

# Stanford **TRAVEL/STUDY**

## **SHETLAND ISLANDS AND NORWAY**

**June 9 to 22, 2022**

Cruise from northern Scotland up the spectacular coast of Norway and into the Arctic Circle on the *Hebridean Sky* with faculty leader Scott Pearson. In the Shetland Islands, meet the locals who call these remote islands home and view the remarkable archaeological site of Jarlshof, whose remains date from 2500 BCE to the 17th century. Be awed by majestic mountains ascending dramatically from the shores of the breathtaking Lofoten Islands. Delight in long midsummer days when fjordside towns bathe in sunlight around the clock and flowers carpet the countryside. Watch huge colonies of seabirds—fulmars and puffins, kittiwakes and gannets—nesting on the cliffs of the tiny Norwegian island of Runde.

### **FACULTY LEADER**

#### **Scott Pearson**

Scott Pearson, who has studied economic change in developing countries for five decades, taught economic development and international trade at the Food Research Institute at Stanford for 34 years. He has co-authored a dozen books, won several awards for his research and teaching and advised governments on food and agricultural policy. Scott has worked and traveled abroad extensively in Europe, Africa and Asia. One of our most versatile faculty leaders, he has accompanied more than 60 Travel/Study trips on all seven continents. During this program, Scott will teach us about the peoples of Scotland and Scandinavia—Celts, Anglo-Saxons, Vikings and the Sámi. His lectures will also cover the German Hansa and Norway's economic rise from the 19th to the 21st centuries.

- Professor, agricultural economics, Stanford, 1968–2002
- Director, Food Research Institute, Stanford, 1991–1996
- Dean's Award for Teaching, Stanford School of Humanities and Sciences, 1978
- MA, international relations, Johns Hopkins University
- PhD, economics, Harvard University

#### **Additional Lecturers**

In addition to Scott Pearson, we are joined by Markes Johnson, professor emeritus at Williams College, and his wife, Gudveig Baarli, who grew up in Norway and earned a PhD in paleontology from the University of Oslo, both of whom will lecture about the geological clues relating to the separation of Scotland and Scandinavia from North America and the birth of the modern Atlantic Ocean, as well as about the mythology and cultural history of the region.

### **ITINERARY**

Thursday, June 9

#### **Aberdeen, Scotland**

Arrive in Aberdeen and check in to our boutique hotel. Gather this evening for an exclusive welcome reception and dinner. MALMAISON ABERDEEN (D)

Friday, June 10

**Aberdeen / Embark Hebridean Sky**

After an orientation briefing and private lecture, visit the 16th-century Crathes Castle, one of Scotland's most beautiful and well-preserved, with fairy-tale turrets and a historic walled garden featuring dramatically sculpted topiary. Take a panoramic coach tour of Aberdeen's city center, then embark on our ship in the late afternoon. *HEBRIDEAN SKY* (B,L,D)

Saturday, June 11

**Fair Isle and Mainland, Shetland Islands**

After a morning at sea, anchor off Fair Isle, the most remote inhabited island in the United Kingdom. Perhaps best known for its intricate knitting patterns, Fair Isle is also home to more than 345 bird species and hosts large breeding colonies of seabirds. Walk to the newly refurbished bird observatory, then continue to the community hall for a cup of tea and home-baked treats. Moor overnight on the Island of Mainland in Lerwick, the Shetlands' only town. *HEBRIDEAN SKY* (B,L,D)

Sunday, June 12

**Jarshof**

This morning visit the Jarshof Prehistoric and Norse Settlement, a remarkable archaeological site that was unearthed after a violent storm in the winter of 1896-97. The settlement encompasses almost 5,000 years of human history, with layers of stone structures that include late Neolithic houses, a Bronze-Age village, an Iron-Age *broch* (circular stone tower) and wheelhouses, several Norse longhouses, a medieval farmstead and a 16th-century laird's house. Return to our ship for lunch, followed by a free afternoon to explore Lerwick's historic port and charming town center. *HEBRIDEAN SKY* (B,L,D)

Monday, June 13

**Stavanger, Norway**

After a full morning of cruising, arrive early this afternoon in Stavanger, once the port from which thousands emigrated to the U.S. and now the heart of Norway's international oil industry. Choose between a guided four-hour hike up to the iconic Preikestolen (Pulpit Rock) or remain in Stavanger for a tour of the city's highlights, including a visit to the fascinating Norwegian Petroleum Museum. In the early evening enjoy time at leisure to explore the city's historic area. *HEBRIDEAN SKY* (B,L,D)

Tuesday, June 14

**Hardangerfjord / Rosendal**

Arrive this morning in Hardangerfjord, one of the longest fjords in Norway. Dock in the town of Rosendal and choose one of two full-day options: Take a scenic three-mile round-trip walk to Bondhus Lake along an enticing stream and through idyllic birch forests carpeted with moss, or journey by coach and ferry to the north side of the fjord for live demonstrations of Norway's traditional shipbuilding techniques at the Hardanger Maritime Center. Both options provide panoramic drives with views of waterfalls and an arm of the Folgefonna Glacier. *HEBRIDEAN SKY* (B,L,D)

Wednesday, June 15

**Bergen**

Begin our day in the lovely city of Bergen. Take a walking tour of the historic merchant district, built in the Middle Ages by the Hanseatic League, and visit the lively fish market. After some free time for independent exploration, gather for afternoon excursions to the Fantoft Stave Church, a meticulously reconstructed 12th-century wooden church, and Troidhaugen, former home of Norwegian composer

Edvard Grieg, where we attend a private piano recital of Grieg's music in a concert hall with a view of the forest cabin where he composed. *HEBRIDEAN SKY* (B,L,D)

Thursday, June 16

### **Nærøfjord / Sognefjord**

Drop anchor at the small village of Gudvangen, situated in the dramatic and spectacular Nærøfjord, designated a UNESCO World Heritage Site in 2005. Set out on foot for Njardarheimr, a re-creation of a Viking village inhabited by people committed to living as closely as possible to the old Viking ways. Learn about Viking life and participate in some of the activities the modern-day Vikings who live there engage in daily, such as axe throwing and archery. Back on board spend the remainder of the day cruising the country's magnificent fjords. Take in the spectacular scenery as we navigate the Nærøfjord and the Sognefjord, Norway's longest (126 miles) and deepest (4,291 feet), experiencing some of the best examples of Norway's natural beauty along the way, including its glaciers, hanging valleys, highest mountains, waterfalls and bucolic farmland. *HEBRIDEAN SKY* (B,L,D)

Friday, June 17

### **Runde / Ålesund**

Enjoy the view early this morning while cruising by the bird cliffs at Runde, one of the largest nesting sites in Norway and home to half a million birds. More than 230 species have been observed here, including puffins, gannets, razorbills and northern fulmars. Continue to Ålesund, arguably one of the most beautiful towns in Norway, to explore its elegant art nouveau architecture, or opt to climb 418 steps to the Aksla viewpoint for a magnificent panorama of the town, the surrounding islands and the Sunnmøre Alps. Return to our ship for lunch and an afternoon of cruising. *HEBRIDEAN SKY* (B,L,D)

Saturday, June 18

### **Brønnøysund / Torghatten / Arctic Circle**

Admire the view of Torghatten, a granite mountain that is one of the most famous landmarks on the Norwegian coast. From the port of Brønnøysund, take an optional hike to a hole in the mountain that was formed by ice erosion or, for a more leisurely morning, take a gentler walk along the water's edge. Spend the afternoon cruising, with the possibility of an expedition stop at one of the small islands, conditions permitting. Cross the Arctic Circle tonight on our way to the Lofoten Islands. *HEBRIDEAN SKY* (B,L,D)

Sunday, June 19

### **Svolvær, Lofoten Islands / Trollfjorden**

Arrive this morning in the Lofoten Islands archipelago, an enchanting area of picturesque villages with jagged mountain peaks formed by some of the oldest rocks on earth. Dock in Svolvær, which has been a lively and thriving fishing town since the early 19th century. Visit charming Svinøya, the oldest part of Svolvær, with its traditional wooden houses, rustic fishing cabins known as *rorbuer* and iconic stockfish racks, all set against a striking backdrop of mountains and sea. Take a scenic drive to the picturesque fishing village of Henningsvær, located on a group of tiny islands at the foot of the imposing Vågakallen mountain. Visit the Gallery Lofoten, whose extensive collection of northern Norwegian paintings showcases the Lofotens' unique light and the beauty that has inspired artists for more than a century. Late this afternoon cruise through the beautiful, steep-sided Trollfjorden and enjoy time on deck watching for wildlife while admiring waterfalls and dramatic scenery. *HEBRIDEAN SKY* (B,L,D)

Monday, June 20

**Bleiksøya / Andenes, Vesterålen Islands**

Set off in Zodiacs for an excursion to the perfectly cone-shaped Bleiksøya Island, a birder's paradise and summer breeding ground for hundreds of thousands of seabirds, including a colony of approximately 80,000 puffins. Cruise to Andenes, a thriving fishing village since the Middle Ages on Andøya Island, the northernmost and arguably most beautiful of the Vesterålen islands. Take a whale-watching safari via Zodiac; this part of the North Atlantic Ocean is home to some of the highest concentrations of whales on Earth, including orcas, pilot whales and sperm whales, who reside here during the summer. *HEBRIDEAN SKY* (B,L,D)

Tuesday, June 21

**Tromsø**

Arrive this morning in Tromsø, known as the Gateway to the Arctic in recognition of the numerous Arctic expeditions that originated here. Step inside the striking Arctic Cathedral, built to resemble an iceberg and boasting one of the largest stained-glass windows in Europe. Learn about the history, culture and long-standing traditions of the Sámi people at the Tromsø Museum, then take the Fjellheisen aerial tramway up to 1,400 feet for panoramic views of the city, fjords and surrounding islands. Gather this evening for a farewell reception and dinner on board. Our ship remains docked in port overnight, and those who wish are invited to attend a special midnight concert in the Arctic Cathedral. *HEBRIDEAN SKY* (B,L,D)

Wednesday, June 22

**Tromsø / Home**

Disembark and transfer to the Tromsø Airport for flights home. (B)

**PRE-TRIP EXTENSION TO THE SCOTTISH HIGHLANDS**

**June 6 to 9, 2022**

Enjoy four extra days of adventure exploring the natural beauty of the Scottish Highlands. Take a scenic boat trip along Loch Ness to see Urquhart Castle and explore an estate in the heart of Cairngorns National Park. Visit Culloden Battlefield, site of the final confrontation of the Jacobite uprising of 1745-46 and the last pitched battle fought on British soil. Marvel at the legendary Cawdor Castle, ancestral home of the Campbells of Cawdor for approximately 600 years and learn about the craft of whisky making during a tour and tasting at a top distillery. Additional details will be shared with confirmed travelers.

**INFORMATION**

**Covid-19 and Travel**

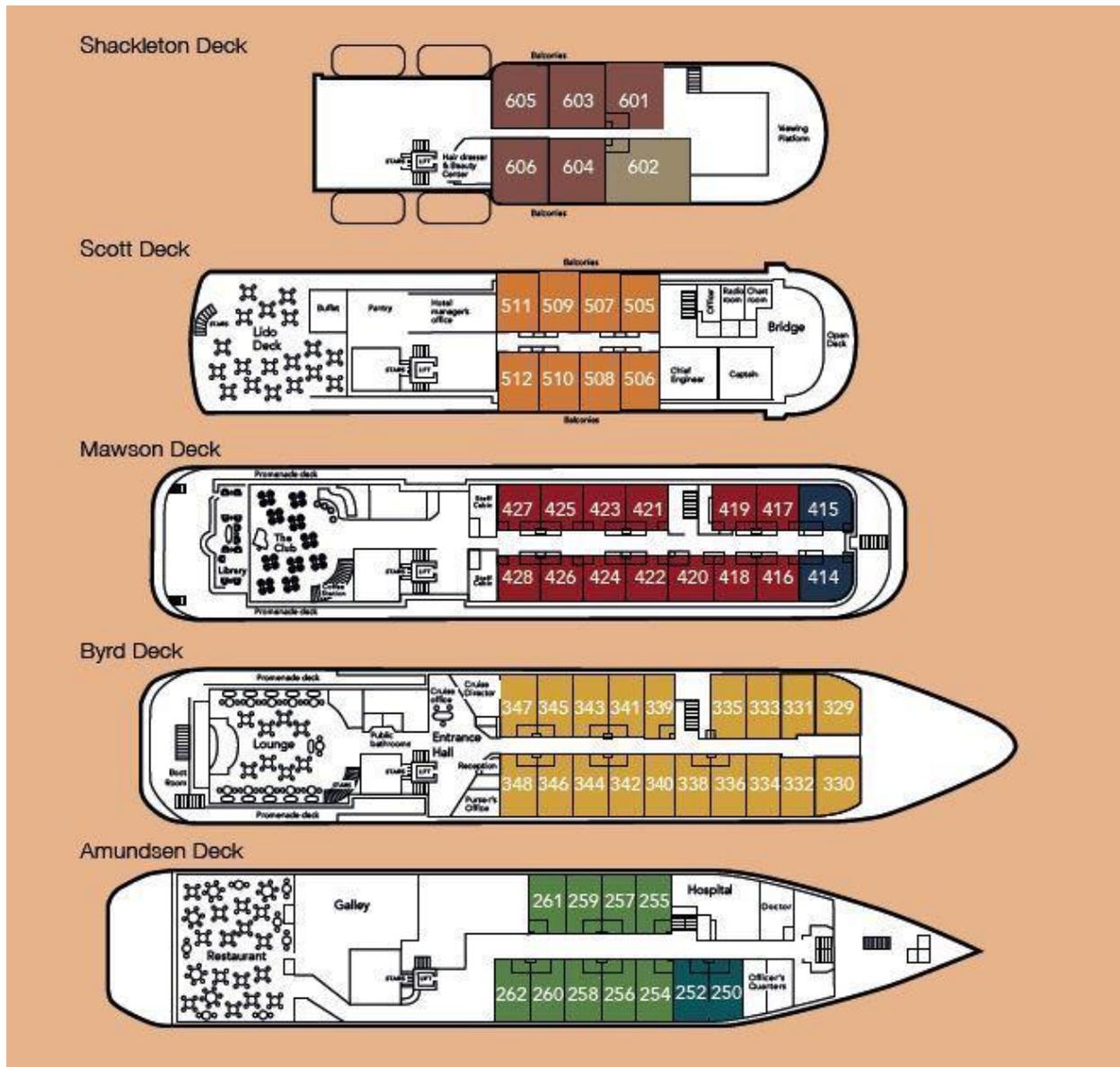
Due to the fluid nature of travel requirements and local Covid-19 conditions, travel protocols for our program will be shared closer to departure. To read more about Travel/Study's general approach to ensuring traveler health and safety, visit <https://alumni.stanford.edu/get/page/covidtravel>.

**Size**

This trip is limited to 96 participants, including travelers from the National Trust for Historic Preservation. Single accommodations are limited.

**About Our Ship**

The all-suite *Hebridean Sky* is a spacious, yet intimate, expedition vessel. After a major refurbishment in 2016, it now boasts beautifully designed public spaces that include a single-seating dining room, a large lounge, an elegant club and bar with a piano, a library and outdoor seating areas. All cabins have an ocean view and feature a sitting room, en suite bathroom, TV, spacious wardrobes and dressing table. The *Hebridean Sky's* fleet of Zodiacs allows us to access remote shorelines and islands during expedition stops.



**Cost\***

Rates are per person, based on double or single occupancy, as specified.

CATEGORY	DOUBLE	SINGLE
<b>CATEGORY A</b> Forward cabin on Amundsen Deck with portholes and queen or twin beds, 226 sq. ft.	\$12,490	-
<b>CATEGORY B</b> Standard cabin on Amundsen Deck with portholes and queen or twin beds, 226 sq. ft.	\$13,490	\$20,290
<b>CATEGORY C</b> Superior cabin on Byrd Deck with picture window and queen or twin beds, 237 sq. ft.	\$15,490	\$23,290
<b>CATEGORY D</b> Premium cabin on Mawson Deck with picture window and queen or twin beds, 226 sq. ft.	\$16,490	-
<b>CATEGORY E</b> Corner cabin on Mawson Deck with picture windows and queen or twin beds, 237 sq. ft.	\$17,490	-
<b>CATEGORY F</b> Deluxe balcony suite on Scott Deck with queen or twin beds, 225 sq. ft. plus 43 sq. ft. balcony	\$19,490	-
<b>CATEGORY G</b> Owner's balcony suite on Shackleton Deck with queen or twin beds, 237 sq. ft. plus 86 sq. ft. balcony	\$20,490	-
<b>HEBRIDEAN SUITE</b> Hebridean suite on Shackleton Deck with queen bed, 264 sq. ft. plus 101 sq. ft. balcony	\$22,490	-

\*Stanford Alumni Association nonmembers add \$300 per person.

**Included**

- Educational program with lecture series and predeparture materials, including an education resource list and travel information
- Services of our professional tour manager to assist you throughout the program
- All tours and excursions as described in the itinerary
- Gratuities to guides, drivers and ship crew for all group activities
- 1 night of deluxe hotel accommodations
- 12-night cruise aboard the *Hebridean Sky*
- 13 breakfasts, 12 lunches and 13 dinners
- Welcome and farewell receptions
- Transfers and baggage handling on program arrival and departure days
- Port fees and embarkation taxes
- On-tour quarantine-related trip-cancellation, -interruption and -delay insurance coverage
- General medical, accident and evacuation insurance

**Not Included**

- Your personal flights to and from the program
- Passport and visa fees
- Immunization costs
- Meals and beverages other than those specified as included
- Independent and private transfers
- Nonquarantine-related trip-cancellation, -interruption and -delay insurance coverage
- Baggage insurance
- Excess-baggage charges
- Personal items such as internet access, telephone calls, laundry and gratuities for nongroup services

**Air Arrangements**

You are responsible for booking and purchasing airfare to the start location and from the end location of the program. These air purchases are NOT included in the program cost. To assist you in making these independent arrangements, we will send you details with your confirmation materials on when to arrive and depart.

**What to Expect**

For most of the activities on this program, a relatively moderate level of exertion is required. You will need to climb into and out of Zodiacs for excursions ashore on at least five occasions, and there may be additional use of the Zodiacs to take advantage of opportunities that arise. All are dry landings, and there will be staff and crew members on hand to assist. Daily excursions cover up to one mile at a time and up to three miles throughout the day over sometimes rough terrain such as uneven, rocky beaches and cobblestones in villages and towns. Where possible, we have designed excursion options to accommodate both those who prefer moderate strolls and those interested in more active hikes. Flexibility is a must, as our itinerary is subject to change, and landings will be tide- and/or weather-dependent. We welcome travelers 15 years of age and older on this program.

**TERMS AND CONDITIONS****Eligibility**

We encourage membership in the Stanford Alumni Association as the program cost for nonmembers is \$300 more than the members' price. The nonmember fee is waived for anyone traveling as a paid guest of a current member, as well as for emerita or emeritus faculty and staff. To purchase a membership, call (650) 725-0692 or visit [alumni.stanford.edu/goto/membership](https://alumni.stanford.edu/goto/membership).

**Deposits, Payments and Cancellations**

A \$1,000-per-person deposit is required to reserve space on this program. Final payment is due 120 days prior to program start. Deposits and any payments are refundable, less a \$500-per-person cancellation fee, until 120 days prior to program start. After that date, refunds can be made only if the program is sold out and we resell your place(s), 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 general medical, accident and evacuation coverage, as well as on-tour quarantine-related trip-cancellation, -interruption and -delay insurance 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 nonquarantine-related trip-cancellation, -interruption and -delay insurance coverage and/or baggage insurance. Information offering such insurance will be included in your confirmation materials. The product offered includes special benefits if you purchase your insurance within 14 days of receiving your welcome email.

**Responsibility**

The Stanford Alumni Association, Stanford University and our operators act only as agents for the passenger with respect to transportation and ship arrangements 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, motor coach, 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 include arrangements only for the time stated. We reserve the right to make such alterations to this published itinerary as may be deemed necessary. We reserve the right to cancel any program prior to departure, in which case the entire payment will be refunded without further obligation on our part. We also reserve the right 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. It is understood that the ship's ticket, when issued, shall constitute the sole contract between the passenger and the cruise company. The airlines concerned are not to be held responsible for any act, omission or event during the time passengers are not on board their plane or conveyance. Neither the Stanford Alumni Association, nor 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 at the time the brochure is published and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges. As a condition of participation, all confirmed participants are required to sign an Assumption of Risk.

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