

Nordic Coastal Voyage: *Norway, Finland & the Arctic Circle*

June 25 - July 9, 2023

Travel Preview & Registration

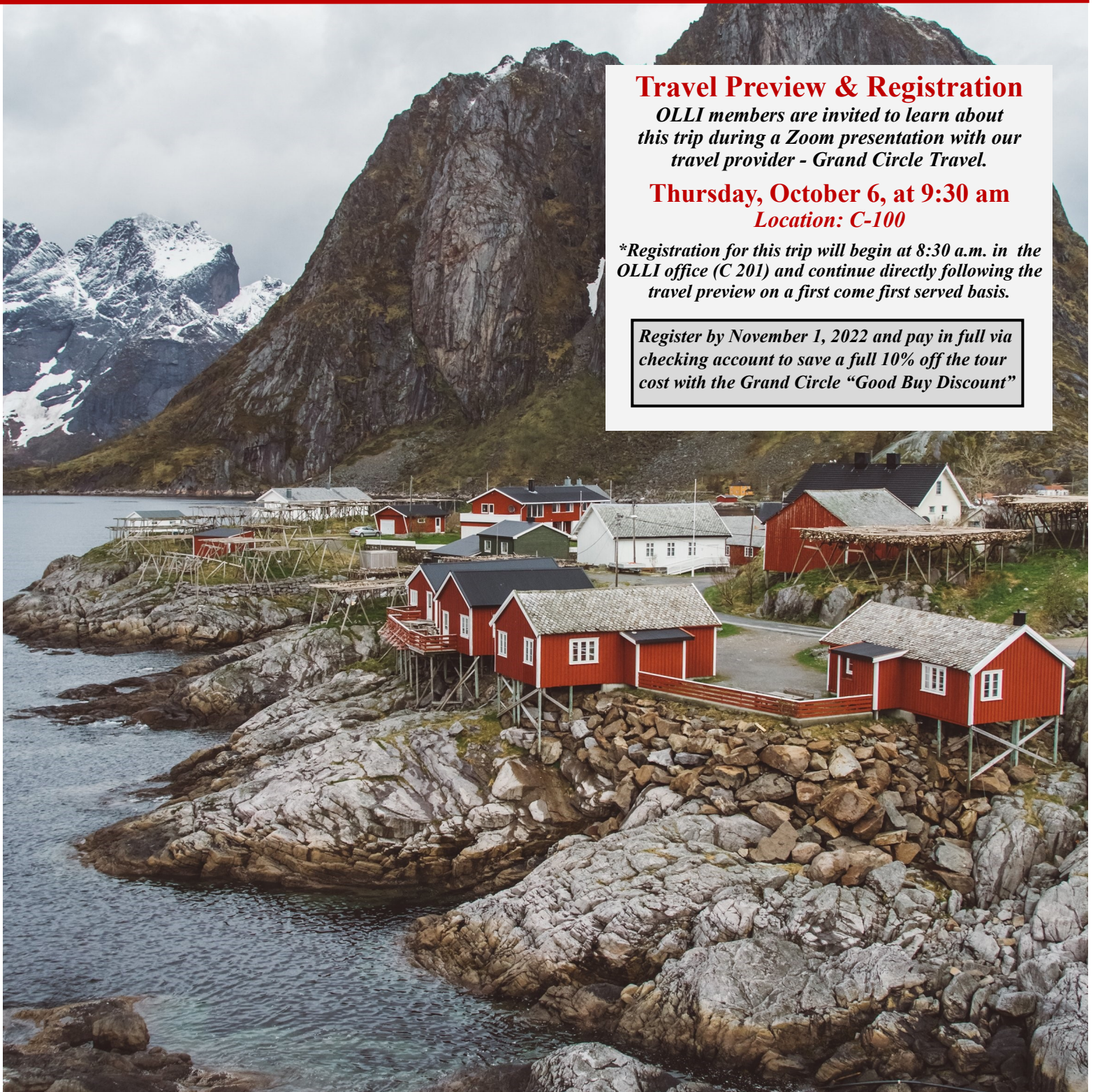
OLLI members are invited to learn about this trip during a Zoom presentation with our travel provider - Grand Circle Travel.

Thursday, October 6, at 9:30 am

Location: C-100

**Registration for this trip will begin at 8:30 a.m. in the OLLI office (C 201) and continue directly following the travel preview on a first come first served basis.*

Register by November 1, 2022 and pay in full via checking account to save a full 10% off the tour cost with the Grand Circle "Good Buy Discount"





Travel to Norway and Finland on this Nordic vacation as you traverse a pristine landscape of steep, rugged mountains, narrow ocean inlets, and vivid blue fjords.

During this comprehensive journey, you'll explore Finland's Lapland region—a realm of astonishing beauty—where you will encounter the enduring culture of the indigenous Sami people. Then, cruise southward through the Norwegian fjords by coastal ship for five nights near the top of the world, stopping along the way to explore cities, towns, and villages that dot the shore. Once you disembark your ship, you'll visit Bergen, a maritime city of charming restaurants, gift shops, and museums. Then, wind down your explorations with two nights in Oslo, Norway's capital, a nature-lover's dream of 40 islands and more than 300 lakes. As you travel down the country by ship, train, coach, ferry, and plane, you'll experience Nordic cultures with enduring ties to nature's majesty.

General Information:

Travel Providers

This educational travel experience is offered by the SVSU Osher Lifelong Learning Institute in conjunction with Grand Circle Travel, our travel partner who we traveled with to Ireland, England, Scotland, Australia, New Zealand, Croatia, Paris and Germany.

Registrations:

Please fill out the registration form and bring it to the OLLI office on the day of registration. Trip reservations are on first-come-first served basis. A passport and Covid vaccination card is required at time of registration and must be valid through six months following the end date of the tour.

Tour Activity Level:

This tour requires more than average physical activity. You should be in good health, able to climb stairs and walk reasonable distances, walking up to two hours per day, 2-3 continuous miles unassisted, possibly over uneven ground, unpaved paths, hills, stairs and cobblestones. Adding optional excursions may increase the total amount of walking on your tour. You should feel comfortable managing your own baggage at all times. If you have any mobility concerns or physical restrictions, please contact our OLLI office for additional information. This trip is not accessible for travelers using wheelchairs, scooters, walkers, or crutches.

About Our Lodging

- Five night cruise on the Hurtigruten Norwegian Coastal Voyage Ship
 - Eight nights/4-hotel stays
- We will stay in accommodations handpicked to ensure quality and comfort. Specific hotel details will be given at the pre-trip dinner.

Travel Protection:*

Travel protection will be included in the price of this trip and must be paid at the time of deposit upon registration and will be provided by Allianz. Details about the travel protection package terms and conditions may be found on their website at: <https://www.gct.com/ways-to-save/travel-protection-plan/benefits-and-coverage>. Please note that insurance fees are not refundable. It is the traveler's responsibility to review insurance coverage to make sure it meets your needs prior to purchase. * *If you choose not to take travel protection for your trip - your registration/situation will be reviewed.*

Air Details:

Our package includes round-trip flights air taxes & fees/surcharges. Specific flight information will be provided at a later date. If our flight is scheduled early, we may stay the night prior to departure. If this is the case, there will be an added cost per person and these details will be forwarded to you closer to departure.

Waitlist & Roommates Needed:

If you are looking for a roommate please contact our office prior to registration, and we can share names of others looking for roommates. Our office will also maintain a wait-list if this trip fills to capacity of (42)

Included highlights:

- * Accommodations for 8 nights in (4) Hotels
- * 5 - nights aboard the Hurtigruten Norwegian Coastal Voyage Ship
- * 31 Meals: 12 breakfasts, 10 lunches, & 9 dinners
- * Grand Circle Professional Program Director
- * 13 guided tours & (2) Exclusive Discovery Series events: *Sami family visit & Home-Hosted Dinner*
- * Gratuities on your main trip for local guides and Frequent Traveler Credit toward your next trip
- * Round-trip air transportation from DTW airport, and ground transportation to/from SVSU to the Detroit airport. motorcoach drivers
- * Personal headset included on your main trip
- * Private motorcoach land travel
- * Baggage handling for 1 piece per person
- * 5% Frequent Traveler credit with GCT
- * Pre-trip dinner & post-trip gathering at SVSU

Travel Requirements:

Currently requirements include proof of vaccination & masks may be required for multiple day travel with SVSU-OLLI. We will provide any known updates closer to departure dates.

Cancellation:

- All cancellations must be made in writing to the OLLI office and are subject to a cancellation fee of \$50. Grand Circle Travel's cancellation policies will prevail.
- Overseas Taxes & Fees. This tour may have taxes and fees that cannot be included in your airline ticket price because you are required to pay them in person onsite. All taxes are subject to change without notice and can be paid in cash (either U.S. or local currency). *If applicable, you will receive a list of these fees with your Final Documents.*
- **Itinerary Subject to Change.**

Saginaw Valley State University OLLI—Trip Reservation Form

Please provide accurate information. This will eliminate any change fees or document delays.

Past Grand Circle Traveller: Y__ N__ If yes, full name (on account): _____
Address: _____ City: _____ State: _____ Zip: _____
Home Phone: _____ - _____ - _____ Cell Phone: _____ - _____ - _____
Email address: _____

Travel Protection:

Yes, I understand trip protection is included in my trip cost No, I decline the trip protection offered for this trip
Signature: _____

Payment Information: Please note that non-members will pay an additional \$60 (payable to SVSU) and will receive a 2022/23 OLLI membership

I authorize:

Full payment (including travel protection) Total: _____
 Deposit and Travel Protection payment (see pricing table): Total: _____

*** The final balance is due by March 1, 2023**

Payment Method:

Electronic Transfer (automatic payment): Name on Checking Account: _____
Routing Number _____ Account Number: _____

Credit Card: Master Card Visa Discover Cardholder Name: _____
Cardholder Number: _____ Exp. Date: ____ / ____ / ____ CVV Code: _____
Signature: _____ Date: ____ / ____ / ____

By signing above I have read and understand all the terms and conditions and accept them on behalf of myself and my party. (MM / DD / YEAR)

Traveler 1

Please ensure that your name matches what appears on your passport:

Title: Mr./Ms./Mrs. _____
First: _____ Middle: _____
Last Name: _____
Nickname (optional for name badge): _____
Passport Country of Issue _____
Passport Number: _____
Passport Issue Date: ____ / ____ / ____ (MM / DD / YEAR)
Passport Expiration Date: ____ / ____ / ____
Place of Birth: ____ (state) _____ (country)
Nationality: _____
Occupation: _____
Please note: if you are retired please state retired and from what
Dietary Restrictions: _____

Emergency Contact Information:

Name: _____
Home Phone: _____ - _____ - _____
Cell Phone: _____ - _____ - _____

Traveler 2 (only if at same address)

Please ensure that your name matches what appears on your passport:

Title: Mr./Ms./Mrs. _____
First: _____ Middle: _____
Last Name: _____
Nickname (optional for name badge): _____
Passport Country of Issue _____
Passport Number: _____
Passport Issue Date: ____ / ____ / ____ (MM / DD / YEAR)
Passport Expiration Date: ____ / ____ / ____
Place of Birth: ____ (state) _____ (country)
Nationality: _____
Occupation: _____
Please note: if you are retired please state retired and from what
Dietary Restrictions: _____

Emergency Contact Information:

Name: _____
Home Phone: _____ - _____ - _____
Cell Phone: _____ - _____ - _____

In Office Checklist: Registration Date _____ **Initials** _____

Checklist:

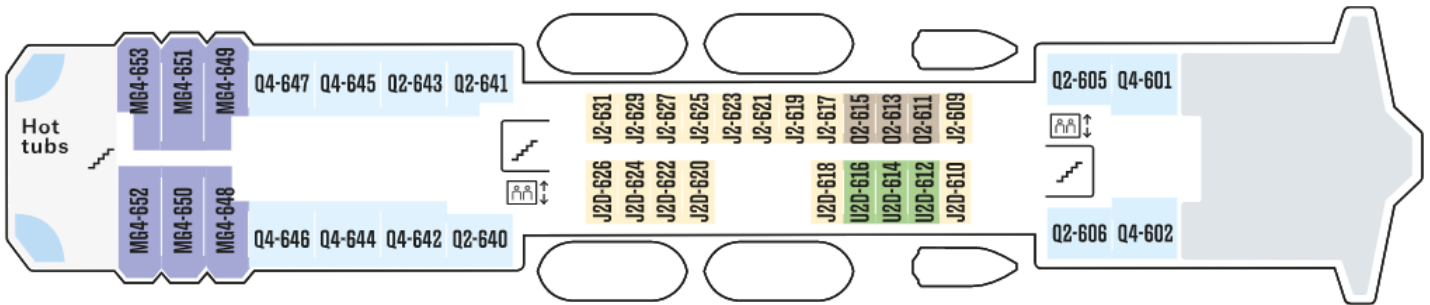
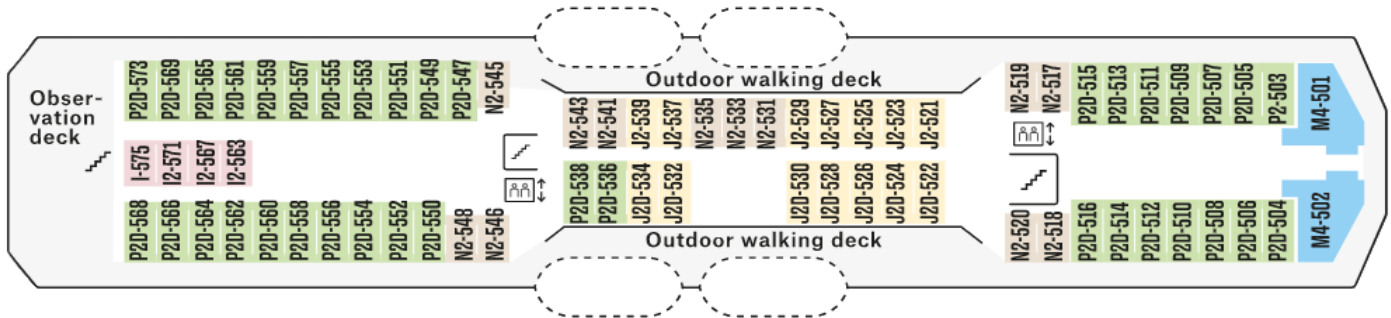
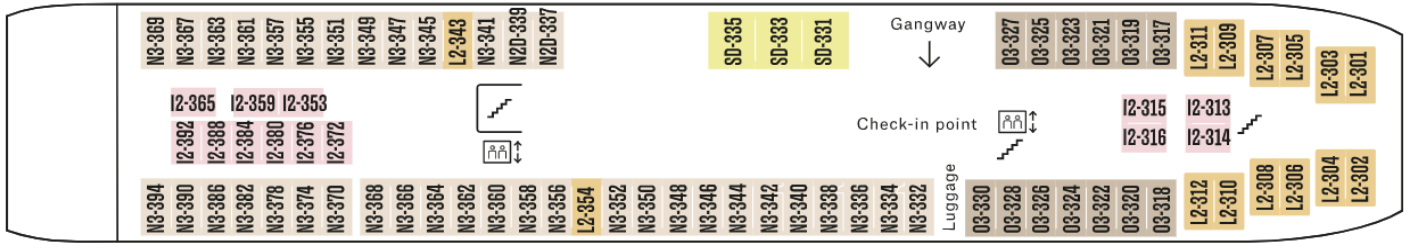
Passport Copy - Needs to be valid Through January 9, 2024
 Covid-19 Vaccination Copy
 Emergency Form
 Travel Protection
Other: _____

Roommate Information (if not at the same address):

Name: _____
Roommate Phone Number: _____

Accommodations:

2 Twins 1 In Double Bed (sleeps 2)
 Single Room (Limited)



Trip Cost: This is an example deck plan with room categories, travelers will be placed in a cabin of their category choice.

Cabin Categories	Base w/ Air	Travel Protection	Total Cost
SVCD - doubled bed, outside cabin, picture window (8-available)	\$ 7,495.00	\$ 849.00	\$ 8,344.00
SVSC - single cabin, outside cabin, picture window (4-available)	\$ 8,790.00	\$ 999.00	\$ 9,789.00
L - twin beds, outside cabin, porthole window, obstructed view (3)	\$ 6,895.00	\$ 799.00	\$ 7,694.00
I - twin beds, inside cabin (7-available)	\$ 6,495.00	\$ 699.00	\$ 7,194.00
*Non-Members will pay additional \$60 to SVSU-OLLI for Membership			

Save 10%: Register by Nov. 1, 2022 and pay in full via checking account to save 10% with Grand Circle "Good Buy Discount"

Cabin Categories	Base w/ Air	Less 10% of Base	Travel Protection	Total Cost
SVCD - doubled bed, outside cabin, picture window (8)	\$ 7,495.00	\$ (749.50)	\$ 799.00	\$ 7,544.50
SVSC - single cabin, outside cabin, picture window (4)	\$ 8,790.00	\$ (879.00)	\$ 899.00	\$ 8,810.00
L - twin beds, outside cabin, porthole window, obstructed view (3)	\$ 6,895.00	\$ (689.50)	\$ 699.00	\$ 6,904.50
I - twin beds, inside cabin (7)	\$ 6,495.00	\$ (649.50)	\$ 649.00	\$ 6,494.50
*Non-Members will pay additional \$60 to SVSU-OLLI for Membership				



Day 1: Depart SVSU and begin your adventure as you travel to Scandinavia today, you will depart from the Detroit airport on your flight to Helsinki, Finland.

Day 2: Arrive Helsinki, Finland

Helsinki's historic center dates from the early 19th century, when Russia ruled Finland and designated this city as the country's new capital. As a result, the city has both a Russian look and a more modern layout than other European capitals. Graced with many buildings by noted Finnish architects such as Alvar Aalto, Helsinki today is a masterpiece of urban design. Depending on when you arrive, you may also enjoy a guided orientation walk with your Program Director to give you the lay of the land in your Helsinki neighborhood. This afternoon and evening you'll have time to explore on your own, making independent discoveries. Your Program Director will be available to recommend a spot for lunch and free time activities.

Accommodations: Scandic Grand Marina or similar

Day 3: Explore Helsinki

After breakfast, we'll set off on an included Helsinki city tour. Among the highlights is Senate Square, where you'll discover many ornate Empire Neo-classical buildings, including the 19th-century Lutheran Cathedral, whose central tower dominates the city. Like Times Square in New York City, this is the place where residents gather for celebration of special occasions, such as New Year's Eve and Independence Day (December 6th). Admire the onion domes of Uspenski Cathedral, the most important Russian Orthodox church in Finland. As you wind your way through the city, you'll notice how the sea is an integral part of Helsinki; the city spreads out onto islands, peninsulas, and along coves among which boats of all descriptions navigate. After lunch on your own, you'll have the afternoon to explore, and your Program Director will be available for suggestions, for local restaurant recommendations. You might choose to browse the cuisine available at the local market. This evening with an included dinner you'll get acquainted with your Program Director and your fellow travelers over a "Welcome Dinner" at a local restaurant. Following dinner you have the freedom to spend the rest of your evening as you wish (B/D)

Accommodations: Scandic Grand Marina or similar

Day 4: Helsinki •Ivalo

This morning we'll depart for Ivalo in northern Finland - flying to Rovaniemi airport, then completing the journey overland by bus (about a three-hour drive). Ivalo is your base of exploration for Lapland, the home of the Sami, the indigenous people who have lived in northern Scandinavia since prehistoric times. Lapland, also called Samiland, spans northern parts of Finland, Norway, and Sweden. Although the Sami are a minority of today's population in northern Finland, their cultural traditions endure. We'll enjoy an included lunch at the airport or en route to Lapland. This afternoon is yours to do as you please. Your Program Director will be happy to recommend free time activities. An included dinner will be at the hotel this evening, followed with free time to spend the rest of your evening as you wish. (B/L/D) *Accommodations: Ivalo Hotel or similar*

Day 5: Ivalo Siida Museum & Home Hosted Dinner

We'll begin a day full of insight into rural life in Finland, starting with a visit to the Siida Museum, which focuses on Sami and northern Lapland culture and nature. Then we'll visit with a Sami family, and a highlighted Home-Hosted Dinner (B/L/D) *Accommodations: Ivalo Hotel or similar*

Day 6 Ivalo • Kirkenes, Norway • Embark ship

After breakfast we'll travel to Norway through rural Lapland and cross the border to Kirkenes, a Norwegian port, strategically significant for its iron ore resources and its location near the Russian port of Murmansk, Kirkenes was occupied by 100,000 Nazi troops during World War II. We'll board the Hurtigruten ship early this afternoon in time for lunch onboard. Shortly after you embark, the ship sets sail to begin one of the world's most scenic coastal cruises, with the islands and mountains of Norway as your constant companions. As a working vessel, your ship visits many ports, and if its strict cargo delivery schedule allows, you'll have time at some of them to go ashore for sightseeing. Dinner tonight will be onboard in the ship's dining room. You have the freedom to spend the rest of your evening as you wish. (B/L/D served onboard) *Accommodations: Hurtigruten Ship*

Day 7: Explore Hammerfest • Coastal cruising

As you cruise along the coast of the Norwegian country of Finnmark today, you sail through a region filled with "northernmosts." First, the ship docks at Hammerfest, Europe's northernmost city, where the midnight sun shines from mid-May to late July. Hammerfest is a small modern town at the top of the world that makes a memorable port of call as you begin your journey southward down the coast. This afternoon you'll continue your cruise towards Vesteralen. Following dinner you'll have the freedom to spend the rest of your evening as you wish. (B/L/D served onboard) *Accommodations: Hurtigruten Ship*

Day 8: Visit Vesteralen • Stokmarknes • Svolvær • Lofoten War Memorial Museum • Coastal cruising

We'll Cruise south today, reaching the Lofoten Islands, where towering mountain peaks rise sharply from the sea to form dramatic vistas in the arctic light. This is one of Scandinavia's scenic highlights, which has inspired generations of artists. You'll step off the ship at Harstad for an included tour of Vesteralen's mountainous landscapes- featuring a stop at a local farm - as well as Sortland, a small town located on the island of Hadsel, and home to the Hurtigruten Museum. Its exhibits feature photographs, model ships, films, and paintings displaying the history of Norwegian coastal steamer traditions. This afternoon the ship will then sail to Stokmarknes on the island of Hadseløya. Explore the town on a discovery walk with your Program Director, during which you'll see an abundance of fish-drying racks, evidence of the importance of the historically rich fishing grounds in this area. We'll board the ship afterwards and set out to Svolvær, on the island of Austvagoy, beneath the two-horned mountain called the Svolvær Goat (Svolværgita) After dinner onboard the ship, you'll head to the Lofoten War Memorial Museum in Svolvær, exhibiting the uniforms and other artifacts of Nazi-occupied Norway. Afterwards, you'll take a discovery walk around the charming fishing town of Svolvær with your Program Director. (B/L/D onboard) *Accommodations: Hurtigruten Ship*



Day 9: Sandnessjoen • Explore Bronnoysund • Coastal cruising

From the Lofotens, your cruise takes you across the broad Vestfjord, then south across the Arctic Circle. Sail past the island of Alsten, with soaring views of the De Syv Sostre (“The Seven Sisters”) Mountains. Then, cruise to Bronnoysund, a town that has seen a rise in economic growth in recent years—including serving as home to the largest limestone mine in Northern Europe, as well as prosperous industries like wood processing. You’ll explore the town on an included discovery walk. You’ll continue sailing south, this afternoon taking in the fjords as you go. Dinner: Onboard in the ship’s dining room. Evening: You have the freedom to spend the rest of your evening as you wish. Perhaps you’ll enjoy a nightcap at the bar or relax in the lounge. *(B/L/D Onboard) Accommodations: Hurtigruten Ship*

Day 10: Explore Trondheim • Coastal cruising

Today, you’ll visit ports displaying amazing contrasts between old and new. First, enjoy an included Trondheim city tour. Founded in AD 997, this was once the capital of Norway, as well as an important pilgrimage site for followers of St. Olav, a Norwegian king and Catholic martyr. The city’s old veitene (narrow alleys) wind among its markets, Archbishop’s Palace, Old Town Bridge, and historic 17th-century warehouses. You’ll tour the city and get a look at the outside of the city cathedral before returning to the ship. We’ll resume our cruise by sailing out through the beautiful Trondheimsfjord. This evening will be our last dinner onboard the ship. You have the freedom to spend the rest of your evening as you wish. *(B/L/D Onboard the ship’s dining room) Accommodations: Hurtigruten Ship*

Day 11 Disembark ship • Explore Bergen

While cruising this morning you’ll enjoy passing a beautiful archipelago of islands as you cruise towards Bergen. This Afternoon we’ll disembark the ship and set out on a tour of Bergen. The Bryggen (Wharf) area contains the fascinating historical buildings that inspired UNESCO to declare the city a World Heritage Site. Built after the Great Fire of 1702, these old wooden counting houses and warehouses with their stately gables stretch along the harbor and narrow alleyway and once served as the headquarters for the Hanseatic League. After you check in at your hotel, enjoy a short vicinity walk to orient yourself with the neighborhood with your Program Director. This evening you’ll continue making independent discoveries, and dinner will be on your own. *Accommodations: Thon Hotel Orion or similar (B/L)*

Day 12 Bergen • Optional Music of the Fjords tour

Enjoy a day to experience more of Bergen at leisure. You could explore the 13th-century Bergen Cathedral, the charming Old Town, and the Aquarium, known for its rare penguins. Or, join us for an optional tour to discover the Music of the Fjords. Begin your exploration of Norway’s musical legacy at the home of Edvard Grieg, one of the most important composers of the Romantic era of the 19th century. Grieg’s works helped to launch Norway into prominence on the international scene, and to define the Romantic genre as a whole. Learn more about his legacy during a tour of his home (now a museum) and then be treated to a piano concert performed by a professional pianist. If you’ve elected to join our optional tour, you’ll enjoy an included lunch at a local restaurant. Otherwise, lunch is on your own—ask your Program Director for local restaurant recommendations. Today’s musical optional tour continues at your next stop, where, after lunch, you’ll attend a demonstration of the traditional musical instruments featured in the performance of Norwegian classical music. An expert musician will introduce you to their unique sounds during a short performance. We’ll return to Bergen this afternoon, where the rest of the day is free for your own discoveries. Dinner will be on your own this evening allowing you to try some local cuisine and continue making independent discoveries. *Accommodations: Thon Hotel Orion or similar (B) (L)*

Day 13: Bergen • Norway in a Nutshell tour • Borgund Stave Church • Oslo

Your itinerary for the day is subject to change based on available train schedules. After breakfast at the hotel you’ll embark on an included “Norway in a Nutshell” tour, making discoveries by both train and motorcoach. Travel by train from Bergen to Myrdal early this morning. At Myrdal, you’ll hop aboard the vintage Flam Railway for a spectacular ride across the steep and narrow Flam Valley. You’ll admire waterfalls and glacier-carved ravines as you ride towards Flam, where you’ll board a motorcoach that will take you to Oslo. Today you have an included light lunch before you head to Borgund Stave Church. This afternoon we’ll explore Borgund Stave Church, a medieval church built in the 13th century with stark, uniquely Scandinavian architecture. It is now a museum, preserving this rare type of church for future generations. Later this afternoon we’ll arrive in Oslo, where you’ll check into your hotel. Dinner this evening will be on your own with several local restaurant options. *Accommodations: Thon Hotel Opera or similar (B/L)*

Day 14: Explore Oslo

Breakfast will be at the hotel. Following breakfast, we will explore Oslo on an included tour during which you’ll visit the whimsical Vigeland Sculpture Park, featuring a collection of more than 200 granite, bronze, and wrought iron statues examining the cycle of life and the human form, including world famous works like The Monolith (a 46-foot high obelisk composed of 121 intertwined bodies). You’ll also stop at the Viking Ship Museum to see some of the best-preserved Viking ships in the world. Lunch will be on your own—ask your Program Director for local restaurant recommendations. Then you are free for your own discoveries—ask your Program Director for recommendations. You might choose to visit the National Gallery, featuring works of art by Norwegian masters, including native son Edvard Munch. You might also consider visiting Akershus Castle, a medieval fortress that houses the Norwegian Resistance Museum, which documents efforts to overthrow the Nazis, who occupied Norway during World War II. Or view the Royal Palace, constructed between 1825 and 1848 and the official residence of Norway’s royal family, and Oslo City Hall, where the Nobel Peace Prize is presented every tenth of December. Join your fellow travelers at your hotel for a Farewell Dinner this evening to recount your favorite memories from your Norwegian vacation. *Accommodations: Thon Hotel Opera or similar (B/D)*

Day 15 Oslo • Departure Day

Today our Grand Circle tour director will escort group to the Oslo airport for our return flight home. You’ll be transferred from the airport to SVSU via motorcoach *(B)*