

# Norwegian Fjords & Midnight Sun



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The Principia  
July 7-17, 2024



**Dr. Matthew Cocks** joined Principia College from a career background of research and teaching in higher education. His interests largely relate to the economies of cities, their transformations over time, and the strategies local urban areas use for economic development. Since graduating from the University of Liverpool in the UK, his research has taken him to numerous countries around the world for field visits and conference presentations. He has taught for a number of programs at Liverpool John Moores University, Xi-an Jiaotong-Liverpool University in China, and the University of Birmingham in the UK. He's also a member of the Principia Lifelong Learning Summer Session faculty.



## Dear Principia Alumni & Friends

We are thrilled to introduce you to the enchanting world of Norway, a land of natural wonders, vibrant cities, and unforgettable experiences. Norway is a country that captivates the imagination with its stunning landscapes, from the majestic fjords and snow-capped mountains to the vibrant cultural scenes of its cities. Whether you're a nature enthusiast, a history buff, or simply seeking a unique travel experience, Norway has something to offer everyone.

Our adventure begins in the capital city of Oslo, a modern metropolis that seamlessly blends contemporary culture with rich history. Known as the "Gateway to the Fjords," Bergen is a city of breathtaking beauty. Nestled between the mountains and the North Sea, Bergen's colorful wooden houses, historic wharf, and vibrant fish market create a charming atmosphere. For those seeking a truly unique experience, Tromsø is the ultimate destination. Located well within the Arctic Circle, this city is your gateway to the Northern Lights and unforgettable winter adventures.

We believe that travel is not just about reaching a destination; it's about embracing the journey and creating lasting memories. So, take a moment to peruse this brochure, dream of the possibilities, and when you're ready to turn those dreams into reality, know that we're here to help you every step of the way.

Warmly,

Merrilee McFarland  
Senior Director of Alumni & Field Relations  
pll@principia.edu

P.S. Discover this trip and many more at [www.principia.edu/pll](http://www.principia.edu/pll)

## UNESCO World Heritage

**Bryggen**, the medieval Hanseatic League wharf in Bergen



Fresh seafood, Bryggen



Bryggen



# A World of Discovery



Like a little bit of heaven on earth, Norway's sublime landscapes of emerald fjords and snowcapped mountains will take your breath away! Get set for an exciting adventure as you delight in dynamic Oslo, beguiling Bergen and far northern Tromsø. You'll cruise along a majestic fjord, revel in breathtaking panoramas aboard mountain railways and experience the midnight sun. Come away with a deeper appreciation for Norway's history, traditions and natural splendor!

Top: Aurlandsvagen & Aurlandsfjord | Above: Flåm Railway  
Cover: Sailing the Aurlandsfjord  
Mail panel: Sami man | Bryggen wharf, Bergen

## Inspiring Moments



- Marvel at the spectacular, glacier-carved **Aurlandsfjord** on a cruise.
- Discover wild grandeur and local traditions **above the Arctic circle in Tromsø**.
- Savor northern Norway's **midnight sun**, an endlessly golden summer sky.
- Explore fascinating facets of Norwegian culture in **cosmopolitan Oslo**.
- Admire Norway's resplendent beauty on picturesque journeys aboard the **Flåm** and **Bergen Railways**.
- Enjoy **Bergen's enchanting ambience** as you meander along cobblestone lanes.
- Learn about time-honored customs of the **Sami people** and meet members of the community.
- Play with **adorable husky puppies** at an arctic dogsledding kennel.
- Take in the colorful charm of Bergen's old wharf, a **UNESCO World Heritage site**.



MUNCH Museum (left), Oslo

### Day 1 | In Transit

Depart for Oslo, Norway. 🌐

### Day 2 | Oslo, Norway

Transfer 🔄 to the Radisson Blu Scandinavia Hotel, Oslo. Later tonight, attend a Welcome Reception and get acquainted with your fellow travelers.

### Day 3 | Oslo

**Enrichment:** *Contemporary Norway.*

**Oslo Overview & Ski Culture.** Set off on a scenic drive to admire Oslo's top sites, like the 19th-century Royal Palace and vibrant Aker Brygge Wharf. Continue to leafy Vigeland Park for a guided stroll to see statues by Norway's acclaimed sculptor Gustav Vigeland. After lunch, visit the Holmenkollen Ski Jump, where skiers have tested their skills since 1892. Check out the latest high-tech jump, soak up sweeping city views and learn about Norway's 4,000-year history of Nordic and downhill skiing at the Ski Museum.

**Free Time:** Make your own plans this evening.

### Day 4 | Oslo

**Norwegian Art & Seafaring.** Norwegian painter Edvard Munch was one of the most influential figures of the Modernist movement. At the new MUNCH Museum, view his famed masterwork, "The Scream," and other pieces from his prolific, 60-year career. Afterward, delve into the amazing voyages of the great Norwegian explorer Thor Heyerdahl at the Kon-Tiki Museum. Then it's time to head to the water yourself for a panoramic cruise on Oslofjord!

**Free Time:** Explore Oslo on your own. Dine tonight at one of Oslo's fine restaurants.

### Day 5 | Bergen

After breakfast, check out of the hotel and depart for Bergen by train.

**Bergen Railway.** Today's route takes you on Europe's highest altitude railroad, where splendid vistas unfold. Cross Hardangervidda, a plateau at more than 4,000 feet above sea level. After reaching the highest point, the train edges by lovely fjords, waterfalls and forests.

Arrive this afternoon and check in to the Radisson Blu Royal Hotel, Bergen.

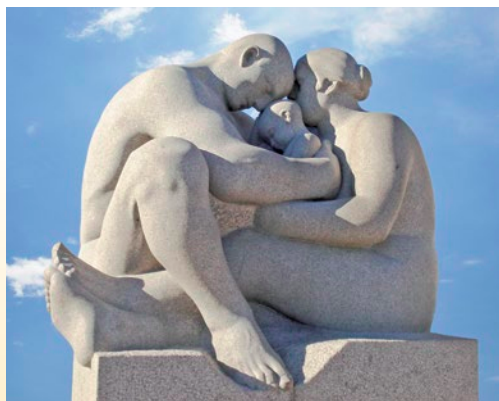
**Free Time:** The rest of the day is at leisure.

### Day 6 | Bergen

**Enrichment:** *The Fjords of Norway.*

**Bergen.** Nestled by a sheltered harbor and surrounded by seven mountains, Bergen exudes a cozy charm. With your guide, explore the historic wharf, Bryggen, an important trading center for the medieval Hanseatic League. See Rosenkrantz Tower, Håkon's Hall and other gems, then visit the hilltop summer home of the revered Norwegian composer Edvard Grieg.

Vigeland Park, Oslo





**Free Time:** Enjoy Bergen independently. This evening, savor delicious local dishes at a dinner in Bergen with your fellow travelers.

#### Day 7 | **Myrdal | Aurlandsfjord | Voss District**

**The Best of Norway.** Relish a journey aboard the Flåm Railway from Myrdal along one of the world's steepest train routes amid Norway's incomparable splendor. Wind by snow-dusted peaks and pass through mountain tunnels on the way to the pristine Aurlandsfjord, a narrow branch of the Sognefjord, Norway's longest fjord. Cruise on this stunning waterway to Gudvangen, and then enjoy the Voss district's idyllic natural beauty on your return to Bergen.

#### Day 8 | **Tromsø**

After breakfast, check out of the hotel and fly to Tromsø, Norway's Arctic capital located about 220 miles north of the Arctic Circle.

**Tromsø Overview.** During the late spring and early summer, the sun never sets here due to Tromsø's position above the Arctic

Circle and the Earth's tilted axis. Witness this unique phenomenon during your stay as land and sea are bathed in a soft, golden-red light all night long! Tucked within fjords, islands and snow-capped mountains, Tromsø is closely tied to the untouched wilderness that surrounds it. Inhabited since the Ice Age, this area boasts a rich heritage from both the indigenous Sami people and the Norse people. On a guided tour, visit the Arctic Cathedral and ride a cable car up Floyfjellet Mountain for stellar views. Check in to the Radisson Blu Hotel, Tromsø.

#### Day 9 | **Tromsø**

**Enrichment:** *Life in the Arctic Circle.*

**Nature & Culture of Northern Norway.**

Find out more about arctic wildlife at Polaria, featuring an aquarium and playful seals, and then discover what thrives in this northerly climate at a botanical garden packed with gorgeous arctic and alpine flora. Next, it's time to explore the culture of the indigenous Sami people at the Arctic University Museum of

*Håkon's Hall, Bergen*

Oslo



## Included Features



### Accommodations (with baggage handling)

- **3 nights** in Oslo, Norway, at the first-class Radisson Blu Scandinavia Hotel, Oslo.
- **3 nights** in Bergen at the first-class Radisson Blu Royal Hotel, Bergen.
- **3 nights** in Tromsø at the first-class Radisson Blu Hotel, Tromsø.

### Transfers (with baggage handling)

- All transfers in the Land Program: flight, trains and deluxe motor coaches.

### Extensive Meal Program

- 9 breakfasts, 4 lunches and 3 dinners, including a Farewell Dinner with tea or coffee with all meals.

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

- **Small group:** Sized just right at 28 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.
- Free time to pursue your individual interests.
- **AHI Sustainability Promise:** We strive to make a positive impact wherever we travel.
- **AHI Connects | Local immersion.**
- Welcome Reception to mingle with fellow travelers.
- A personal VOX headset to hear your English-speaking guide clearly.
- Tipping of guides and drivers.
- Complimentary travel mementos.

Bearded seal, *Polaria*



Norway as you learn about reindeer herding, handicrafts and *joik*, the traditional Sami folk music based on chanting. During your visit, chat with members of the Sami community.

### **AHI Connects | Arctic Dogsledding.**

At a working kennel, learn about the training process for the huskies, then cuddle up with these friendly puppies!

### Day 10 | Sommarøy Island

**Sommarøy.** Travel to Sommarøy Island on a coastal route dotted with little fishing villages. Stop for photos and visit one of the villages. In colorful Sommarøy, relish the magnificent scenery of rugged mountains, crystalline waters and white-sand coves. Learn about the village's fishing industry on a guided tour and enjoy lunch.



**Free Time:** Follow your own agenda in Tromsø.

This evening, share favorite Norway memories with your fellow travelers at a Farewell Dinner.

### Day 11 | In Transit

Transfer  to the airport in Tromsø for the return flight  to your gateway city.

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

 Flights and  transfers included for AHI FlexAir participants.

### Note About Activity Levels

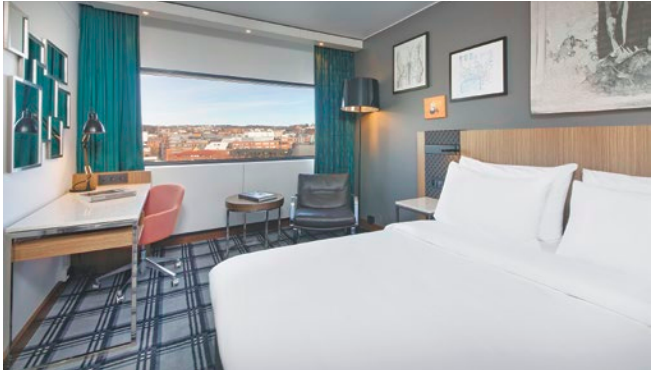
We have designated activity levels for all excursions on this program. For more details, please call or visit our website.

### Excursions on this itinerary require:

- walking on cobblestones, unpaved paths and/or uneven surfaces
- getting on/off motor coaches, boats and trains

## Accommodations

Our travel experts have carefully selected these first-class hotels for their prime locations. Ideally situated for exploring Norway's acclaimed landmarks and natural wonders, they also offer you opportunities to immerse yourself in local life. Of utmost importance is the superior quality of each property's services, amenities and accommodations, allowing you to enjoy your stay fully.



**Radisson Blu Scandinavia Hotel | Oslo**



**Radisson Blu Royal Hotel | Bergen**



**Radisson Blu Hotel | Tromsø**



# Reserve your trip today!

To book your journey,  
please call our AHI Travel Experts  
at **800-323-7373** or  
visit **princi.ahitravel.com**.

## Program Dates

### Travel dates †

**July 7-17, 2024**

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

### Tour dates\*

**July 8-17, 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>\$5,645</b>
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<b>Special Savings</b>	<b>\$250</b>
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<b>Special Price*</b>	<b>\$5,395</b>
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\*Special Price valid if booked by the date found on the address panel.  
VAT is an additional \$495 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 \$895 (limited availability).

**Please note:** Program-specific terms and conditions are available at <https://princi.ahitravel.com/destinations/1793A?schooldd=703>. 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





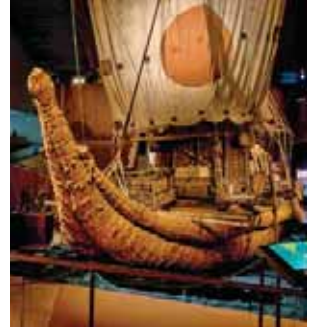
MUNCH Museum, Oslo



## The Midnight Sun

Tromsø

This beautiful and intriguing natural phenomenon occurs because of the Earth's tilt and its rotation relative to the sun. As the Earth orbits the sun, the angle of its axis—at 23.5 degrees—means that part of the planet will be closer to the sun. When the Northern Hemisphere is tilted at its maximum toward the sun, it's summertime there. During this season, as the Earth rotates on its axis each day, the Arctic Circle region is so far north that it remains continuously in the sun's light, experiencing consecutive, 24-hour periods of sunlight from mid-May to late July.



Kon-Tiki Museum, Oslo



Husky puppies, Tromsø

## 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.

**Your Passenger Service Representative** is on hand to assist 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.



Sommarøy Island

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## Epic scenery, rich culture and life above the Arctic Circle!

**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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