin with a visit to the Tromsø Polar Museum, housing a variety of natural history and ethnographic collections that provide a comprehensive introduction to traditional Norwegian culture, including an informative section on the Sami. Also tour the Arctic Cathedral—the city’s iconic modern landmark—constructed in 1960 of concrete, aluminum and glass, and featuring a spectacular triangular stained-glass window that fills one entire wall. After lunch, transfer to the pier to embark Diana and set sail. (B,L,D)

Sunday, July 21
LEKNES, LOFOTEN ARCHIPELAGO
After a morning of cruising the fjords south of Tromsø, call in the small town of Leknes in the heart of the Lofoten Archipelago. A collection of rugged mountains rising out of the sea, these islands are home to green valleys and fishing villages. Located just 10 miles north of Leknes, the Lofotr Viking Museum tells the compelling story of a Viking settlement discovered here and excavated in the 1980s to reveal the remains of the largest Viking longhouse ever unearthed. The museum, which was opened in 1995, includes a full-scale reconstruction of the longhouse, two Viking ships, a movie theater, and a gift shop. (B,L,D)

Monday, July 22
BRØNNØYSUND
Located on a narrow peninsula, Brønnøysund is your gateway to Torghatten Mountain, an emblematic landmark famous for the 50-foot-wide tunnel that runs about 200 yards all the way through its middle. A hike from the foot of the mountain along a rugged path leads to the tunnel, where you can walk through to the other side for panoramic views of the surrounding islands. After lunch aboard ship, visit the Norwegian Aquaculture Center, a fish farm employing the latest technologies of aquaculture, where you learn about the process and have an opportunity to sample some grilled salmon produced here. (B,L,D)

Tuesday, July 23
MOLDE
Molde, known as “The City of Roses” because of the abundance of blooms throughout the town from mid-June through August, is also home to one of the most remarkable vistas along the Norwegian coast. A short drive brings you to the Varden overlook, some 1,300 feet above sea level, with views of the town below and of the famous Molde panorama of 222 partially snow-covered peaks just across the fjord. Returning to the town center, enjoy a guided walking tour, including a visit to the Romsdal Museum, an open-air museum where barns, farmhouses and a variety of other buildings have been assembled from around the region to illustrate what life was like in the early 20th century. (B,L,D)

Wednesday, July 24
GEIRANGER
This morning, sail through the spectacular UNESCO World Heritage Site of Geirangerfjord, perhaps the most beautiful fjord in the world because of its steep cliffs, crystal-clear waters, and stunning waterfalls. Disembark in the town of Geiranger for a panoramic tour of the town and surrounding countryside, including a visit to a 300-year-old farm that produces a variety of goat cheeses as well as caramels on a property consisting of some 30 tiny wooden houses with turfed roofs. (B,L,D)
Thursday, July 25

AT SEA/LERWICK, SHETLAND ISLANDS, Scotland

During this day at sea, attend informative presentations and discussions with guest lecturers, relax and enjoy cruising the open sea, and treat yourself to some of the many amenities aboard Diana. The ship docks in Lerwick in the evening. (B,L,D)

Friday, July 26

LERWICK

The Shetland Archipelago, which consists of 100 islands, was first inhabited during the Stone Age, and were later ruled by Norsemen for hundreds of years, before they were annexed by Scotland in 1472. From the pier in Lerwick, drive through Tingwall Valley to the Keolka Croft, where you will learn about the lives of farmers who till the land within the peculiarly Scottish system of small-scale tenant farming called “crofting.” Return to Lerwick for lunch aboard ship, before visiting the award-winning Shetland Museum, housing more than 3,000 artifacts illustrating Shetland’s heritage and culture. Enjoy some time at leisure in this lively town and perhaps shop for some world-famous Shetland knitwear. (B,L,D)

Saturday, July 27

AT SEA/LEITH, Edinburgh

During this day at sea, attend informative presentations and discussions with guest lecturers, relax and enjoy cruising the open sea, and treat yourself to some of the many amenities aboard Diana. In the late afternoon the ship docks in Leith, the port for Edinburgh, with a special event planned this evening. (B,L,D)

Sunday, July 28

EDINBURGH

This morning, enjoy a panoramic tour of the city of Edinburgh followed by a walking tour of some of its most important areas — the Royal Mile, the Princes Street Gardens, and Calton Hill. A highlight of the morning will be a visit to the Palace of Holyroodhouse, the King’s official residence in Scotland. Located at the end of the Royal Mile, with the imposing volcanic outcropping of Arthur’s Seat providing a dramatic backdrop, Holyrood offers the opportunity to explore the historic State Apartments, the ruins of Holyrood Abbey, and the Great Gallery. After lunch, travel to nearby Rosslyn Chapel. Founded in 1446, the chapel is probably best known for the ornate stonework that covers virtually every surface inside and outside the building. Theories abound about the meaning of these carvings, some of which are familiar Christian motifs, some clearly associated with the Freemasons, and some that remain undeciphered to this day. (B,L,D)

Monday, July 29

ABERDEEN

Arrive in Aberdeen, the “Granite City,” for an excursion to Scotland’s famed castle country. Aberdeenshire, the large peninsula that pushes into the North Sea, is home to some 260 castles, more than any other part of the United Kingdom. Exploration of this area includes Balmoral Castle and Gardens. Built originally in the 16th century, the interior of Crathes is well-known for its beautiful painted ceilings, crafted in 1600, and for the Long Gallery. The gardens contain an outstanding collection of shrubs and trees. (B,L,D)

Tuesday, July 30

NEWCASTLE

Newcastle-Upon-Tyne is known across Britain for its welcome. The capital of the northeast of England, Newcastle reflects over 2,000 years of history, including its role as an outpost of the Roman Empire and the building of the Norman Castle in 1066 by William the Conqueror’s son from which the city gets its name. Your tour of this lively, cosmopolitan city includes the Great North Museum on the campus of Newcastle University. Before returning to the ship, pause at the St. Nicholas Anglican Cathedral, a magnificent building that dates mainly from the 13th and 14th centuries. Its Lantern Tower has been a prominent landmark in Newcastle for centuries, and despite all the modern building, remains the most daring architectural structure in Newcastle. (B,L,D)

Wednesday, July 31

THE HAGUE-SCHEVENINGEN, The Netherlands

The Hague, which serves as the Netherlands’ administrative center, is a city of stately, large residences along broad, tree-lined streets. It is known throughout the world as the home of the United Nations’ International Court of Justice. This afternoon, explore the city’s Dutch artistic heritage in a visit to the Mauritshuis, which houses the royal picture collection, one of the finest in the world. It exhibits 17th-century Dutch masters, works by Dutch and Flemish painters of the 15th and 16th centuries, as well as 17th-century works by foreign artists. The almost 800 paintings on display here include Vermeer’s Diana and her Companions, Girl with a Pearl Earring, and View of Delft, as well as several works by Rembrandt and Rubens. (B,L,D)

Thursday, August 1

AMSTERDAM/DISEMBARK

After breakfast aboard, disembark Diana and transfer to the airport for flights homeward. (B)
FOR RESERVATIONS AND INFORMATION, PLEASE CONTACT DUKE TRAVELS AT (919) 684-2988 or duketravels@duke.edu

Travel on this cruise program and enjoy savings of $400 to $900 per person on your next voyage with DUKE TRAVELS and THALASSA JOURNEYS aboard a Swan Hellenic ship. Savings is determined by the stateroom category booked and is applicable when you reserve your trip within 30 days of the completion date of THE FJORDS OF NORWAY TO THE CANALS OF HOLLAND. This saving cannot be combined with other offers and is subject to change.

LOYALTY REWARD PROGRAM

Travel on this cruise program and enjoy savings of $400 to $900 per person on your next voyage with DUKE TRAVELS and THALASSA JOURNEYS aboard a Swan Hellenic ship. Savings is determined by the stateroom category booked and is applicable when you reserve your trip within 30 days of the completion date of THE FJORDS OF NORWAY TO THE CANALS OF HOLLAND. This saving cannot be combined with other offers and is subject to change.

FOR SOLO TRAVELERS

A limited number of cabins are available for single occupancy in categories D to B at no additional charge. Additional single cabins are available at a supplement of 50% of the per person double occupancy rate, instead of the normal 70% supplement.

All accommodations aboard *Diana* 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 spacious bathroom, mini-refrigerator, safe, ample closet space, climate control, telephone, TV, Wi-Fi, and USB connections, as well as other amenities.
PROGRAM INCLUSIONS
The rates are all-inclusive. There are no hidden costs and no additional charges such as shore excursions or embarkation and port charges. Other than the international airfare and expenses of a personal nature, all else is included. Specifically, the rates include:

- One night at Clarion Hotel The Edge (or similar) in Tromsø, including breakfast.
- Welcome dinner in Tromsø, and lunch on the day of embarkation.
- Cruise aboard the Swan Hellenic Diana, as described in the itinerary.
- Airport/hotel/pier transfers and handling of luggage on the program arrival and departure dates.
- Program of lectures and discussions with Duke Professor Nicolas Cassar.
- Additional presentations from other guest lecturers and onboard experts.
- Complete program of shore excursions, led by professional local guides.
- 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 Thalassa Journeys Trip Director.
- All local taxes and service charges, including port and embarkation taxes.
- 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.

REGISTERATION

Enclosed is my check or credit card no. for $_________ ($1,500 per person) as a deposit to hold place(s) on THE FJORDS OF NORWAY TO THE CANALS OF HOLLAND, July 18 - August 1, 2024 with Duke Travels. I understand that final payment is due ninety (90) days prior to departure and is payable by check or credit card.

To reserve your place, please contact Duke Travels at (919) 684-2988 or duketravels@duke.edu, or complete and return this form with your deposit of $1,500 per person by mail with credit card or a check payable to Thalassa Journeys and mail with this registration form to:
Duke Travels, Box 90572, Durham, NC 27708-0572

If you mail in your reservation, please give Duke Travels a call so that space can be held.

☐ AmEx ☐ Discover ☐ Visa ☐ Master Card

No. ___________________________________________ 3- or 4-Digit Security Code_______________

PLEASE SELECT STATEROOM CATEGORY IN ORDER OF PREFERENCE
1st choice ❑ 2nd choice ❑ 3rd choice ❑
☐ Double Occupancy ☐ Single Occupancy (Inquire for rates)

PREFERRED BED CONFIGURATION
Double ☐ Twin ☐

FIRST MIDDLE LAST (AS ON YOUR PASSPORT)

ADDRESS

CITY/STATE/ZIP

TELEPHONE (HOME) (CELL)

SIGNATURE DATE

SIGNATURE DATE

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. Payment can be made by personal check or charged to a credit card.

CANCELLATIONS & REFUNDS: All cancellations are subject to a $300 per person administrative fee. Cancellations received 71-90 days prior to departure will be assessed a penalty equal to 50% of the total program cost per person. Cancellations received within 70 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 deposits, 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 therein. 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.

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