Scandinavia

SWEDEN, DENMARK AND NORWAY
BY RAIL AND FERRY

July 2 to 15, 2016

a program of the stanford alumni association
Scandinavia’s three countries—Sweden, Denmark and Norway—offer a kaleidoscope of scenery so stunning it would melt the heart of the most jaded traveler. After long cold winters, Nordic summers bring long warm days, fields of wildflowers bloom and locals embrace the outdoors, whether strolling through nature or sitting at sidewalk cafés. Glaciers melt into deep fjords and mountains sparkle with waterfalls and crystal-clear lakes. Join us as we explore the capital cities of Stockholm, Copenhagen and Oslo, and visit quaint rural villages in the lush countryside. Cruise through the Stockholm archipelago, make a breathtaking train descent into the Norwegian village of Flåm and toast our adventures with a glass of akvavit. Skål!

BRETT S. THOMPSON, ’83, DIRECTOR, STANFORD TRAVEL/STUDY

Highlights

B A S K in the Land of the Midnight Sun’s late evening rays, when temperatures are mild and our exploration hours are extended.

C R U I S E the Stockholm Archipelago and ride the rails from Sweden to Denmark via the spectacular Øresund Bridge.

B O A R D the Flåm Railway for a steep, stunning, one-hour descent to Flåm, set on an arm of Europe’s deepest, longest fjord.

COVER: FLÅM, Sognefjord, Norway

FLÅM RAILWAY, NORWAY
Edward Steidle, since joining the Stanford faculty in 1984, has taught in the western culture program and in the literature and the arts track of the English department, for the graduate humanities program and for the Continuing Studies program. His area of study is focused on comparative literature of Late Antiquity and the Middle Ages. He is currently offering a series of classes on the Renaissance and its impact on European global expansion from the 15th through 18th centuries. When asked what themes he looks forward to exploring during our trip, Steidle says, “Scandinavia is the birthplace not only of what Europe feared most from the 8th to the 11th centuries—the Viking raids, but also of a culture that gave Europe the gifts of democratic assembly, personal enterprise and a yearning to explore the world. These Scandinavian farmer-raiders triggered the expansion of European civilization—from the steppes of Russia to the shores of Newfoundland, and they created a trading network linking Iceland and Europe’s Atlantic seaboard to the Byzantine Empire and the Caliphate of Baghdad. These events, which we will discuss throughout our trip, are fundamental to understanding the role of Scandinavia in western history.”

— BA, English and eastern philosophy, Franklin and Marshall College
— MA, comparative literature, Johns Hopkins University and UC-Berkeley
— PhD, medieval comparative literature, UC-Berkeley

“Ed has the rare gift of making every location and experience magical. His natural enthusiasm is contagious.”

Janet Gorth, Tuscany and the Italian Riviera, 2015

Sign up online: alumni.stanford.edu/trip?scandinavia2016
Or by phone: (650) 725-1093
SATURDAY & SUNDAY, JULY 2 & 3
DEPART U.S. / STOCKHOLM, SWEDEN
Depart the U.S. on an overnight flight to Stockholm. Upon arrival on Sunday, check in to our hotel. Meet fellow participants at this evening’s welcome reception and dinner. NOBIS HOTEL (7/3: D)

MONDAY, JULY 4
STOCKHOLM
Enjoy a coach tour of the city that includes a visit to City Hall, site of the annual Nobel Prize banquet. Cruise by boat among some of the thousands of small islands that make up the Stockholm archipelago. After a walk on one of the islands, enjoy lunch onboard before returning to Stockholm. NOBIS HOTEL (B)

TUESDAY, JULY 5
STOCKHOLM
Today we visit the Vasa Museum, which features a 17th-century warship that sank in Stockholm harbor on its maiden voyage and was salvaged and restored more than 300 years later. Our next stop is Skansen, the first open-air museum and zoo in Sweden, located on the island of Djurgården. Founded in 1891, it portrays daily life in different parts of pre-industrial Sweden. Enjoy the afternoon and evening at leisure. NOBIS HOTEL (7/5: B)

WEDNESDAY, JULY 6
STOCKHOLM / COPENHAGEN, DENMARK
Depart Stockholm aboard an express train to Copenhagen, enjoying views of the Swedish countryside and crossing the landmark Øresund Bridge to Denmark. Upon arrival, visit the National Museum, Denmark’s largest museum of cultural history, and take a guided walking tour through the small medieval streets and narrow walkways of Copenhagen’s historic center, stopping along the way to sample local specialties at outdoor cafés. ADMIRAL HOTEL (B, L)

THURSDAY, JULY 7
COPENHAGEN
Travel to Roskilde, home of the Danish kings up until 1417. Explore the town’s Viking Ship Museum with its restored remains of five Viking ships that were deliberately scuttled in Roskilde Fjord centuries ago to thwart invaders. After lunch, visit the Roskilde Cathedral, a UNESCO World Heritage site containing the tombs of 38 Danish monarchs. This evening spend some time at the magical Tivoli Gardens, Copenhagen’s world-famous amusement park and pleasure garden founded in 1843. ADMIRAL HOTEL (B, L)

FRIDAY, JULY 8
COPENHAGEN / EMBARK FERRY
Take a morning cruise through the canals of Copenhagen, passing the picturesque 17th-century fishing district of Nyhavn; stately Christiansborg Palace, seat of the Danish parliament; and the lively maritime district of Christianshavn. Following an afternoon at leisure, board the local ferry for an overnight cruise to Oslo. DFDS SEAWAYS FERRY (B, D)

SATURDAY, JULY 9
OSLO, NORWAY / DISEMBARK FERRY
Disembark the ferry for a morning coach tour of Oslo, Norway’s modern capital city. Walk around the striking new Opera House and stroll through Vigeland Sculpture Park, filled with the dramatic works of native sculptor, Gustav Vigeland, that portray the many stages of human life. Enjoy lunch at a harbor-side restaurant, then check in to our hotel and enjoy the rest of the afternoon at leisure. HOTEL CONTINENTAL (B, L)
SUNDAY, JULY 10
OSLO
Take a short ferry ride to Bygdøy Peninsula, home to several of Oslo’s museums. Explore the Fram Museum, dedicated to Norwegian polar exploration; the Kon-Tiki Museum, which houses the seagoing raft and maps from adventurer/ethnographer Thor Heyerdahl’s 1947 Kon-Tiki expedition; and the Viking Ship Museum, home of the world’s best-preserved Viking ships, discovered in burial mounds nearby. The museum also displays extraordinarily well-crafted furnishings, textiles and household objects found in the burial ships. Return to our hotel and spend the rest of the day and evening at leisure or linger on the peninsula to visit its other museums independently. HOTEL CONTINENTAL (B)

MONDAY, JULY 11
OSLO / MYRDAL / FLÅM / BALESTRAND
Journey by train from Oslo to Myrdal, traveling halfway across the mountainous spine of Norway, through deep forests, alongside lakes, and above the tree line. In Myrdal, connect to the Flåm Railway for a spectacular descent of 2,850 feet into the village of Flåm, which sits on a narrow arm of the Sognefjord, the longest and deepest fjord in the world. Cruise across the Aurlandsfjord and Sognefjord to Balestrand and check in to our beautifully situated hotel. KVIKNES HOTEL (B.L.D)

TUESDAY, JULY 12
BALESTRAND
Cross the Sognefjord to Vik and visit the medieval Hopperstad Stave Church, one of Norway’s best-preserved wooden churches. Returning to Balestrand, learn about the production of local apple cider and spirits during a tasting and lunch at the Cider House, followed by an afternoon walking tour of this historic artists’ colony, with its lovely Swiss-style villas set against an impressive mountain backdrop. Our hostess is the granddaughter of the woodcarver who participated in the building of our hotel. KVIKNES HOTEL (B.L.D)

WEDNESDAY, JULY 13
BALESTRAND / BERGEN
Board an express boat in Balestrand and cruise the length of the Sognefjord and among coastal skerries (tiny rocky islands) to Bergen, arriving in time for lunch. This afternoon enjoy a visit and private piano recital at Troldhaugen, the former home of composer, Edvard Grieg, located in a lovely hillside setting above Bergen. RADISSON BLU ROYAL (B.L)

THURSDAY, JULY 14
BERGEN
Bergen’s waterfront merchant district was built in the Middle Ages by the Hanseatic League. Enjoy a walking tour of this historic quarter, including visits to the Bryggen Museum, built over the remains of a medieval settlement uncovered by modern archaeologists, with many artifacts left in situ; and the Hanseatic Museum, which provides a glimpse into the lives of 18th-century German merchants. This morning’s activities also include a guided tour of Bergen’s lively fish market. Following an afternoon of independent exploration, gather this evening for a special farewell reception and dinner. RADISSON BLU ROYAL (B.D)

FRIDAY, JULY 15
BERGEN / U.S.
Transfer to the airport after breakfast for return flights home. (B)
Trip Information

**Dates**
July 2 to 15, 2016 (14 days)

**Size**
34 participants (single accommodations are limited—please call for availability)

**Cost**
$9,995 per person, double occupancy
$11,995 per person, single occupancy
*Association nonmembers add $300 per person

**Included**
11 nights of deluxe hotel accommodations
1-night cruise aboard a DFDS Seaways Ferry
12 breakfasts, 7 lunches, 5 dinners
Welcome and farewell receptions
Gratuities to guides, drivers and ferry/train crew for all group activities
All tours and excursions as described in the itinerary
Transfers and baggage handling on program arrival and departure days
Minimal medical, accident and evacuation insurance
Educational program with lecture series and pre-departure materials, including recommended reading list, a selected book, map and travel information
Services of our professional tour manager to assist you throughout the program

**Not Included**
International and U.S. domestic airfare
Passport and visa fees
Immunization costs
Meals and beverages other than those specified as included
Independent and private transfers
Trip-cancellation/interruption and baggage insurance
Excess-baggage charges
Personal items such as internet access, telephone and fax calls, laundry and gratuities for nongroup services

**Air Arrangements**
International and U.S. domestic airfare is not included in the program cost. Round-trip, economy-class airfare on SAS from San Francisco to Stockholm, Sweden, and return from Bergen, Norway, is approximately $1,500 as of October 2015 and is subject to change without notice.

**What to Expect**
This is an active program that is at times physically demanding and busy. A variety of transportation methods will be used, from local trains to modern, air-conditioned motor coaches, as well as ferries and express boats, giving you access to spectacular natural settings that can’t be seen any other way.

Daily activities involve up to two miles of walking, often on uneven terrain, and may include extended periods of standing in museums and churches. Participants must be physically fit, active and in good health, with the ability to board trains using steps that may be steep. There is no porter service at train stations or aboard express boats, and although arrangements will be made to send larger luggage ahead, guests will be required to manage their own daypack and/or overnight bag for these journeys. Hotels have been chosen for their excellent locations and local character; service and upkeep are generally not to the standards of top hotels in mainland Europe. Rooms tend to be small and preferred bed configurations are not always available. Be prepared to dine independently for a number of lunches and dinners; we will be able to provide restaurant recommendations. The weather will generally be mild with periodic rain showers likely. Average temperatures range from the 50s (°F) to the mid-70s. By submitting a deposit, the participant certifies that he/she does not have any physical or other limitation that would create a hazard for him-/herself or other travelers. We welcome travelers 15 years of age and older on this program.
Deposit & Final Payment
A $1,000-per-person deposit is required to hold your space. Sign up online at alumni.stanford.edu/trip?scandinavia2016 or call the Travel/Study office at (650) 725-1093. Final payment is due 120 days prior to departure. As a condition of participation, all confirmed participants are required to sign a Release of Liability.

Cancellations & Refunds
Deposits and any payments are refundable, less a $500-per-person cancellation fee, until 120 days prior to departure. After that date, refunds can be made only if the program is sold out and your place(s) can be resold, in which case a $1,000-per-person cancellation fee will apply.

Insurance
Stanford Travel/Study provides all travelers who are U.S. or Canadian citizens with minimal medical, accident and evacuation coverage under our group-travel insurance policy. Our group policy is intended to provide minimal levels of protection while you are traveling on this program. You may choose to subscribe to optional trip-cancellation and baggage insurance. Information will be provided to travelers with their welcome materials. The product offered includes special benefits if you purchase your policy within 14 days of written confirmation of your participation on the trip.

Eligibility
We encourage membership in the Alumni Association as the program cost for nonmembers is $300 more than the members’ price. Families and trip companions may travel on one membership. For more information or to purchase a membership, visit alumni.stanford/goto/membership or call (650) 725-0692.

Responsibility
The Stanford Alumni Association, Stanford University and our operators act only as agents for the passenger with respect to transportation and exercise every care possible in doing so. However, we can assume no liability for injury, damage, loss, accident, delay or irregularity in connection with the service of any automobile, motorcoach, launch or any other conveyance used in carrying out this program or for the acts or defaults of any company or person engaged in conveying the passenger or in carrying out the arrangements of the program. We cannot accept any responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, force majeure or other causes beyond our control. All such losses or expenses will have to be borne by the passenger as tour rates provide arrangements only for the time stated. We reserve the right to make such alterations to this published itinerary as may be deemed necessary. The right is reserved to cancel any program prior to departure in which case the entire payment will be refunded without further obligation on our part. The right is also reserved to decline to accept or retain any person as a member of the program. No refund will be made for an unused portion of any tour unless arrangements are made in sufficient time to avoid penalties. Baggage is carried at the owner’s risk entirely. The airlines concerned are not to be held responsible for any act, omission or event during the time that passengers are not onboard their plane or conveyance. Neither the Alumni Association, Stanford University nor our operators accept liability for any carrier’s cancellation penalty incurred by the purchase of a nonrefundable ticket in connection with the tour. Program price is based on rates in effect in October 2015 and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges.
"I learned SO much about Scandinavia and greatly enjoyed the beauty of these three diverse countries."

ANNE DAUER, ’60, SCANDINAVIA SOJOURN, 2012

STANFORD TRAVEL/STUDY