

# Duke TRAVELS

## Scandinavia & the Baltic Sea



Exclusive Guest Speaker  
**LAURA LISWOOD**

**July 9 – 19, 2026**

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

**T**ake advantage of a rare opportunity to explore six extraordinary Scandinavian and Baltic countries on this culturally engaging itinerary. As you cruise the Baltic Sea, stop in seven different destinations, immersing yourself in ancient architecture, centuries-old history, storied landmarks, captivating cities and breathtaking, romantic scenery. Explore Tallinn's Old Town, virtually unchanged for 600 years, and discover Helsinki's Sibelius Park, an artistic homage to Finland's most famous composer. Tour Riga, with its fascinating architecture and solemn Jewish history. Explore diverse locales in Sweden. See the magnificent Neptune's Fountain in Gdansk and the shipyard where Solidarity was born. And marvel at Copenhagen's iconic sites on a canal cruise. Augment your program with optional extensions in Stockholm and Norway.

## Exclusive Highlights

- Cruise from Stockholm, Sweden, to Oslo, Norway, aboard *World Navigator*, an exclusively chartered, deluxe small ship.
- Three UNESCO World Heritage sites: Historic Centre of Tallinn, Estonia; Historic Centre of Riga, Latvia; Hanseatic Town of Visby, Sweden
- Exclusive guest speaker Laura Liswood, author and co-founder of the Council of Women World Leaders.



Above: Gdansk, Poland  
Cover: Visby, Gotland, Sweden

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# Duke TRAVELS

## Dear Duke Travelers:

With its lyrical reflection on choice and journey, Robert Frost's "The Road Not Taken" continues to resonate with those seeking deeper experiences and unexpected beauty. With a perfect balance of renowned landmarks and hidden gems, this voyage invites you to slow down, look closer, and savor the cultures that have shaped the Baltic region for centuries.

Sailing aboard the exclusively chartered *World Navigator* offers just that: an enriching journey through six distinct nations — Sweden, Estonia, Finland, Latvia, Poland and Denmark — at an ideal time of year.

Duke Travels is pleased to have engaged Gohagan & Company to operate this program. We are also delighted to be joined on this journey by **Dr. Charles Becker**, Research Professor of Economics at Duke University. **Please call (919) 684-2988 to reserve!**

Forever Duke,



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

## Faculty Host



**Charles Becker** (BA, Grinnell; PhD, Princeton) is a Research Professor in the Department of Economics at Duke University, where he directs the MS program in Economics and Computation, a joint initiative of the Departments of Economics and Computer Science. A former director of the American Economic Association's Summer and Minority Scholarship Programs, Becker is a lifetime member of the AEA and recipient of multiple mentorship and inclusion awards from Duke University and national economics associations.

Fluent in Russian and deeply engaged with post-Soviet and developing economies, Becker has conducted research in Kazakhstan, Kyrgyzstan, and Russia, as well as India and sub-Saharan Africa. His work spans economic demography, health and mortality, urbanization, disability risk, and social security systems in transition economies.

Becker's global research lens—particularly his focus on social systems, demographic shifts, and transitional economies—offers valuable context for understanding the contemporary economic challenges and opportunities facing the Baltic region today.

**To secure your spot, call Duke Travels at (919) 684-2988**

**Day 1 | July 9**

Depart your home city.

**Day 2 | July 10****D**

Stockholm, Sweden |  
Embarkation

Arrive at Stockholm Airport.  
Transfer to embark the deluxe  
*World Navigator* and settle in.  
Enjoy a delicious dinner on  
board tonight and each night  
of the program.

**Day 3 | July 11****B-L-R-D**

Tallinn, Estonia

Tallinn's UNESCO World  
Heritage-designated Historic  
Centre has remained virtually  
unchanged for 600 years.  
Take in the ancient city walls,  
and Toompea, the hill on  
which Tallinn is centered.



Porvoo, Finland

See the Russian Orthodox  
Alexander Nevsky Cathedral  
and Toompea Castle.

Join your fellow travelers for  
the Welcome Reception  
and Dinner this evening.

**Day 4 | July 12****B-L-D**

Helsinki, Finland

Helsinki, the capital of Finland,  
is also known as "Daughter of  
the Baltic Sea." Take a  
panoramic motorcoach tour  
of the city's highlights. Pass by  
the colorful Market Square in  
the South Harbour and stop  
to see the modernist Sibelius  
Monument, an artistic

homage to Finland's most  
famous composer. Visit the  
subterranean Tempeliuku  
Church (if no church services  
are in progress) called the  
"Rock Church," as it was  
impressively hewn into  
solid natural bedrock.

This afternoon, choose your  
excursion: visit the charming  
village of Porvoo, or indulge  
in a quintessential restorative  
Finnish sauna ritual.

**Day 5 | July 13****B-L-D**

Day at Sea

Spend a full day at sea  
taking in the scenery,

Helsinki, Finland





enjoying onboard lectures and mingling with fellow passengers. Enjoy three delicious meals and the many luxurious amenities on board.

**Day 6 | July 14** **B-L-D**

Riga, Latvia

Choose your included excursion in this historic city: Tour the UNESCO-inscribed Historic Centre of Riga and beyond, focusing on the vast variety of architectural styles. Or learn of the moving Jewish history of Riga, long a multicultural melting pot. Visit the former sites of the Great Choral Synagogue and Old Jewish Cemetery, and tour the New Ghetto Museum.

**Day 7 | July 15** **B-L-D**

Visby, Sweden

Disembark for your chosen excursion in Visby, a charming town on Sweden's largest island, Gotland.

This well-preserved medieval town — dating back to the 12th century — is a UNESCO World Heritage site and is filled with natural beauty and ancient history. Choose to take a walking tour of the Old Town and the fascinating Gotlands Museum, or embark on a guided tour of the medieval sights — admiring the city walls, towers, alleyways and churches.



*St. Roland Statue, Riga, Latvia*

**Day 8 | July 16** **B-L-D**

Gdansk, Poland

Today, choose from two tours of the city. On an Old Town walking tour, begin at the Green Gate. Stroll along the Motława River and see the iconic Gdansk Crane. Walk the Royal Route to the magnificent Neptune's Fountain; the 14th-century Artus Court, inspired by Britain's King Arthur; and St. Mary's Church. Or choose the Solidarity tour, beginning at the historic Gdansk Shipyard, where the



*Masthugg Church, Gothenburg, Sweden*



*Visby, Sweden*



Christianborg Palace, Copenhagen, Denmark

Solidarity Movement — the first independent trade union in the Soviet Bloc — began in 1980. Visit the Monument to the Fallen Shipyard Workers of 1970 and the European Solidarity Centre.

**Day 9 | July 17** **B-L-D**

Copenhagen, Denmark  
Begin at the site of the old fish market, Gammel Strand, to embark on a sightseeing cruise through the canals and port of Copenhagen. Pass Christiansborg Palace, the Naval Church and the Old Stock Exchange before

entering the harbor, where you will see the ancient Battery Sixtus and the fortress, Three Crowns. Spend time at leisure exploring Copenhagen on your own this afternoon.

**Day 10 | July 18** **B-L-R-D**

Gothenburg, Sweden  
Today, choose from two tours: A walking tour of this compact and welcoming city, known for its Amsterdam-style canals, leafy boulevards and welcoming atmosphere. Or take a coach tour through the scenic Swedish

countryside to Tjolöholm Castle. Stroll the gardens and manor, one of Scandinavia's leading Arts and Crafts properties. This evening, bid adieu to your fellow travelers at the Farewell Reception and Dinner.

**Day 11 | July 19** **B**

Oslo, Norway | Disembark | Return to Home City  
Following breakfast, disembark and transfer to Oslo Gardermoen Airport for your return flight home.

*Note: This itinerary is subject to change due to local conditions.*



**Exclusive Guest Speaker | Laura Liswood**

Laura Liswood co-founded the Council of Women World Leaders with President Vigdís Finnbogadóttir of Iceland and President Mary Robinson of Ireland, and serves as its Secretary General. The Council is composed of female presidents, prime ministers and heads of government; membership now stands at 90 women, many from the Baltic and Scandinavian regions.

An award-winning speaker, Liswood is the only person to have traveled around the world to meet with all the female heads of state and heads of government. Her interviews are chronicled in her book and video documentary, “Women World Leaders: Great Politicians Tell Their Stories.”

Liswood holds an M.B.A. from Harvard Business School and B.A. and J.D. degrees. She is admitted to practice law in California and Massachusetts, and is the author of four books. An adventurous traveler, she has bicycled across Siberia and the Silk Road.

## PRE-TOUR EXTENSION



## Stockholm

**July 7 to 10** (Program Begins: July 8)

Stockholm boasts a harmonious blend of medieval, Renaissance and modern architecture. Visit the magnificent City Hall, site of the annual Nobel Prize banquet. Walk through the historic Gamla Stan, or Old Town, and visit the Vasa Museum, housing the world's only preserved 17th-century warship. Accommodations are for two nights at the Sheraton Stockholm.

**Price per person, based on double occupancy: \$995**

**Price per person, based on single occupancy: \$1,295**

*Further details will be provided with your reservation confirmation.*

## POST-TOUR EXTENSION



## Norway

**July 19 to 23** (Program Ends: July 22)

In Oslo, enjoy a city tour with stops at Vigeland Sculpture Park and the Opera House. Then travel through pristine fjordlands on the famed Flåm Railway, one of the world's most scenic train rides. Relish a cruise into UNESCO World Heritage-designated Nærøfjord, and transfer to Stalheim for one night at the historic *Stalheim Hotel*. In historic Bergen, visit the UNESCO World Heritage site of Bryggen, the old wharf; and Troidhaugen, the historic home of composer Edvard Grieg. Accommodations are for four nights at the *Scandic Norge Hotel*.

**Price per person, based on double occupancy: \$2,695**

**Price per person, based on single occupancy: \$3,395**

*Further details will be provided with your reservation confirmation.*

## INCLUDED FEATURES



- 9 nights aboard the exclusively chartered deluxe *World Navigator*.
- Welcome and Farewell Receptions.
- Included Meals | 9 breakfasts, 8 lunches and 9 dinners.
- Complimentary nonpremium liquor, house wine, beer and nonalcoholic beverages and minibar service throughout the cruise.
- Experienced Gohagan & Company Travel Director accompanies you throughout the program. (1 for every 40 guests).
- Expert lecturers and local guides enrich your experience with their knowledge and insight.
- Exclusive Guest Speaker Laura Liswood, author and co-founder of the Council of Women World Leaders.
- Specially arranged cruise in Copenhagen, Denmark.
- A selection of included excursions in five different locations to elevate and personalize your experience.
- Gratuities to local guides and drivers on included excursions and transfers.
- Complimentary water is available in your room and on excursions.
- Our extensive pre-departure materials better prepare you for your travel experience.
- Complimentary travel mementos.

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### GOHAGAN & COMPANY AIR | Your Air, Your Way

*Advantages of booking your air with Gohagan include:*

- Our experts know the best flight itineraries that work with your travel program's start and end times, and they will work to find the best rates comparable to those available to the public.
- Free group transfers and luggage handling for arrivals and departures during the designated transfer window.
- 24-hour emergency support throughout the program to handle any schedule changes and unexpected delays.
- Flexibility to change or cancel reservations up to 60 days prior to departure with minimal penalties on applicable tickets.

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### TERMS **\*The Special Savings Rate is valid if booked by 11/12/2025 and paid in full at booking.**

**These Special Savings consist of \$500 Early Booking and \$500 Pay-in-Full Savings.**

- Single supplements apply in select categories at 160% of the per person cabin fare, plus taxes, with limited availability. Single rates for all other categories are at 200%. Special Savings still apply. (Cabin fare is the standard rate less taxes.)
- Deposit amount is \$1,500 per person. Final Payment is due at least 120 days prior to departure.
- Full ship information and deck plans are available on our website at [gohagantravel.com](http://gohagantravel.com).
- Gohagan & Company reserves the right to correct errors or omissions and to change any and all fares, fees, promotions and surcharges at any time. Terms & Conditions are available at [gohagantravel.com/terms/](http://gohagantravel.com/terms/)



# WORLD NAVIGATOR

Aboard the *World Navigator* you will find everything you want and need. With three decks of spacious and elevated accommodations, multiple onboard dining options, spa and sauna amenities, social spaces for gathering with fellow travelers and more, the *World Navigator* has been designed to deliver relaxed luxury and highly personalized service.

**2026 DEPARTURE DATE | July 9 to 19 | Tour Begins: July 10**

Category	Description	Standard Rate	Special Savings Rate*
I	Stateroom with full picture window; ample storage space (no wardrobe); sitting area. 183 sq ft   Deck 3, fwd.	\$9,495	<b>\$8,495</b>
H	Stateroom with private balcony with teak furnishings; sitting area with sofa & vanity. 270 sq ft   Deck 5, fwd.	\$10,295	<b>\$9,295</b>
G	Stateroom with private balcony with teak furnishings; sitting area with sofa & vanity. 270 sq ft   Deck 6, fwd.	\$10,595	<b>\$9,595</b>
F	Stateroom with floor-to-ceiling Juliet-style balcony with top-drop electric window; sitting area with sofa. 270 sq ft   Deck 5, aft.	\$11,595	<b>\$10,595</b>
E	Stateroom with floor-to-ceiling Juliet-style balcony with top-drop electric window; sitting area with sofa. 270 sq ft   Deck 6, aft.	\$11,895	<b>\$10,895</b>
D	Stateroom with private balcony with teak furnishings; sitting area with sofa & vanity. 270 sq ft room   Deck 5, mid.	\$12,895	<b>\$11,895</b>
C	Stateroom with private balcony with teak furnishings; sitting area with sofa & vanity. 270 sq ft   Deck 6, mid.	\$13,195	<b>\$12,195</b>
B	Deluxe stateroom with Juliette balcony featuring teak furnishings; walk-in closet. 300 sq ft   Deck 6, mid.	\$14,195	<b>\$13,195</b>
A	Deluxe stateroom with private balcony featuring teak furnishings; walk-in closet. 300 sq ft   Deck 6, mid.	\$14,695	<b>\$13,695</b>
JSII	Suite with oversized private balcony with teak furnishings; sitting area with sofa. Butler service. 382 sq ft   Deck 5, mid.	\$15,695	<b>\$14,695</b>
JS	Suite with oversized private balcony with teak furnishings; sitting area with sofa. Butler service. 382 sq ft   Deck 6, mid.	\$16,195	<b>\$15,195</b>
DS	Suite with oversized private balcony with teak furnishings; walk-in closet; living room with sofa. Butler service. 445 sq ft   Deck 5, mid.	\$17,195	<b>\$16,195</b>
NSII	Suite with oversized private balcony with teak furnishings; double sinks & tub; walk-in closet & wardrobe; living room with sofa & vanity. Butler service. 465 sq ft   Deck 5, mid.	\$19,695	<b>\$18,695</b>
NS	Suite with oversized private balcony with teak furnishings; double sinks & tub; walk-in closet; living room with sofa & vanity. Butler service. 465 sq ft   Deck 6, mid.	\$20,195	<b>\$19,195</b>

All suites and staterooms feature: ocean views, 2 twin beds or 1 queen bed; private bath with L'Occitane products, walk-in deluxe shower; wardrobe; flat-screen TV with infotainment system; plush robes and slippers; Egyptian cotton linens, duvet and pillow menu; Nespresso coffee; teas; personalized bar service; climate control; personal safe and hair dryer.

All rates are in U.S. dollars, per person, based on double occupancy, including taxes (unless otherwise stated)

## The Gohagan Difference – An Inclusive Luxury Experience

For your comfort and convenience, our fares are comprehensive. We offer incredible inclusions not typical of all providers.

### Included in your Rate:

- Exclusive Guest Speaker
- Shore Excursions
- Wi-Fi/Internet
- Beverage Package
- Port Charges & Gratuities
- Travel Director(s)

**A VALUE  
of up to  
\$1,100**

**To secure your spot, call Duke Travels at (919) 684-2988**

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**TRAVELS**

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