

Overseas Adventure Travel[®]

THE LEADER IN PERSONALIZED SMALL GROUP ADVENTURES SINCE 1978

Your O.A.T. Adventure Travel Planning Guide[®]



New! Norwegian Fjord Cruise and
Scotland's Orkney & Shetland Islands

2025

Overseas Adventure Travel®

347 Congress Street, Boston, MA 02210

Dear Traveler,

I am thrilled that you are considering exploring the world with O.A.T. There are so many wonderful destinations to discover, and the itinerary described inside is a perfect way to fulfill a travel dream.

When you join us, you will enjoy the thrill of off-the-beaten-path discovery coupled with the convenience of unpacking just once. Aboard our privately owned small ship, you will visit lesser-known ports that larger vessels cannot access—and enjoy intimate interactions with local people in your small group of no more than 25 travelers. You will get to know community leaders and try your hand at local trades during your *A Day in the Life* experience, share traditional fare and lively conversation during a Home-Hosted Visit, discuss the Controversial Topics impacting everyday life, and visit sites supported by Grand Circle Foundation.

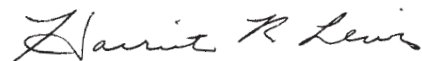
But your personal connections are not limited to your time on land—while onboard, you will enjoy the warm hospitality provided by our friendly, English-speaking crew, as well as the camaraderie of your fellow American travelers. Whether you travel with a partner, sister, friend, or independently, you will feel welcomed and included throughout your journey. And if you do choose to travel solo, you will enjoy an unmatched value, with our FREE or low-cost Single Supplements—just one of the reasons we continue to be the leader in solo travel.

To ensure you experience the true culture and feel supported every step of the way, we provide the services of a local Trip Experience Leader from the beginning of your adventure to the end. Along with introducing you to the history and culture of their homeland, these friendly experts will gladly help you out with any special requests to make your trip even more special. You can also rely on the seasoned team at our regional office, who are ready to help 24/7 in case any unexpected circumstances arise.

Plus, you can put your own personal stamp on your trip, like the, like the **87% of our travelers who personalize their experience**. Perhaps you will choose to see more of your destination by adding an optional trip extension to your itinerary. You can also arrive a few days early to explore independently and get acclimated, customize your air itinerary, and more.

I hope you find this Travel Planning Guide helpful. If you have any further questions, do not hesitate to contact one of our Travel Counselors at **1-800-955-1925**.

Warm regards,



Harriet R. Lewis

Chair

Overseas Adventure Travel

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Alesund, Norway

New! Norwegian Fjord Cruise and Scotland's Orkney & Shetland Islands Small Ship Adventure

Scotland: Aberdeen, Orkney Islands, Shetland Islands | **Norway:** Bergen, Geirangerfjord, Alesund, Trondheim, Arctic Circle crossing, Lofoten Islands, Tromso, Oslo

Small groups of no more than 25 travelers, guaranteed

14 days starting from \$9,495

including international airfare

Single Supplement: \$1,495

For departure dates & prices, visit www.oattravel.com/cea2025pricing

Discover windswept archipelagos, rugged landscapes, and vibrant blue fjords on a journey across the Norwegian Sea. From Aberdeen, Scotland's "Granite City," you'll set sail for 10 nights aboard the privately owned **98-passenger M/V Corinthian** and traverse the northern waters surrounding the remote Orkney and Shetland islands. Then you'll cruise Norway's west coast, crossing the Arctic Circle and stopping to explore small islands and rural fishing villages along the way.

IT'S INCLUDED

- 12 nights accommodation, including 10 nights aboard our privately owned M/V *Corinthian*
- International airfare, airport transfers, government taxes, fees, and airline fuel surcharges unless you choose to make your own air arrangements
- 33 meals: 12 breakfasts, 9 lunches, and 12 dinners (including 1 Home-Hosted Dinner)
- 14 guided tours and cultural experiences
- Gratuities for local guides, drivers, and luggage porters
- 5% Frequent Traveler Credit toward your next adventure

Prices are accurate as of the date of this publishing and are subject to change.

Norwegian Fjord Cruise and Scotland's Orkney & Shetland Islands



ITINERARY SUMMARY

DAYS	DESTINATION
1	Depart U.S.
2	Aberdeen, Scotland
3	Aberdeen • Embark ship
4	Orkney Islands
5	Shetland Islands
6-7	Bergen
8	Alesund
9	Trondheim
10	Vega
11-12	Lofoten Islands
13	Tromso • Disembark ship • Fly to Oslo
14	Return to U.S.

WHAT TO EXPECT

① ② ③ ④ ⑤ Moderately Easy

Pacing: 13 days, with 1 night in Aberdeen, 10 nights aboard the M/V *Corinthian*, and 1 night in Oslo

Physical requirements: Walk over cobble streets, uneven ground, and steep stairs. Agility and balance are required for embarking inflatable rafts or tenders

Flight time: Travel time will be 9-20 hours and will have at least one connection

View all physical requirements at www.oattravel.com/cea

NORTHERN EUROPE: THE O.A.T. DIFFERENCE

Unbeatable Value: Travel at the lowest price and per diems in the industry.

People-to-People Experiences: Experience the everyday life of a working sheep farm on the remote Orkney Islands, as you help the farmers out with some of the daily chores. Then in Bergen, join a Norwegian family for a **Home-Hosted Lunch**.

O.A.T. Exclusives: Enjoy a **Home-Hosted Dinner** with a Scottish family on the Shetland Islands. Then, in Bergen, discuss the **Controversial Topic:** divided attitudes toward Norway's restorative justice system in the wake of the terrorist attacks in Oslo of July 22, 2011.

PERSONALIZE YOUR ADVENTURE

OPTIONAL EXTENSIONS

Great Britain: From York to Edinburgh

PRE-TRIP: 7 nights from **\$1,895**

Oslo: Norway's Cultural Capital

POST-TRIP: 3 nights from **\$895**

ARRIVE EARLY

We recommend that you relax after a long flight or explore more in depth before your trip. Prices shown include accommodations and private airport transfer.

- Arrive early in **Aberdeen** before your main adventure from **\$180** per room, per night
- Arrive early in **Manchester** before your Oslo pre-trip extension or before your main adventure from **\$180** per room, per night

Norwegian Fjord Cruise and Scotland's Orkney & Shetland Islands

YOUR DETAILED ITINERARY

BEGIN YOUR ADVENTURE WITH AN OPTIONAL PRE-TRIP EXTENSION

7 nights in *Great Britain: From York to Edinburgh*

Day 1 Depart U.S.

Day 2 Arrive Manchester, England

Day 3 Overland to York • Visit Yorkshire Sculpture Park

Day 4 Explore York • Visit York Minster

Day 5 Excursion to Whitby • Visit Castle Howard and gardens

Day 6 Overland to Edinburgh, Scotland

Day 7 Explore Edinburgh • Visit Edinburgh Castle

Day 8 Hike to Arthur's Seat

Day 9 Overland to Aberdeen • Visit St. Andrews • Join main adventure

Day 1 Depart U.S.

Depart today on your flight to Aberdeen, Scotland.

Day 2 Arrive Aberdeen, Scotland

- Destination: Aberdeen
- Included Meals: Dinner
- Accommodations: Sandman Signature Aberdeen Hotel or similar

Afternoon: Arrive in Aberdeen, Scotland this afternoon. You'll be met at the airport by an O.A.T. representative and assisted with your transfer to your hotel.

After checking in, meet your fellow travelers who joined our *Great Britain: From York to Edinburgh* pre-trip extension and those who arrived early in Aberdeen before their

adventure, then head out with your Trip Experience Leader for an orientation walk of the surrounding area.

Dinner: At a local restaurant.

Evening: On your own—ask your Trip Experience Leader for recommendations.

Day 3 Explore Aberdeen • Embark ship

- Destination: Aberdeen
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Corinthian*

Breakfast: At the hotel.

Morning: After checking out of our hotel this morning, we'll set off on a walking tour of Aberdeen led by a local guide. Known as "the Granite City" for its primary building material, Aberdeen is characterized by its

stately, silvery-gray architecture. The city was an important political, ecclesiastical, and cultural center dating back to the late Middle Ages; today, it's a center of the Scottish fishing industry as well as the North Sea petroleum and oil industries, which have brought much wealth to Aberdeen.

Our walk takes us down Union Street, Aberdeen's main thoroughfare, where we'll see notable sights such as St. Nicholas Church and the Mercat Cross, a 17th-century outdoor sculpture depicting portraits of the royal Stuart family. We'll also learn about the people and events that shaped Aberdeen and impacted the fortunes of the city, including its importance in the Suffragette campaigns.

Then, we'll transfer to board the 98-passenger M/V *Corinthian*—our privately-owned small ship which will be your home for the duration of your British Isles cruise. The *Corinthian* is staffed by a friendly, English-speaking crew who will welcome you aboard and show you to your room.

Lunch: Onboard the ship.

Afternoon: After lunch, you'll have a few hours to settle in, unpack, and acquaint yourself with the ship's amenities. Then we'll take part in a safety drill with our ship's Captain and crew.

Before dinner, we'll join fellow travelers in the lounge for the first in a series of nightly Port Talks; tonight's will feature the Orkney Isles. These informative conversations, led by your Trip Experience Leader, will give you an overview of the following day's itinerary and prepare you for the destination ahead.

Dinner: Enjoy a Welcome Dinner in the ship's dining room.

Evening: Relax onboard as we sail to our next port of call, the Orkney Isles.

Day 4 Orkney Isles • Orkney sheep farm experience • Visit the Churchill Barriers

- Destination: Orkney Islands
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: Today, we'll experience everyday life on a working sheep farm in the remote Orkney Islands. Upon arrival, we'll meet the farm owner and his wife and begin our discoveries by helping feed the sheep. We'll learn about the role that sheep herding still plays in local rural life, and see a few members of the farmer's flock.

Lunch: Onboard the ship.

Afternoon: After lunch, we'll visit the Churchill Barriers. The barriers were built more than 80 years ago in response to a surprise attack: In October of 1939, a German U-boat entered Scapa Flow—a natural bay sheltered by five of the Orkney Islands—and fired torpedoes at the HMS *Royal Oak* battleship, resulting in the loss of 834 lives. To prevent future attacks, then First Lord of the Admiralty Winston Churchill ordered the building of the Churchill Barriers to block off the eastern approaches to the naval anchorage of Scapa Flow. Though created during a time of conflict, today the barriers serve as vital links between these island communities.

A short walk from the barriers, we'll find Orkney's famous Italian Chapel. Built during World War II by Italian prisoners of war, the chapel is highly ornate—its decorations made from scavenged materials whenever possible. The tabernacle was crafted using wood from a shipwreck, while the gates enclosing the sanctuary were fashioned from scrap metal. Italian POW Domenico Chiocchetti—one of the chapel's most skilled creators—returned to Orkney in 1960 to assist in a restoration project.

After our discoveries here, we'll drive back to the ship and enjoy free time. Then we'll gather in the lounge where our Trip Experience Leader will lead a Port Talk on the Shetland Islands.

Dinner: Onboard the ship.

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.

Day 5 Shetland Islands • Visit Sumburgh Head • Shetland pony visit

- Destination: Shetland Islands
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: This morning we'll set out on a scenic tour of the south and western parts of the Shetland Islands.

We'll drive south through the rugged landscape to Sumburgh Head, a towering cliff on the island's southern tip where seals frolic and various sea birds whirl overhead. The head itself is a 300-foot-tall rocky promontory that juts out into the sea, offering panoramic coastal views from its cliffs.

You'll have some time to explore this picturesque setting on your own; keep your eyes peeled for dolphins and whales, which can sometimes be spotted in the waters below. Indeed, Sumburgh Head is teeming with unique wildlife: We'll also meet with a local ranger, who will provide insight on the many species of birds that flock to the area.

Lunch: At a local community center in the nearby town of Bigton.

Afternoon: After lunch, we'll drive to a local farm for a special treat: the chance to meet the iconic Shetland pony. Known for

their diminutive stature and heavy coats, these intelligent ponies are thought to have originated in the Shetland Islands in the Bronze Age. As a result of the Islands' harsh climate and scarce food supply, the ponies have developed into an extremely hardy breed. Perhaps because of this, Shetland ponies were first used for pulling carts, carrying peat and coal, and plowing farmland, and later were commonly used in coal mines as "pit ponies" to haul coal underground. Unfortunately, mine work was incredibly taxing to even the ponies' strong constitutions, and many pit ponies lived short lives of hard labor.

The ponies we will meet today are pets and considered part of the family by their owners. We'll have the chance to meet the ponies, pet them, and brush their shaggy coats while our hosts tell us about their temperament and unique characteristics. Ask any questions you'd like—this is sure to be a memorable afternoon.

After we bid the local people and ponies goodbye, we'll embark on a scenic drive to the village of Brae. A local will join us along the way to share their wealth of knowledge about the region. We'll arrive back in Lerwick late this afternoon where we'll enjoy a few hours of free time.

Dinner: Onboard the ship.

Evening: The remainder of the evening is free to relax onboard.

Day 6 Controversial Topic: Justice and the prison system in Norway • Explore Bergen, Norway • Funicular ride up Mount Floyen

- Destination: Bergen
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: We will enjoy scenic sailing for most of the morning, docking in Bergen before lunch. After we dock, a local speaker will come onboard to talk about a **Controversial Topic:** divided attitudes toward Norway's restorative justice system in the wake of the terrorist attacks in Oslo of July 22, 2011. Norway's prison system is focused on rehabilitation rather than punishment, and its prisoners enjoy shorter sentences and more amenities than most of their counterparts around the world. Although the system shows impressive results, some question the fairness of applying this treatment to an unrepentant mass killer like Anders Breivik who murdered 77 people during the July 22nd terrorist attacks—the majority of whom were children.

Lunch: Onboard the ship.

Afternoon: We'll set off to explore Bergen on a guided tour after lunch. We'll start with a walking tour through town with our Trip Experience Leader, making our way to Bergen's historic waterfront. There, we'll explore the Bryggen, a picturesque area by the water famous for its brightly-colored wooden houses. The Bryggen has long been considered the heart of the city and has been a designated UNESCO World Heritage Site since 1979.

We'll next walk through Bergen's bustling Torget Fish Market. Situated between the fjords and the mountains, this outdoor market has been in operation since the 1200s as a meeting place for both fishermen, farmers, and merchants. We'll stroll past covered stalls selling incredibly fresh local seafood as well as produce from nearby farms, like berries and vegetables.

Then we'll set off in search of a bird's-eye view of Bergen as we ride the scenic Floibanen funicular to the top of Mount Floyen. Once we reach the top, we will be greeted by views of colorful homes stretching out in orderly rows,

with fjords towering in the distance. Take some time to stroll the mountaintop park, reveling in the picturesque stillness and the views of Bergen and beyond from high above.

After riding the funicular back down, you'll have some free time in Bergen to explore on your own. Then we'll return to the ship.

Dinner: Onboard the ship.

Evening: After dinner, some local entertainers will join us onboard to treat us to a live show.

Day 7 Visit Edvard Grieg Museum • Home-Hosted Lunch

- Destination: Bergen
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Corinthian*

Breakfast: At the hotel.

Morning: We'll begin the day with a visit to the Edvard Grieg Museum. Located in Troidhaugen, the museum was once the home where the legendary composer lived and worked for 22 years. It's now dedicated to Grieg's life and music and is also, fittingly, a concert space—featuring daily performances of the composer's pieces. We'll enjoy a guided tour of the home and grounds this morning.

Lunch: Join a local Norwegian family this afternoon for a **Home-Hosted Lunch**. As you share a meal together, you'll also have the opportunity to learn about what daily life is like in Bergen.

Afternoon: Return to the ship and set sail for Alesund. Before dinner, we'll head to the lounge for our nightly Port Talk; tonight's will focus on Geirangerfjord.

Dinner: Onboard the ship.

Evening: Free to relax onboard as we sail.

Day 8 Alesund • Sail through Geirangerfjord • Visit Geiranger

- Destination: Alesund
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: We'll arrive in Alesund this morning, disembark, and walk to a local pier where we'll board a smaller ship to sail through the jewel of Norway's fjords—the Geirangerfjorden. A UNESCO World Heritage site, the Geirangerfjorden is a beautiful work of nature, carved by glaciers throughout the Ice Age and known as the world's most picturesque fjord, complete with thundering waterfalls.

After our cruise, we'll disembark in the small village of Geiranger, nestled at the head of the Geirangerfjorden. We'll then stop to visit the Norwegian Fjord Centre—an education and visitor hub dedicated to showcasing the region's UNESCO World Heritage fjords as well as teaching guests about the fascinating geology and biological diversity of the area.

Lunch: There will be sandwiches on the small ship during our scenic Geirangerfjord cruise.

Afternoon: Free to spend as you wish. Later this afternoon, gather for our daily Port Talk.

Dinner: Onboard the ship.

Evening: On your own.

Day 9 Explore Trondheim • Visit Nidaros Cathedral • Conversation about education in Norway

- Destination: Trondheim
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: After docking this morning, we'll discover Trondheim by bus and during a walking tour with a local guide.

Founded in AD 997, Trondheim was once the capital of Norway, as well as an important pilgrimage site for followers of St. Olav, a Norwegian king and Catholic martyr. Take in the city's unique scenery, including its old *veitenes* (narrow alleys) that wind among its markets, Archbishop's Palace, Old Town Bridge, and historic 17th-century warehouses. We'll notice how Trondheim differs from other cities in the region, and how modern life contrasts to the medieval landmarks that make up the city.

Next, we'll visit one of Norway's iconic pilgrimage sites, Nidaros Cathedral. Originally built in the 1000s, the cathedral has been rebuilt and remodeled over the course of several centuries. It houses the remains of St. Olav, and many Christian pilgrims still flock to the site from around the world to pay their respects. We'll walk through the grounds of this towering church building and revel in the intricate Gothic style and learn about the cathedral's complex history.

Lunch: Onboard the ship.

Afternoon: After lunch, we'll be joined onboard by a local expert for a conversation about Norway's education system. We'll hear about its strengths, its critiques and challenges, and have the opportunity to ask questions of our own to deepen our understanding.

Following our conversation, we'll have some free time to explore Trondheim independently. Perhaps you'll wander the historic Bakklandet area to sip a cup of coffee at an outdoor café or browse one of the many boutique shops and art galleries.

Then we'll drive back to our boat and settle as we set sail to our next destination—Vega.

Dinner: Onboard the ship.

Evening: Free to spend however you wish onboard this evening.

Day 10 Explore Vega • Begin Arctic Circle crossing

- Destination: Vega
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: After breakfast, we'll gather in the lounge for a Port Talk about Vega before we visit there later today.

Vega is a municipality comprised of over 6,500 islands located just south of the Arctic Circle—collectively known as the Vega Archipelago. This far-flung region is not just known for its dramatic landscapes and remote location, but as a UNESCO World Heritage site due to its unique tradition of eider farming. Since the 1500s, the island locals have raised eider ducks, building little triangular hutches to keep them sheltered and warm. These eider ducks then return the favor—providing especially warm and soft down used to line duvets and winter jackets.

Lunch: Onboard the ship.

Afternoon: After lunch, we'll board Zodiac crafts to reach Vega. Our first stop will be the World Heritage Center—ideally situated with sweeping views of the archipelago. Inside, the exhibits are geared towards teaching visitors about the long history of these islands—from the Stone Age to today—and how the islanders have carved out a sustainable way of life here through their unique traditions.

Afterwards, our Trip Experience Leader will offer three different hikes to independently discover this wild, remote island on your own.

Perhaps you will see the distinctive eider duck shelters we learned about earlier today as you explore.

We'll head back to the ship in time for our nightly Port Talk in the lounge.

Dinner: Onboard the ship.

Evening: On your own. Perhaps you'd like to sit down with your travel journal and jot down what you learned in the Vega Archipelago today. Tonight as we sail, we'll begin our journey across the Arctic Circle.

Day 11 Lofoten Islands • Visit Lofoten Seafood Center • Visit Henningsvaer

- Destination: Lofoten Islands
- Included Meals: Breakfast, Dinner
- Accommodations: M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: We awake this morning having crossed the Arctic Circle and arrived at the Lofoten Archipelago, 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.

We'll dock in the town of Leknes, then drive south along the coast to the village of Mortsund, where we'll learn more about Norway's robust fishing industry during a guided tour of the Lofoten Seafood Center. We'll dive into modern aquaculture practices as we learn more about the practice of producing stockfish—unsalted fish that are preserved by drying them in the cold Norwegian air. We'll also have a chance to sample stockfish ourselves during an included tasting.

Next, we'll drive to the village of Henningsvaer. Here, we'll find brightly-colored homes scattered across a tiny cluster of islands. In

the wintertime, Henningsvaer bustles with even more activity as fishing boats congregate to take advantage of the teeming schools of cod that make their home in these waters for the season. More than just a typical fishing village though, Henningsvaer is a local cultural capital with a burgeoning arts scene. Local artistic attractions include an old caviar factory converted into a contemporary art exhibition hall, and the fish warehouse on the English Wharf now features an arts and crafts workshop, hosted by two glassblowers, two potters, and a photographer.

Upon arrival, our Trip Experience Leader will lead us on an orientation walk, followed by time to explore Henningsvaer on your own.

Lunch: On your own in Henningsvaer. Your Trip Experience Leader can recommend a café or restaurant. This is a wonderful opportunity to sample a freshly-caught seafood dish if you are so inclined.

Afternoon: Enjoy some more time to continue exploring Henningsvaer after lunch before returning to the ship this afternoon.

Dinner: Onboard the ship.

Evening: Free to rest onboard. We set sail for Svolvær late tonight.

Day 12 Svolvær • Trollfjord cruise

- Destination: Lofoten Islands
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Corinthian*

Breakfast: Onboard the ship.

Morning: Today we dock in Leknes and drive to Svolvær, the capital of Lofoten. Framed by towering mountains, this colorful port town supports a thriving cod fishing industry; its shores are dotted with traditional fish-drying racks. After disembarking, we'll drive to a

nearby pier to discover Lofoten's legendary beauty from a unique perspective when we board a boat for a scenic cruise. We'll sail the crystal blue waters, weaving through the islands and passing by snowcapped peaks, sandy white shores, and small fishing villages. As we ride, we'll be treated to commentary from onboard experts, who can point out scenic highlights and tell us about the history of these islands.

We'll also sail into Trollfjord, a narrow inlet flanked by towering mountains that stretch into the sky. In addition to its scenic beauty, Trollfjord is home to a large population of sea eagles; if you're lucky, you might be treated to the sight of these majestic birds swooping by your boat as they hunt for fish in the waters below.

Lunch: Served onboard during your Trollfjord cruise.

Afternoon: We'll have some free time to explore independently after our cruise, then we'll drive back to our ship in Leknes. Join your Trip Experience Leader onboard before dinner for tonight's final Port Talk about Tromsø and Oslo.

Dinner: Onboard the ship.

Evening: Your final night aboard is free to spend as you prefer.

Day 13 Disembark ship • Explore Tromsø • Fly to Oslo

- Destination: Oslo
- Included Meals: Breakfast, Dinner
- Accommodations: Thon Hotel Opera or similar

Breakfast: Onboard the ship.

Morning: We'll disembark our ship this morning, then set off on our last day of exploration in Norway. Today, we'll discover the city of Tromso.

A city of more than 50,000 inhabitants, Tromso sprawls across three fjord-indented islands. This is the largest city in northern Norway, and it has been the starting point for expeditions by famous Arctic explorers, including Norway's own Roald Amundsen, who in the 1900s became the first person to reach both the North and South poles. Tromso is also home to the northernmost university in Europe: The Arctic University of Norway. The city comes alive during the long hours of summer daylight as the locals (including 13,000 university students) enjoy the Arctic's brightest season.

Our Trip Experience Leader will join us as we explore the city. We'll begin by seeking out a bird's eye view as we drive to a cable car station where we'll board a gondola that will take us up the slopes of Mount Storsteinen. As we ascend, we'll enjoy panoramic views of the snowcapped mountains, dark blue fjords, and bustling cityscape below. We'll have some time to take in the sights from a viewing platform at the top of the lift before returning to ground level.

We'll also stop to visit the Polar Museum. Here we'll learn of Tromso's importance in the risky profession of Arctic hunting and trapping, as well as how it earned the title "Gateway to the Arctic" from being the base of many famous polar expeditions.

Lunch: On your own in Tromso—ask your Trip Experience Leader for recommendations.

Afternoon: We'll next head to the airport where we'll catch our flight to Oslo. Upon arrival, we'll drive to our hotel.

Dinner: At the hotel.

Evening: On your own. You may wish to prepare for your flight tomorrow morning.

Day 14 Return to U.S. or begin post-trip extension

• Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your flight home. Or, begin your post-trip extension in *Oslo: Norway's Cultural Capital*.

END YOUR ADVENTURE WITH AN OPTIONAL POST-TRIP EXTENSION

3 nights in *Oslo: Norway's Cultural Capital*

Day 1 Explore Oslo, Norway • Visit Vigeland Park

Day 2 Oslo

Day 3 Oslo

Day 4 Return to U.S.

PRE-TRIP

Great Britain: From York to Edinburgh

INCLUDED IN YOUR PRICE

- » 7 nights accommodation
- » 12 meals: 7 breakfasts, 1 lunch, and 4 dinners
- » 7 guided tours and cultural experiences
- » Services of our local Trip Experience Leader
- » Gratuities for local guides and motorcoach drivers
- » All transfers

PRE-TRIP EXTENSION ITINERARY

Experience the unique cultures, history, and cuisines along the United Kingdom's east coast. Journey to York to discover the best-preserved medieval town center in England and witness the largest Gothic cathedral north of the Alps—the famous York Minster. Next, head to Scotland's capital city. Like Rome, Edinburgh sits on seven hills and has been called the “Athens of the North” for its architectural gems and scholarly traditions. Explore the city and discover its cobbled streets, world-famous museums, and, of course, iconic Edinburgh Castle. Then delve into Scotland's rich history in St. Andrews, the ecclesiastical capital where the Protestant Reformation changed the religious landscape of the country and the beloved sport of golf originated.

Day 1 Depart U.S.

Depart today on your flight to Manchester, England.

Day 2 Arrive Manchester, England

- Destination: Manchester
- Accommodations: Leonardo Hotel Manchester Central or similar

Afternoon: Arrive in Manchester, England, this afternoon. You'll be met at the airport by an O.A.T. representative who will assist with your transfer to your hotel.

After checking in, join your Trip Experience Leader for an orientation walk of the surrounding area. The remainder of the day is on your own.

Dinner: On your own. Perhaps you'll choose to sample some traditional Manchester fare, such as rag pudding—a hearty dish made with minced meat and onions, wrapped in a suet pastry, then boiled or steamed.

Evening: On your own—ask your Trip Experience Leader for recommendations.

Day 3 Overland to York • Visit Yorkshire Sculpture Park

- Destination: York
- Included Meals: Breakfast
- Accommodations: Holiday Inn York City Centre or similar

Breakfast: At the hotel.

Morning: Today we'll begin our drive to York, with a stop along the way to visit Yorkshire Sculpture Park. Founded in 1977 on the grounds

of a 500-acre, 18th-century estate, the park is Britain's first open-air museum. The organization also offers a learning program which supports around 45,000 aspiring artists each year.

Upon arrival at the park, we'll embark on a guided tour of the current exhibitions, featuring a rotating display of approximately 80 sculptures and installations from local and international artists. The Yorkshire Sculpture Park is the largest of its kind in Europe, featuring works by internationally renowned British artists such as Barbara Hepworth and Henry Moore.

Lunch: On your own in the Yorkshire Sculpture Park Visitor Centre.

Afternoon: We'll continue our drive to York and check in to our hotel. Our Trip Experience Leader will then take us on an orientation walk of the area. The rest of the afternoon is on your own.

Dinner: On your own. Perhaps you'll seek out the region's namesake Yorkshire Pudding, usually served with a healthy dollop of gravy.

Evening: On your own—ask your Trip Experience Leader for recommendations.

Day 4 Explore York • Visit York Minster

- Destination: York
- Included Meals: Breakfast, Dinner
- Accommodations: Holiday Inn York City Centre or similar

Breakfast: At the hotel.

Morning: We'll set off for a walking tour of York with our Trip Experience Leader, where centuries-old city walls enclose the best-preserved medieval town center in England. The city's history stretches back into ancient Roman times, when it was called

Eboracum and served as the military capital of northern Britannia. In fact, traces of Roman garrisons built before the fifth century are sprinkled throughout the area. By the ninth century, Vikings—from what is now Denmark—had succeeded the Romans, calling the town Jorvik and leaving one legacy we'll still see today: the suffix “-gate”—meaning “street” in the old Viking language—in many street names.

Our walking tour will conclude at York Minster where we'll enjoy a tour with a local guide, who will highlight the history of the cathedral, the largest Gothic cathedral north of the Alps. The stained glass here is magnificent. The cathedral's Great East Window—created by John Thornton of Coventry and completed in 1408—is the largest expanse of medieval stained glass in the world. It is 76 feet tall and comprises 1,680 square feet of glass.

Lunch: On your own—your Trip Experience Leader will be happy to make recommendations.

Afternoon: You'll have free time for the remainder of the afternoon. Perhaps you'll take in the Shambles—originally the meat-butcher area of York. The cramped, ancient street now houses a variety of shops, and in some areas, it is possible for upstairs residents to stretch out and shake hands across the street.

Or pay a visit to the National Railway Museum, one of the world's best museums devoted to the legacy of steam engines and railway memorabilia.

Dinner: At a local pub.

Evening: After dinner, you'll have free time for the rest of the evening to make your own discoveries in York.

Day 5 Excursion to Whitby • Visit Castle Howard and gardens

- Destination: York
- Included Meals: Breakfast, Lunch
- Accommodations: Holiday Inn York City Centre or similar

Breakfast: At the hotel.

Morning: After crossing the heather-clad North York Moors National Park, we'll arrive in Whitby, a key setting for Bram Stoker's *Dracula*. Here, we'll embark on a walking tour and witness some of the town's highlights, such as Whitby Abbey, where, on a clear day, there are spectacular views over the city and the North Sea.

It was from this town that the explorer James Cook first set out to sea, and during the 19th century, Whitby was renowned for creating jet jewelry that was a favorite of Queen Victoria's after the death of Prince Albert.

Lunch: At a local restaurant.

Afternoon: After lunch, we'll drive to Castle Howard, one of England's finest stately homes, still lived in by the Howard family and where much of the filming for *Brideshead Revisited* was done. Although construction on this Baroque masterpiece began in 1699, it took 100 years to complete. Admire its lavish, treasure-filled rooms—including paintings by Rubens and Gainsborough—and perhaps enjoy a stroll in its famed Rose Gardens.

We'll then return to our hotel, where the remainder of the day is free.

Dinner: On your own. Your Trip Experience Leader will be happy to suggest a restaurant featuring cuisine to suit your appetite.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Trip Experience Leader for recommendations.

Day 6 Overland to Edinburgh, Scotland

- Destination: Edinburgh
- Included Meals: Breakfast, Dinner
- Accommodations: Apex Grassmarket Hotel or similar

Breakfast: At the hotel.

Morning: We'll check out of our hotel and begin our overland motorcoach transfer to Edinburgh today.

Lunch: On your own. Your Trip Experience Leader can make recommendations.

Afternoon: We'll arrive in Edinburgh and transfer to our hotel. Once we've checked in, we'll meet our Trip Experience Leader for an orientation walk around the area.

Then, we'll enjoy some free time this afternoon to get settled in or start exploring on your own.

Dinner: At a local restaurant.

Evening: You can get some sleep back at the hotel before our explorations tomorrow, or perhaps you'll enjoy an evening stroll around the city.

Day 7 Explore Edinburgh • Visit Edinburgh Castle

- Destination: Edinburgh
- Included Meals: Breakfast
- Accommodations: Apex Grassmarket Hotel or similar

Breakfast: At the hotel.

Morning: We'll discover Scotland's capital this morning when we set off on a walking tour of Edinburgh's labyrinthine Old Town led by a local guide. We'll be transported back into Edinburgh's history as we stroll the winding cobbled streets and down the Royal

Mile, a stretch of the city that extends from Holyrood Road to Edinburgh Castle—our next destination.

Our walk concludes at Edinburgh Castle, where we'll enjoy a guided tour. The castle, perched atop an extinct volcano, is a mighty presence in the city. Once used as the royal residency for Scottish monarchs, a fortress for armies, and a prison for pirates and POWs, the castle now serves as one of Edinburgh's leading attractions.

Lunch: On your own—ask your Trip Experience Leader for recommendations.

Afternoon: The rest of the day is free for you to relax or explore more of the city on your own. You can visit Roslyn Chapel, a 15th-century church known for its impressive stone carvings. Or, you may choose to visit Scottish Parliament, where you can get a glimpse into the local body of government.

Dinner: On your own—perhaps you'll find a restaurant that serves traditional dishes like haggis with neeps and tatties (turnips and potatoes).

Evening: You are free to spend the evening as you wish. You may join your fellow travelers for a nightcap at the hotel bar.

Day 8 Hike to Arthur's Seat

- Destination: Edinburgh
- Included Meals: Breakfast, Dinner
- Accommodations: Apex Grassmarket Hotel or similar

Breakfast: At the hotel.

Morning: We'll enjoy a roundtrip hike to Arthur's seat, which is situated in Holyrood Park and offers views overlooking Edinburgh.

Upon arrival, we'll begin our ascent to the peak of this extinct volcano, sitting at about 825 feet above sea level.

After our hike concludes, we'll return to our hotel, where the remainder of the day is free to explore on your own.

Lunch: On your own. You may seek out a traditional restaurant that serves regional dishes like hotch-potch, a beef-stock soup made with a variety of diced vegetables.

Afternoon: You'll have a free afternoon to take in the sights of Edinburgh. Perhaps you'll explore more of the city's New Town, a UNESCO World Heritage Site.

Dinner: At a local restaurant.

Evening: You are free to relax at the hotel, or you may head back out to find a pub where you can enjoy live music—perhaps you'll raise your glasses and say *slàinte mhath*, pronounced “slange var,” which is a traditional toast that translates to “good health.”

Day 9 Overland to Aberdeen • Visit St. Andrews • Join main adventure

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: We'll check out of our hotel this morning and begin our drive to Aberdeen. Along the way, we'll stop in coastal St. Andrews where we'll enjoy a coffee, followed by a walking tour with our Trip Experience Leader.

This small town of fewer than 20,000 nonetheless plays a big part in Scottish culture and is home to St. Andrew's University, Scotland's first university and the third oldest in the English-speaking world, dating to 1413. Its other claim to fame is less academic and more physical: St. Andrews has been nicknamed the “Home of Golf,” as the site of seven golf

courses, including several of the world's oldest clubs and Old Course, the most well-known golf club on Earth.

Lunch: On your own in St. Andrews—your Trip Experience Leader will be happy to make recommendations.

Afternoon: You'll have free time in St. Andrews to explore independently this afternoon before continuing our overland journey to Aberdeen where we'll join our fellow travelers on the main adventure.

POST-TRIP

Oslo: Norway's Cultural Capital

INCLUDED IN YOUR PRICE

- | | |
|---|--|
| » 3 nights accommodation | » Services of our local Trip Experience Leader |
| » 4 meals: 3 breakfasts and 1 dinner | » Gratuities for local guides and motorcoach drivers |
| » Guided tours and cultural experiences: City tour, Vigeland Park | » All transfers |

POST-TRIP EXTENSION ITINERARY

Norway is more than a wonderland of dramatic fjords. As you'll learn throughout this extension, this Scandinavian country is brimming with cultural complexity, gastronomic surprises, and cutting-edge design—all of which you'll find in the sleek capital city of Oslo, where art and history reign supreme. With a complimentary Oslo Pass, you'll enjoy ample free time to uncover Oslo in your own way.

Day 1 Explore Oslo, Norway • Visit Vigeland Park

- Destination: Oslo
- Accommodations: Thon Hotel Opera or similar

Morning: We'll arrive in Oslo, Norway this morning. Diving right into our explorations of Norway's capital, we'll meet up with a local guide who will lead us on a city tour.

First, we'll see the opulent Oslo Opera House, known for its unique architecture and the Carrara marble used in its construction. Its elaborate design is the subject of some controversy within the region. Scandinavian architects tend to value understated design, with a focus on practicality, emphasizing simple silhouettes and basic colors with a focus on function. With its towering alabaster marble roof and curved shape, the Opera House eschews this convention, and its attention-drawing nature has sparked controversy since it was first opened in 2008.

Then we'll set off on a panoramic tour. As we drive, we'll take in some of the city highlights, including City Hall, where the Nobel Peace Prize is awarded every December, and the 19th century Royal Palace, where Norway's King and Queen live and conduct their royal business.

Next, we'll discover the world's largest sculpture park devoted to just one artist—Gustave Vigeland—and embark on an hour-long tour with a local guide. Known as Vigeland Park, this unique open-air museum was Vigeland's life work, filled with over 200 sculptures in bronze, granite, and wrought iron. Vigeland's striking depictions of humanity are sprinkled throughout the green, open space, creating a calm atmosphere that effortlessly fuses the beauty of nature with man-made art. We'll first take a discovery walk with our local guide, after which we'll have some free time to continue exploring on our own.

Afterwards, we'll drive to Oslo's Bygdoy Peninsula—the largest complex of museums in Norway—and take advantage of the opportunity to delve deeper into the country's history. The complex houses the Folk Museum, the Norwegian Maritime Museum, the Norwegian Museum of Cultural History, and two unique maritime museums: the Kon-Tiki and the Fram, the latter of which chronicles the history of Norwegian polar expeditions. You'll have time to visit one of these fascinating museums today, but don't worry. You'll have ample time to return over the next few days to see more of Bygdoy Peninsula during your free time.

Lunch: On your own. Your Trip Experience Leader will be happy to recommend a restaurant.

Afternoon: We'll drive to our hotel and settle in, after which the remainder of the afternoon is on your own.

Dinner: On your own—ask your Trip Experience Leader for recommendations.

Evening: Free to spend as you wish.

Day 2 Oslo

- Destination: Oslo
- Included Meals: Breakfast
- Accommodations: Thon Hotel Opera or similar

Breakfast: At the hotel.

Morning: This morning, our Trip Experience Leader will distribute an Oslo Pass to each of us, then lead us on a discovery walk to the nearby public transportation station. The Oslo Pass gives you free entry to more than 30 museums and attractions in the city, as well as free public transport, restaurant discounts, and more.

You'll have the option today to visit the Munch Museum via public transportation. Witness an impressive collection of iconic Norwegian modern artist Edvard Munch's work, including his most famous painting—*The Scream*. The museum also hosts various workshops and other interactive exhibitions.

Lunch: On your own in Oslo. You may wish to try some of Norway's famous smoked salmon, best enjoyed simply piled on hearty brown bread with butter.

Afternoon: Free to continue your discoveries. Perhaps you'll return to the Bygdoy Peninsula and visit the Kon-Tiki museum, which commemorates the 1947 raft journey from the Pacific Ocean to the Polynesian Islands.

Dinner: On your own—ask your Trip Experience Leader for recommendations.

Evening: On your own. Maybe you'll venture out to one of Oslo's laid-back and casual bars for a taste of *akevitt*, a strong local spirit flavored with herbs.

Day 3 Oslo

- Destination: Oslo
- Included Meals: Breakfast, Dinner
- Accommodations: Thon Hotel Opera or similar

Breakfast: At the hotel.

Morning: Continue your independent discoveries in Oslo today using your Oslo Pass to navigate the city. Your Trip Experience Leader will give you some options—perhaps you'll decide to join them on a visit to Oslo's famous Holmenkollen Ski Jump. With a history that stretches back over a century, Holmenkollen was first opened in 1892 to host Norway's first ski jump competition. It's been in use ever since—the jump itself built-up and

improved upon over the ensuing decades. It was also the site of both the 1950 and 1984 winter Olympics.

Lunch: On your own. Perhaps you'll eat like a local today and sample one of Oslo's famous hot dogs, or *pølse*. You can find them all over the city—from grocery stores to street stalls. You can choose standard hot dogs like beef or pork; the more adventurous palates may opt for reindeer.

Afternoon: On your own. You may wish to take the local tram to upper Oslo. You can follow the path of the Akerselva River as it weaves through the city, an area often overlooked by travelers. In decades past, this was a neighborhood in decline; with high crime and few economic opportunities, it was abandoned by many of its residents and left to decay. Around the 21st century, however, it underwent a process of revitalization and is now one of Oslo's most lively and diverse neighborhoods. Take in the scenes of daily life, as well as the harmony of picturesque houses and natural waterfalls. Surrounded by vibrant green trees, the river is full of salmon and trout, and you may just spot a few swimming in the crisp water under the bridges. A walk along the Akerselva is a peaceful reprieve for many Oslo residents from the bustle of city life.

Dinner: Enjoy a Farewell Dinner with your fellow travelers this evening.

Evening: Free to spend as you wish.

Day 4 Return to U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your flight home.

YOUR M/V CORINTHIAN SMALL SHIP

Explore aboard our privately owned, 98-passenger small ship

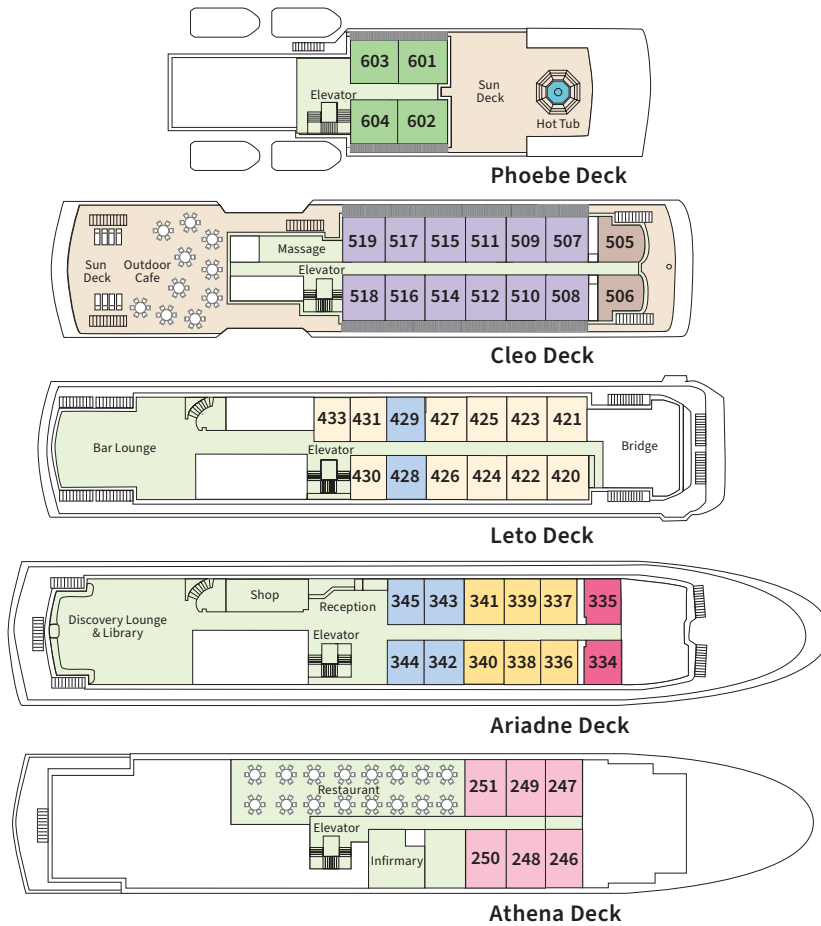
Discover the coastal wonders of the world aboard the M/V *Corinthian*. This ocean cruising vessel—which 95% of travelers rated excellent—was acquired in 2014 and refurbished in 2015 with your tastes in mind. The ship holds four groups of 20–25 travelers (with an average of 22), each with its own local Trip Experience Leader, and charts courses throughout Europe—including the British Isles, Spain, Portugal, and France—and Antarctica.



SHIPBOARD FEATURES

- **Restaurant with single, open seating:** Savor regionally inspired dishes or American favorites during all buffets and table-service meals.
- **Two lounges:** Relax with old friends and new, and participate in onboard discussions and lectures.
- **Complimentary beverages:** Enjoy house beer and house wine—as well as soft drinks—at any time of day while onboard.
- **Complimentary wireless Internet access:** Connect online in cabins and common areas.
Please note: Connectivity may be limited at certain points throughout your cruise.
- **Outdoor common areas:** Relish coastal views from your seat in the outdoor café, Sun Deck, or hot tub.
- **English-speaking crew:** Enjoy dedicated attention from our international staff throughout your voyage. Plus, all shipboard announcements are made in English for your convenience.
- **Zodiac crafts:** These onboard crafts are available to take you to shore in the most remote ports.
- **Elevator service:** An elevator serves all five passenger decks.

M/V CORINTHIAN



CABIN CATEGORIES	
PHS	Penthouse cabin with private balcony – 305 sq. ft.
VS	Cabin with private balcony – 255-270 sq. ft.
AA	Cabin with forward windows – 250 sq. ft.
A	Cabin with window – 215-225 sq. ft.
B	Cabin with window – 215 sq. ft.
C	Cabin with window – 215-250 sq. ft.
D	Cabin with porthole – 250 sq. ft.
E	Cabin with window (partially obstructed) – 225 sq. ft.
F	Cabin with window (partially obstructed) – 215 sq. ft.
G	Cabin with porthole – 250 sq. ft.

Registry: Malta

Length: 290 ft.

Beam: 50 ft.

Draft: 12 ft.

Cabin Size: 215 sq ft. minimum

Number of Cabins: 50

Passenger Capacity: 98

Entered Service: 1990

Refurbished in: 2015

International crew: 55-65

Passenger Decks: 5

Group Size: 25 travelers, maximum, with 1 Trip Experience Leader

Elevator service to all passenger decks

This ship complies with the latest international and U.S. Coast Guard safety regulations and is outfitted with the most current navigational and communications technology. It has retractable fin stabilizers to help reduce discomfort during rough seas.

CABIN FEATURES

- Each of the ship's 49 cabins is at least 215 sq. ft.
- All outside-facing with portholes, a window (some with partially obstructed views), or a balcony
- Queen-size bed (convertible to two twins)
- Complimentary wireless Internet access, sitting area, closet, flat-screen TV, DVD/CD player, telephone, mini-refrigerator, safe
- Private bath with shower, hair dryer, and toiletries



Cabin on the Ariadne deck

TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

Your Passport

- Must be in good condition
- Must be valid for at least 6 months after your scheduled return to the U.S.
- Must have the required number of blank pages (details below)
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable

Need to Renew Your Passport?

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit the U.S. Department of State’s official website at **www.travel.state.gov** for information on obtaining a new passport or renewing your existing passport. The U.S. Department of State allows for passport renewal by mail or, for applicable citizens, renewal online. We advise you review the process and requirements for online passport renewal on the official website.

You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport.

Recommended Blank Pages

Please confirm that your passport has enough blank pages for this adventure.

- **Main trip only:** You will need 3 blank passport pages.
- **Optional United Kingdom extension:** No additional passport pages needed.
- **Optional Norway extension:** No additional passport pages needed.

Entry Requirements

A detailed instruction packet and fees will be available on your My Planner about 100 days prior to your departure. In the meantime, we’re providing the information below as a guideline on what to expect. This info is for U.S. citizens only. All visas and fees are subject to change.

- **United Kingdom:** The United Kingdom requires an Electronic Travel Authorization (ETA) for entry. This includes entry to England, Scotland, Wales, and Northern Ireland. You will need an ETA if the UK is your final destination. The ETA will be valid for 2 years.
- **Europe (Norway):** Starting in 2025, U.S. citizens will be required to fill out an online European Travel Information and Authorization System (ETIAS) visa-waiver to enter countries in the European Union. There is no confirmed start date for the ETIAS at the time of printing. The ETIAS will be valid for 3 years.

Traveling Without a U.S. Passport?

If you are not a U.S. citizen, or if your passport is from any country other than the U.S., it is your responsibility to check with your local consulate, embassy, or a visa services company about visa requirements. We recommend the services of PVS International, a national visa service located in Washington D.C.; they can be reached at **1-800-556-9990** or **www.pvsinternational.org**.

Traveling With a Minor?

Some governments may require certain documentation for minors to enter and depart the country or to obtain a visa (if applicable). For further detail on the required documentation, please contact your local embassy or consulate.

Emergency Photocopies of Key Documents

We recommend you carry color photocopies of key documents including the photo page of your passport plus any applicable visas, air itinerary, credit cards (front and back), and an alternative form of ID. Add emergency phone numbers like your credit card company and the number for your travel protection plan. Store copies separate from the originals.

If you plan to email this information to yourself, please keep in mind that email is not always secure; consider using password protection or encryption. Also email is not always available worldwide. As an alternative, you could load these documents onto a flash drive instead, which can do double-duty as a place to backup photos during your trip.

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.

RIGORS, VACCINES & GENERAL HEALTH

Is This Adventure Right for You?

Please review the information below prior to departing on this adventure. We reserve the right for our Trip Experience Leaders to modify participation, or in some circumstances send travelers home, if their condition would adversely affect the health, safety, or enjoyment of themselves or of other travelers.

GROUP SIZE

- This adventure has a maximum group size of 25 travelers with a local Trip Experience Leader exclusive to O.A.T.

PACING

- 13 days, 1 night in Aberdeen, 10 nights aboard the *M/V Corinthian*, and 1 night in Oslo
- Return flights often require departing in early morning
- Air travel time will be 9-20 hours and will have at least one connection

PHYSICAL REQUIREMENTS

- Not appropriate for travelers using wheelchairs, walkers, or other mobility aids
- You must be able to walk 5-6 miles unassisted and participate in 4-6 hours of physical activities each day
- Agility and balance are required for embarking inflatable rafts or tenders
- We reserve the right for Trip Experience Leaders to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience
- You may encounter animals on this trip. We make every effort to keep these encounters safe, however animals may behave unpredictably or dangerously at times. Please use caution when interacting with animals on this trip: Keep a safe distance, stay alert, and respect the animals

TERRAIN & TRANSPORTATION

- Uneven walking surfaces, including steep paths, hills, and cobblestones, which can be slippery in wet or colder conditions
- Travel by 98-passenger ship and 45-seat motorcoach

CLIMATE

- Daytime temperatures range from 53-76°F during cruising season

Ocean Cruise vs. River Cruise

Your experiences on our ocean cruise ship may differ from any past river cruises. In order to set the right expectations, we'd like to take a moment to compare the two:

- The pace is faster on ocean cruises than on a river cruise, with more emphasis on the ports of call and less on scenic cruising.
- Compared to a river cruise, the motion of the ship is more noticeable and can be significant. Rough seas are a possibility at any time of year, and some travelers may feel queasy or experience passing seasickness. Our experienced travelers recommend that travelers who are prone to motion sickness should bring medication, because of the possibility of high waves.
- Based on weather and sea conditions, we may need to revise the itinerary, which could include changing ports of call.
- Getting ashore from an ocean ship requires balance and agility, and possibly the use of a small shuttle boat. Also, there may be formalities in port before you can leave the ship.
- The groups are smaller than most river cruises (25 travelers maximum) so any "stragglers" will have a bigger impact on the group.

Steps to Take Before Your Trip

Before you leave on this adventure, we recommend the following:

- Check with the CDC for their recommendations for the countries you'll be visiting. You can contact them online at **www.cdc.gov/travel** or by phone at **1-800-232-4636**.
- Have a medical checkup with your doctor at least 6 weeks before your trip.
- Pick up any necessary medications, both prescription and over-the-counter.
- Have a dental and/or eye checkup. (Recommended, but less urgent)

No Vaccines Required

Recommended Vaccines

At the time of writing there were no required vaccines for this trip. The CDC recommends that all travelers be up to date on their routine vaccinations and on basic travel vaccines like Hepatitis A and Typhoid, but these are suggestions only. However, this could change in future so we encourage you to check with the CDC yourself before meeting with your doctor.

Medicine Recommendation

We recommend if you are susceptible to motion sickness, you bring motion sickness medication for this trip.

Traveling with Medications

- **Pack medications in your carry-on bag** to avoid loss and to have them handy.
- **Keep medicines in their original, labeled containers** for a quicker security screen at the airport and a better experience if you get stopped by customs while overseas.
- **Bring copies of your prescriptions**, written using the generic drug name rather than a brand name to be prepared for any unforeseen loss of your medications.

We recommend checking with the State Department for medication restrictions by country: **travel.state.gov** (Go to “Find International Travel Information”, select “Country Information”, then enter the country into the search bar; if you don’t see any medications specifically mentioned under the “Health” section, then you can presume major U.S. brands should be OK).

Staying Healthy on Your Trip

Jet Lag Tips

- Start your trip well-rested.
- Begin a gradual transition to your new time zone before you leave or switch to your destination time zone when you get on the plane.
- Attempt to sleep and eat according to the new schedule.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying
- Stretch your legs, neck, and back periodically while seated on the plane.
- After arrival, avoid the temptation to nap.
- Don’t push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

Allergies

If you have any serious allergies or dietary restrictions, we advise you to notify us at least 30 days prior to your departure. Please call our Travel Counselors at **1-800-221-0814**, and we will communicate them to our regional office. Every effort will be made to accommodate you.

Water

- Tap water is safe to drink on this trip; however, it may be processed differently than your tap water at home, so you might not like the taste or it may feel “heavy” in your stomach.
- Bottled water is widely available for sale. Another option is for you to bring a reusable water bottle and fill up on board the ship.

MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

Top Three Tips

- **Carry a mix of different types of payments**, such as local currency, an ATM card, and a credit card.
- **Traveler's checks are not recommended.** They can be difficult to exchange and the commission fee for cashing them is quite high. It's more practical to view them as a last resort in the event of a special situation.
- **It may be helpful to get some British pounds before your trip, especially if you are arriving during the weekend or on a bank holiday.** However, you may want to avoid bringing 50 pound notes as these are not always accepted at smaller restaurants, cafes or shops.

Local Currency

For current exchange rates, please refer to an online converter tool like www.xe.com/currencyconverter, your bank, or the financial section of your newspaper.

United Kingdom: Pound Sterling (GBP)

Scotland: Pound Sterling (GBP)

Norway: Norwegian Krone (NOK)

How to Exchange Money

If you want to exchange money before your trip, you can usually do so through your bank or at an exchange office. Your departure airport in the U.S., a travel agent, or an AAA office are also possible outlets. Or you can wait and change money on the trip instead—but it might be helpful to arrive with some local currency in case you run into a bank holiday or an “out of order” ATM.

On your trip, the easiest way is to withdraw funds from a local ATM. The ATM will give you local money and your bank at home will convert that into U.S. dollars.

You can also exchange cash at some hotels, large post offices, and money exchange offices. To exchange cash, you'll usually need your passport and bills in good condition (not worn, torn, or dirty). New bills (post 2004) are best.

Please note that many banks in Europe will only exchange money for their own customers. Never exchange money on the street. All exchange methods involve fees, which may be built into the conversion rate; ask beforehand.

ATMs

When using the ATM, keep in mind that it may only accept cards from local banks, and may not allow cash advances on credit cards; you might need to try more than one ATM or more than one card.

Many banks charge a fee of \$1–\$10 each time you use a foreign ATM. Others may charge you a percentage of the amount you withdraw. We recommend that you check with your bank before you depart.

Lastly, don't forget to memorize the actual digits of your card's PIN number (many keypads at foreign ATMs do not include letters on their keys—they only display numbers.)

In most countries, ATMs are widely available in major cities. If you are in a rural location, it will likely be harder to find an ATM.

Credit & Debit Cards

While traveling, most countries and major cities will accept credit cards. Even if you don't plan on using a credit card during your trip, we still suggest that you bring one or two as a backup, especially if you are planning a large purchase (artwork, jewelry). We also suggest that you bring more than one brand of card (i.e. Visa, MasterCard, American Express) if possible, because not every shop will take every card. For example, although Discover and American Express cards are accepted in some countries outside the U.S., they are not widely adopted, so other brands will work at a much larger range of stores, restaurants, etc.

If you are visiting a country that does not commonly accept credit cards, they will be listed below.

Chip Cards

Many countries have adopted credit cards that have an embedded computer chip. These cards are inserted into the reader instead of swiped. The card owner then authorizes the purchase using a PIN instead of signing.

Though this technology is common in the U.S., occasionally there are machines in other countries that can't read U.S. cards or the machine can read the card, but asks for a PIN. This doesn't happen often, and is nothing to worry about. You can usually resolve the situation by asking the cashier to let you sign. (If you don't speak the language, just mime signing on your hand.) If you are not able to sign for a purchase, such as at an automated ticket booth, you can use another form of payment, such as a debit card that has a PIN.

Notify Card Providers of Upcoming Travel

Many credit card companies and banks have fraud alert departments that will freeze your card if they see suspicious charges—such as charges or withdrawals from another country. To avoid an accidental security block, it is a good idea to notify your credit card company and/or bank you will be using your cards abroad. You can do this by calling their customer service number a week or two before your departure. Some banks or credit card companies will also let you do this online.

You should also double-check what phone number you could call if you have a problem with a card while you are abroad. Don't assume you can use the 1-800 number printed on the back of your card—most 1 800 numbers don't work outside of the U.S.!

On Board Ship: Two Separate Bills Will be Issued

- **Shipboard account:** This bill is for any on board purchases (drinks, souvenirs, etc.). You can pay this bill by cash or credit/debit card only. For cash, we accept U.S. dollars or Euros (on itineraries in Europe). For credit/debit cards, we accept MasterCard and Visa. Other forms of payment, such as checks, Discover, or American Express are not accepted.
- **Optional tour account:** This bill is for any optional tours taken during the trip and is calculated in U.S. dollars. You can pay for this bill by credit/debit card only; other forms of payments such as cash and checks are not accepted. For more information on optional tours—including which cards we accept for payment—see the “Preparing for Your Trip” chapter.

Please note: Payments made by credit card may take up to three months to process. We ask that you use a credit card that will not expire until three months after your trip ends. Because our headquarters are in Boston, the charges may appear to be from Boston or might be labeled as “OPT Boston” (depending on your credit card company).

Exchange Services

Due to international banking laws, we are not able to exchange money onboard the ship. If you need to obtain local currency, please see the “How to Exchange Money” section for helpful tips and information.

Tipping Guidelines

Of course, whether you tip, and how much, is always at your own discretion. But for those of you who have asked for tipping suggestions, we offer these guidelines:

- **O.A.T. Trip Experience Leader:** It is customary to express a personal “thank you” to your Trip Experience Leader at the end of your trip. As a guideline, many travelers give \$10–\$14 USD (or equivalent in local currency) per person for each day their Trip Experience Leader is with them. *Please note that these tips can only be in cash. If you are taking any of the optional extensions, your Trip Experience Leader during the extension(s) may not be the same as the one on your main trip.*
- **Shipboard:** We recommend a flat tip of \$16–\$18 per traveler, per day. You’ll give this tip once—at the end of your cruise—and it will be pooled among the entire crew. Crew tips can only be in the form of cash.
- **Housekeeping Staff at Hotels:** We recommend \$1 per traveler, per day. (This is for hotels only; on the ship Housekeeping are part of crew, so you don’t need to tip them separately.)
- **Included in Your Trip Price:** Gratuities are included for local guides and motorcoach drivers on your main trip, extensions, and all optional tours.

AIR, OPTIONAL TOURS & STAYING IN TOUCH

Land Only Travelers & Personalized Air

Quick Definitions

- **Land Only:** You will be booking your own international flights. Airport transfers are not included.
- **Air-Inclusive:** You booked international air with us. Airport transfers are included as long as you didn't customize your trip's dates (see next bullet).
- **Arrive Early or Stopover (select adventures only):** If you chose one of these Personalization options and purchased air through O.A.T, accommodations and airport transfers are included. However, if you chose one of our Personalization options, but did not purchase air through O.A.T., accommodations are included, but airport transfers are not. If you chose one of our Personalization options, and purchase air through O.A.T. but not the accommodations, the airport transfers are not included. We have included transfer options below.
- **Personalization on Your Own:** If you have not purchased air through O.A.T. and decided to arrive early, stay longer, or stop in a connecting city on your own, you are responsible for airport transfers and accommodations. For your convenience, a preliminary list of your included hotels is available on your My Planner at www.oattravel.com/myplanner under "My Reservations" to help you with selecting a hotel for your additional time.

Air Inclusive Travelers

If you have purchased international air with us, there are some points that may be helpful for you to know.

- **U.S. Departure:** If you are among a group of ten or more travelers who depart the U.S. from your international gateway city, it is our goal to have an O.A.T. Representative assist you at the U.S. airport with the check-in of your flight. Unless there are extenuating circumstances beyond our control, the Representative will be at the check-in counter three hours before your departure time. If you are flying domestically before your international flight, the representative will be stationed at the check-in counter for your departing international flight, not at the domestic arrival gate.
- **U.S. Return:** If you are among a group of ten or more travelers who return to the same U.S. gateway city, an O.A.T. Representative will meet you as you exit Customs and help you find taxis, buses, hotel accommodations, or connecting flights. Again, it is our goal to have our Representative waiting to assist your group. In rare instances, unforeseen circumstances may prevent this service.

- **Flying with a Travel Companion:** If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.
- **Selecting Your Seats:** If your airline allows pre-assigned seats, you will be able to select and view them directly from the airline's website after booking. Some airlines will not allow seat confirmation until your reservation is ticketed 45–30 days prior to departure, and/or they may charge a nominal fee. You may locate your itinerary on an airline's website utilizing the Record Locator Number found on the Air Itinerary in your My Planner.

Airport Transfers Can Be Purchased

For eligible flights, airport transfers may be purchased separately as an optional add-on, subject to availability. To be eligible, your flight(s) must meet the following requirements:

- You must fly into or fly home from the same airport as O.A.T. travelers who purchased included airfare.
- Your flight(s) must arrive/depart on the same day that the group arrives or departs.
- If you are arriving early, you must have arranged the hotels through our Arrive Early personalization option

Airport transfers can be purchased up to 45 days prior to your departure; they are not available for purchase onsite. To learn more, or purchase airport transfers, please call our Travel Counselors at **1-800-221-0814**.

If you don't meet the requirements above, you'll need to make your own transfer arrangements. We suggest the Rome to Rio website as a handy resource: www.rome2rio.com.

Optional Tours

Optional tours are additional add-on tours that allow you to personalize your adventure by tailoring it to your tastes and needs. And if you decide not to join an optional tour? Then you'll have free time to relax or explore on your own—it's about options, not obligations.

What You Need to Know

- All optional tours are subject to change and availability.
- Optional tours that are reserved with your Trip Experience Leader can be paid for using credit/debit cards only. We accept MasterCard, Visa, and Discover credit cards; we can also take MasterCard or Visa debit cards as long as the card allows you to sign for purchases. (You won't be able to enter a PIN.)

- To ensure that you are charged in U.S. dollars, your payment will be processed by our U.S. headquarters in Boston. This process can take up to three months, so we ask that you only use a card that will still be valid three months after your trip is over. The charge may appear on your credit card statement as being from Boston, MA or may be labeled as “OPT Boston”.
- Your Trip Experience Leader will give you details on the optional tours while you’re on the trip. But if you’d like to look over descriptions of them earlier, you can do so at any time by referring to your Day-to-Day Itinerary (available online by signing into My Planner at www.oattravel.com/myplanner).

Communicating with Home from Abroad

Cell Phones

If you want to use your cell phone on the trip, check with your phone provider to see if your phone and service will work outside of the U.S. It may turn out to be cheaper to rent an international phone or buy a SIM card onsite. If you want to use a local SIM, just make certain your phone is “unlocked”, meaning it can accept a local SIM card. If your cell is “unlocked” then you will be able to purchase a local SIM for it and then buy minutes with “Pay as You Go” cards, so that you have a local contact number for your friends and family.

Calling Apps

Another option is to use a smartphone app like Skype, WhatsApp, or FaceTime. These services are usually less expensive than making a traditional call, but you’ll need a Wi-Fi connection and the calls may count towards your phone plan’s data allowance. Many smartphones—and some tablets or laptops—come with one of these apps pre-installed or you can download them for free from the appropriate apps store.

Calling Cards & 1-800 Numbers

When calling the U.S. from a foreign country, a prepaid calling card can be useful because it circumvents unexpected charges from the hotel. Calling cards purchased locally are typically the best (less expensive, more likely to work with the local phones, etc.). One reminder: Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the country.

Internet Access

Wifi is as readily available in the UK as is in the United States.

How to Call Overseas

When calling overseas from the U.S., dial 011 for international exchange, then the country code (indicated by a plus sign: +), and then the number. Note that foreign phone numbers may not have the same number of digits as U.S. numbers; even within a country the number of digits can vary depending on the city and if the phone is a land line or cell phone.

United Kingdom: +44

Norway: +47

Scotland: +44

PACKING: WHAT TO BRING & LUGGAGE LIMITS

Luggage Limits

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on bag per person.
Weight restrictions	Varies by airline. The current standard is 50lbs for checked bags and 15 lbs for carry-on bags.
Size Restrictions	Varies by airline. Measured in linear inches (length+width+depth). Generally, 62 linear inches is the checked bag limit; carry-on limit is 45 linear inches.
Luggage Type	A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended.
TRIP EXTENSION(S) LIMITS	
Same as the main trip.	
REMARKS/SUGGESTIONS	
<p>One suitcase and one carry-on bag per person: Due to the space limitations on bus transfers, you'll be restricted to one suitcase and one carry-on bag per person. This is to ensure that we have room for everyone's luggage. We ask that you abide by this limit to avoid inconveniencing your fellow travelers and prevent additional airlines luggage fees (which are your responsibility). Most airlines now charge to check more than one suitcase per person.</p> <p>Luggage rules: Luggage rules and limits are set by governmental and airline policy. Enforcement of the rules may include spot checks or may be inconsistent. However one thing is the same across the board: If you are found to have oversized or overweight luggage, you will be subject to additional fees, to be assessed by—and paid to—the airline in question.</p>	

Don't Forget:

- **These luggage limits may change.** If the airline(s) notify us of any changes, we will include an update in your Final Documents booklet.

- It's a good idea to reconfirm baggage restrictions and fees directly with the airline a week or so prior to departure. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our website in the FAQ section.
- **Baggage fees are not included in your trip price;** they are payable directly to the airlines.

Your Luggage

- **Checked Luggage:** Consider a duffel bag or soft-sided suitcase. Look for one with heavy nylon fabric, wrap-around handles, built-in wheels, and a heavy duty lockable zipper. Due to space limitations on our motorcoaches, you are allowed one piece of checked luggage per person. Porterage at airports and hotels is provided for **one** bag per person. All bags should have luggage tags.
- **Carry-on Bag:** You are allowed one carry-on bag per person. We suggest a tote or small backpack that can be used as both a carry-on bag for your flight and to carry your daily necessities—water bottle, camera, etc—during your daily activities.
- **Locks:** For flights that originate in the U.S., you can either use a TSA-approved lock or leave your luggage unlocked. Outside of the U.S. we strongly recommend locking your luggage as a theft-prevention measure.

Clothing Suggestions: Functional Tips

- **Travel light:** A good rule of thumb is to gather together everything you want to bring; then take half of that. Eliminate all but the essentials and start packing a few days before you leave. That way, you'll have time to think—not fret—about what you might be forgetting. We recommend you pick pack color-coordinated separates that can be mixed to create different outfits.
- **Pack casual clothes:** Comfortable, informal apparel is perfectly acceptable at each of your destinations. Men do not need jackets or ties and women do not need fancy dresses. You may want one or two “smart casual” outfits for the Welcome Reception or Farewell Dinner, but it's completely up to you. You would only need nicer dress if you plan to dine at a deluxe city restaurant on your own.
- **Warm clothes are needed year-round:** Regardless of your travel season, bring a warm layer of clothing, such as a heavy sweatshirt, fleece top, or light sweater. During fall and spring, a jacket is recommended for the colder night temperatures. If you're traveling in the summer, be prepared for warm temperatures, though cool days are still possible. Bring a sweater (or a fleece top), as well as some summery attire and a windbreaker for “in-between” days.
- **Good walking shoes are essential:** For your comfort, you'll need supportive walking shoes that offer good traction. Water-resistant shoes can be handy in case of a heavy downpour.
- **Rain gear:** Regardless of your month of travel, rainfall is certainly a possibility. We suggest you bring a folding umbrella and waterproof shell—preferably one that is knee length.

Suggested Packing Lists

We have included suggestions from Trip Experience Leaders and former travelers to help you pack. These packing lists are only jumping-off points—they offer recommendations based on experience, but not requirements. We recommend using www.weather.com and consulting the “Climate” chapter of this handbook.

And don’t forget a reusable water bottle—you’ll need it to take advantage of any refills we offer as we are working to eliminate single-use plastic bottles on all of our trips.

Recommended Clothing

- ☐ Shirts: A mixture of short and long-sleeved shirts to layer
- ☐ Trousers, jeans, or skirts
- ☐ Comfortable walking shoes and/or water resistant shoes
- ☐ Light rain jacket/windbreaker with hood
- ☐ Sleepwear
- ☐ Socks and undergarments
- ☐ A jacket or sweater, depending on the time of year

Essential Items

- ☐ Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, sunscreen, etc.
- ☐ Spare eyeglasses/contact lenses and your prescription
- ☐ Sunglasses with a neck strap
- ☐ Travel money bag or money belt
- ☐ Swimsuit if your hotel has a pool
- ☐ Compact umbrella
- ☐ Wide-brim sun hat (seasonal, June–August)
- ☐ Pocket-size tissues
- ☐ Moist towelettes and/or anti-bacterial “waterless” hand cleanser
- ☐ Photocopies of passport, air ticket, credit cards (and originals!)

- ☐ Written prescriptions for your medicines
- ☐ Washcloth (not a standard amenity in English hotels)
- ☐ Camera, spare batteries, and memory cards
- ☐ Electrical transformer & plug adapters— see “Regional Electricity” for details
- ☐ Optional: Many hotels will provide hair dryers, but not all. If a hair dryer is essential to you consider a travel-size version. Hair dryers are provided on your ship.

Medicines

- ☐ Your own prescription medicines
- ☐ Vitamins
- ☐ Cold remedies: Sudafed/ Dristan
- ☐ Pain relief: Ibuprofen/naproxen/aspirin
- ☐ Laxatives: Senokot/Ex-Lax
- ☐ Stomach upset: Pepto-Bismol/Mylanta
- ☐ Anti-diarrheal: Imodium
- ☐ Band-Aids
- ☐ Moleskin foot pads
- ☐ Antibiotics: Neosporin/Bacitracin
- ☐ Motion sickness medicine, such as Dramamine

Home-Hosted Visits

It is customary, though not necessary, to return your hosts’ generosity with a small gift. If you do bring a gift, we recommend that you bring something the whole family can enjoy, or something that represents your region, state, or hometown. Get creative and keep it small—peach jelly from Georgia, maple sugar candy from New England, orange blossom soap from California; something that can be used or used up is best. When choosing a gift, be certain to consider the local culture as well. For example, we do not recommend alcohol in Muslim countries because it is forbidden in Islam, and your hosts may be religious. Not all of our adventures include a home-hosted visit; please check your final itinerary before you depart.

Electricity Abroad

When traveling overseas, the voltage is usually different and the plugs might not be the same shape.

Voltage

Electricity in the United Kingdom and Norway is 220–240 volts. In the U.S. it is 110 volts. Most of the things a traveler will want to plug in—battery chargers, smartphones, tablets or computers—can run off both 110 and 220–240. But you should check the item or the owner’s guide first to confirm this before you plug it in. If you have something that needs 110 volts—like a shaver or a hairdryer—you can bring a transformer to change the current. (But transformers tend to burn out, so it might be better to leave whatever it is at home.)

Aboard the ship, cabins are equipped with 110-volt outlets. In your bathroom you will find a dual 110/220-volt outlet; this outlet is only for low-voltage appliances, like electric shavers. (Your bathroom also comes equipped with a hair dryer).

Plugs

Aboard ship, the plugs are standard American plugs.

In hotels, the shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built. To plug something from the U.S. into a local socket you’ll need an adapter that fits between the plug and the socket. Even though you’ll only need one adapter on this trip, it may be easier to purchase an all-in-one, universal adapter/converter combo. Versatile and lightweight, these can usually be found at your local electronics goods or hardware stores. Sometimes you can buy them at large retailers too, like Target or Walmart. If you forget to bring an adapter, you might also find them for sale at the airport when you arrive at your destination.

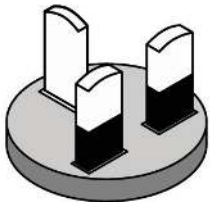
Different plug shapes are named by letters of the alphabet. Standard U.S. plugs are Type A and Type B. Here is the list of plugs for the countries on this trip:

United Kingdom: G

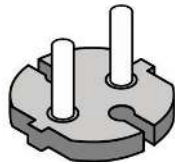
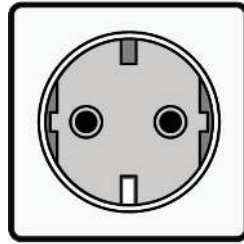
Scotland: G

Norway: C and F

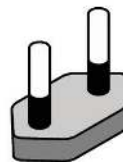
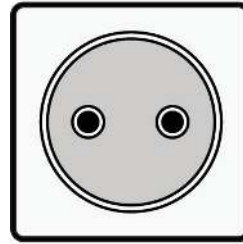
Type G



Type F



Type C



CLIMATE & AVERAGE TEMPERATURES

Svolvær, Norway: Svolvær has a subpolar climate—think long, cold, dark winters and very cool summers. Because of its northern location, the sun does not rise in December and January (polar night) and doesn't set in June and July (midnight sun). The town gets over 28 inches of precipitation a year, both rain and snow. The mildest season is June through August, but even then it will be chilly, with highs only in the upper 50s. Spring and fall are generally in the 30-40 degree range, and in winter, the temperatures stay below freezing all day.

Oslo, Norway: Although well into the northern latitudes, Oslo's climate is fairly temperate thanks to warm air being wafted across the Atlantic from the Gulf Stream. Summer weather in Oslo is mild and pleasant, with frequent hot spells, and plenty of long sunny days. In winter temperatures hover just above or below freezing. Snow is plentiful in winter, and rainfall is spread across the year, the rainiest month being August.

Climate Averages & Online Forecast

The following charts reflect the **average** climate as opposed to exact weather conditions. This means they serve only as general indicators of what can reasonably be expected. An extreme heat wave or cold snap could fall outside these ranges. As your departure approaches, we encourage you to use **www.weather.com** for a more accurate forecast of the locations you visit.

Average Daily High/Low Temperatures (°F), Humidity & Monthly Rainfall

MONTH	ABERDEEN, SCOTLAND			SVOLVAER, NORWAY		
	Temp. High-Low	% Relative Humidity (am-pm)	Average # Days of Rainfall	Temp. High-Low	% Relative Humidity (avg)	Average # of Days with Rainfall
JAN	42 to 32	85 to 81	22	34 to 26	80	14
FEB	43 to 33	86 to 77	20	33 to 24	80	11
MAR	46 to 35	86 to 72	23	34 to 26	77	11
APR	50 to 37	87 to 70	25	36 to 30	78	12
MAY	55 to 42	88 to 71	19	41 to 35	78	16
JUN	60 to 47	87 to 72	23	50 to 44	82	19
JUL	64 to 51	88 to 72	24	58 to 49	76	12
AUG	64 to 50	90 to 72	22	58 to 51	81	17
SEP	59 to 46	88 to 73	23	50 to 43	74	20
OCT	53 to 42	88 to 78	24	41 to 34	72	18
NOV	47 to 37	86 to 80	24	34 to 26	75	8
DEC	44 to 35	85 to 82	26	35 to 28	81	14

MONTH	OSLO, NORWAY			MANCHESTER, ENGLAND		
	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity	Average # of Days with Rainfall
JAN	31 to 20	86 to 80	10	44 to 38	89	13
FEB	32 to 19	88 to 74	9	45 to 37	85	9
MAR	39 to 27	86 to 65	13	50 to 40	81	12
APR	49 to 34	70 to 52	15	53 to 42	77	10
MAY	62 to 45	71 to 48	18	60 to 48	76	10
JUN	68 to 52	71 to 50	19	64 to 53	77	10
JUL	71 to 55	73 to 52	20	68 to 57	78	9
AUG	69 to 53	80 to 54	20	68 to 56	81	11
SEP	60 to 45	83 to 58	20	62 to 52	82	11
OCT	49 to 38	86 to 69	19	56 to 47	85	14
NOV	39 to 29	86 to 78	15	49 to 42	88	13
DEC	32 to 22	86 to 82	10	46 to 39	89	14

ABOARD YOUR SHIP: CABIN FEATURES, DINING & SERVICES ON BOARD

M/V Corinthian & M/V Clio

Cabin Amenities

Your cabin amenities include a private bathroom with shower, hairdryer, TV, in room heating, internal telephones and a mini-refrigerator. Each cabin is appointed with a sitting area, plus the decks and dining rooms are spacious and attractively decorated, providing welcoming locations for relaxing with your traveling companions.

Cabin Assignments

You will receive confirmation of your deck and/or cabin category upfront in writing; it will be on your invoice and online in My Planner at www.oattravel.com/myplanner. However, your cabin number may not be assigned until you arrive onboard the ship. (This is normal procedure for many small ships.) If there's no cabin number on your invoice or online, you can presume it will be assigned later and communicated to you when you board.

Dining

All meals are taken in the onboard restaurant, which acts as the ship's dining room. Meals will be a mix of regional specialties and familiar American standards, and will feature a variety of entrée options including vegetarian. Complimentary beer, wine and soft drinks are served with lunch and dinner. A selection of fine wines is also available for purchase, starting at approximately \$20–30 per bottle (prices vary according to vintage). Travelers may also bring a bottle of their own favorite wine to dinner to enjoy at their table. Should you care to avail yourself of this service, there will be a corkage fee of approximately \$10 per bottle, charged to your cabin account.

If you require a special diet, please request this in advance, you may do so by contacting one of our Travel Counselors. Dining times will vary according to the scheduled daily activities. In keeping with regional custom, dinner may be served at a later hour (around 7:00 pm) than Americans may be accustomed to.

Electricity

Cabins are equipped with 110-volt outlets that are designed to fit American plugs. In your bathroom you will find a dual 110/220-volt outlet, for use with electric shavers. While your bathroom does come equipped with a hairdryer, please do not use any other appliances that heat up, such as hair irons or curlers—they tend to short out.

Getting Ashore

Getting from ship to shore during an ocean-going voyage is not the same experience as on a river cruise—it requires more balance and agility, plus there are more formalities.

- **Balance and agility are needed:** You'll either walk down a gangway—which can be steep, wet, and slippery—or be shuttled to land in a small boat (a process known as “tendering”). We'll use the gangway most of the time, but tenders will be used when the ship cannot dock closely enough for the gangway to reach the shore. Tenders can differ in size, and some of them maybe open with no covering. From time to time we will use the ship's own fleet of Zodiacs—which are small but sturdy open-air boats holding 8-10 people each—as tenders. To get into one of the Zodiacs, you'll need to go down a steep staircase, and then crew members will assist you as you step from the *M/V Corinthian* or *M/V Clio* into the Zodiac.
- **Clothing note:** Since tenders in general (and the Zodiacs in particular) are small open-air boats, they are more susceptible to being splashed by water. You might want to bring a rain jacket or waterproof cover (like a poncho) to protect your clothing while transferring from ship to shore.
- **Expect formalities on arrival in port:** When the *M/V Corinthian* or *M/V Clio* arrives in a new port, she'll need to be cleared by the local port authorities before you can leave the ship. In some cases, the wait will be as short as 30 minutes, but other times it may take up to 2 hours. Your crew will do all they can to make the wait as short as possible and to minimize the inconvenience to you. (For example, you will be asked to leave your passport with the front desk when you first embark on the ship. That way, it is on hand if the port authorities ask to see it.) However, the procedure can be complex and may take a while to complete. Typically the authorities work directly with the crew, but they do retain the right to speak with you as well.

Headsets

On European cruises, complimentary headsets (often called “whisper receivers”) will be provided on most included and optional tours, so that you can hear better over ambient noise. If you use a hearing aid or have a strong preference for a particular type of headphones, we highly encourage you to bring your own headphones/ear buds with you. The plug size is usually the same as that used by smartphones, computer jacks, etc. Headsets will also be available during the pre- and post-trip extensions in Europe, but not on the transfer day to/from the main trip. On cruises to the Middle East, South America, or Antarctica whispers may not be available or may only be available in certain locations—your Trip Experience Leader will let you know onsite.

Internet Access and Email

Limited wireless Internet service (WiFi) is available for free onboard. If you want to use it, you'll need to bring your own device—a laptop, tablet, smartphone, etc.—because the ship does not rent or loan these devices. Instructions on how to connect will be available at Reception. Please keep in mind that our WiFi access onboard is subject to the challenges of travel: ship location, signal availability, and usage volume onboard will affect connectivity and speed. You should expect that there will be times when the Internet is either slow or not available, and that these disruptions can be brief or longer lasting.

Laundry Services

There is laundry service available on board, but no dry cleaning. Prices are per piece of clothing and will be provided to you on board.

Medical Services

There is always a doctor onboard, as well as all of the basic First Aid supplies. All physician's fees will be payable directly to the doctor. All specific medicines are the responsibility of each traveler.

Recreational Facilities

Our ship features a library, a lounge with a bar, a dining room, and a sun deck. The bar is open from approximately 11 am to 11 pm, and features both complimentary drinks (soft drinks, house beer, house wine, and non-alcoholic cocktails/beer) and drinks for purchase (spirits, alcoholic cocktails, bottled beers, and a selection of wines).

Bicycles

We're pleased to offer complimentary bicycle rentals onboard your ship for use during free time, including all of the necessary safety gear, such as a helmet, brightly-colored safety vest, and a lock. Because there is a limited supply of bicycles available, they will be offered on a first-come first-served basis. For more information or if you are interested in using one of the bicycles, please speak to the Front Desk staff or Hotel Manager onboard your ship.

Shipboard Payments

Payment for shipboard expenses can be made by cash or credit/debit card only. For cash, we accept U.S. dollars or Euros (on itineraries in Europe). For credit/debit cards, we accept MasterCard and Visa. Other forms of payment, such as checks, Discover, or American Express are not accepted.

Ship-to-Shore Communications

The ship has satellite telephone connections which allows you to call anywhere in accordance with the current local tariffs. You can purchase phone cards at the reception desk for \$10, which will give you 15-30 minutes' worth call time to the U.S. (depending on which state you are calling).

Smoking Policy

Smoking is prohibited on board, with the exception of a designated outdoor deck area reserved for smokers.

Wheelchairs

The ship is not built to accommodate wheelchairs.

Lost & Found

Any lost or forgotten items found on board the ship will be held for 90 days from disembarkation. After 90 days, all unclaimed items will be discarded or donated.

Ship Specifications

M/V Corinthian

- **History:** Built in 1990; purchased in 2014
- **Size:** 290x50 ft
- **Capacity:** 98 passengers, 56 crew members
- **Layout:** 49 cabins, 5 decks; Elevator-yes

M/V Clio

- **History:** Built in 1998; purchased in 2015
- **Size:** 328x46 ft
- **Capacity:** 89 passengers, 60 crew members
- **Layout:** 45 cabins, 5 decks; Elevator-yes

ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

O.A.T. Trip Experience Leaders: A World of Difference

During your adventure, you'll be accompanied by one of our local, Trip Experience Leaders. All are fluent in English and possess the skills, certification, and experience necessary to ensure an enriching adventure. As locals of the regions you'll explore with them, our Trip Experience Leaders provide the kind of firsthand knowledge and insight that make local history, culture, and wildlife come alive. Coupled with their unbridled enthusiasm, caring personalities, and ability to bring diverse groups of travelers together, our Trip Experience Leaders ensure that your experience with O.A.T. is one you'll remember for a lifetime.

Culture of the British Isles

England has been a very homogenous country, but as their empire expanded around the globe, they have experienced some social and cultural diversification from Afro-Caribbeans, Asians, Muslims, and other immigrant groups.

The British class system has historically been a powerful point of stratification in the social, economic and political spheres of life. Differentiations between the working class and middle class were once largely defined by one's occupation. Today, class differences have more to do with schooling, social orientations, and upbringing. Though British society has progressively become less class conscious, the class system remains integral and continues to shape the people's sense of belonging. Despite social stratifications, there is a strong egalitarian belief that everyone should have equal opportunity to better their circumstances regardless of their background.

From Geoffrey Chaucer and William Shakespeare to Lewis Carroll and J.K. Rowling, in its literature, England arguably has attained its most influential cultural expression. For more than a millennium, each stage in the development of the English language has produced masterworks.

Just like their neighbors to the north, the Welsh are fiercely proud of their rich and vibrant culture and heritage. In recent years, great efforts have been made to revive traditional customs, especially those relating to language, literature, and music. After centuries of dueling with the English, Wales now has its own National Assembly and is home to progressive, cosmopolitan hubs such as Cardiff, while also retaining its rich diversity. Spoken and written Welsh is again on the rise with around three-quarters of a million people speaking it today.

Beyond the mountain passes, river valleys, and the storied stones of castles at every turn, it's the interactions with Welsh people that will remain in your memory the longest. If you pass a Caernarfon café, you may hear locals chatter in the ancient British tongue, or if you sit down in the pub, you'll witness a red-shirted mob screaming along to the rugby game. In Wales, you'll regularly hear the word "hiraeth," referring to a sense of longing for the green, green grass of home. Even long after your visit, a feeling of hiraeth may well hit you.

While you may hear England refer to it as odd, the Isle of Man's (Ellan Vannin in the local lingo, Manx) reputation for oddity is entirely a result of the island's insistence to do its own thing. The island is a self-governing British crown dependency with the oldest, continuous parliament in the world, Tynwald—dating back over 1000 years. Although not widely spoken today, the island has its own language, Manx Gaelic, which contributes to the distinct speech patterns of the locals.

The island has historically been reliant on mining, fishing, farming and tourism, but in recent times the Isle of Man's independent status has allowed it to build a thriving offshore banking and financial sector. Another major success came after the movie industry started to use its beauty as a backdrop for film sets.

Despite the religious upheavals and charged politics, the people of Northern Ireland are warm and friendly. Their culture is intertwined with England, Scotland, and Ireland, yet the people of Northern Ireland, for the most part, do not consider themselves of these regions. With different cultural influences, there is a rich lineup of festivals throughout the year, including St. Patrick's Day—a fervent celebration passed on from the Republic of Ireland—and controversial celebrations like Orangefest—commemorating the victory of Protestant King William of Orange over Catholic King James II.

Comfortably residing beside Northern Ireland's natural beauty are remnants of the island's long history—haunting ruins left to crumble in the middle of a field or by the roadside. From tumbled-down stone structures left behind by the Vikings to traces of medieval culture found in countryside castles, Northern Ireland's history is always on display. Some of the country's more tragic history has also left its mark in the resilient character of its people, such as the Troubles of the 20th century—a period that rocked Northern Ireland for three decades, and when the dust settled, more than 3,500 people were killed, and more than 47,000 wounded.

As beautiful as Northern Ireland is to behold, it is its people that give the country its heart and soul. From cities to small towns, a strong sense of camaraderie connects every community. Yet, each community follows the contour of political and sectarian differences. There is a shared participation in global culture, such as Hollywood movies, football, and popular music; however, the nationalist and unionist communities maintain their own cultural practices. Irish music and dance as well as Gaelic football and hurling form a cultural focus in the nationalist communities, while unionist communities are heavily influenced by trends of the U.K. But, no matter the community, locals gather together at the pub to exchange stories, join in a song, or listen to music. And when you're in Northern Ireland, you will more likely than not find yourself warmly welcomed by the locals, but make sure you call them just that “locals.” Especially in the southern border towns, they do not consider themselves neither Irish nor British.

Scots are known to be outgoing, steadfast, practical, and full of humor. They are also fiercely proud of their culture—in part, perhaps, because it has taken a lot for them to retain it. Scotland has endured centuries of attempted repression by the English—not to mention other invaders like the Romans, Vikings, and Normans.

Scottish Gaelic is still an official language, and even though very few Scots speak it, many signs are translated into Gaelic and Gaelic words have infiltrated the larger culture. Many Scots identify with their ancient clans, and proudly wear their clan tartans for weddings, holidays and special occasions. Though these were originally part of Highland dress, they are now the national dress of the whole country.

Within Scotland, there is an imaginary line that runs roughly from Aberdeen to Glasgow that separates the Highlands in the north and west, from the Lowlands in the south and east. Generally speaking, Highland culture is more Gaelic and rural; whereas Lowland culture is more hybrid and urban. Scottish folklore is rich and widely loved. You'll hear tales of *kelpies* (shape-shifting water spirits), *wulvers* (werewolves, but kind ones), *selkies* (seals who can take human form), and all manner of mythical beasts—Nessie the Loch Ness monster being the most famous. Some of that folklore has inspired Scotland's rich literary tradition, which gave us greats like Robert Louis Stevenson, Sir Walter Scott, Arthur Conan Doyle, J.M. Barrie, and the most revered Scottish poet of all, Robert Burns. Today, you can experience some of the most exciting contemporary art, music, theater and more at cultural festivals like the Edinburgh International, the Fringe, Up Helly Aa (Shetland fire festivals), Aye Write! (the Glasgow book fair), and more.

That's quite a lot to celebrate, and Scots love to do just that the local pub, another cultural icon. Wander in and share a beer or a whisky, and pretty soon you'll be having a *blether* (conversation) with your bar mate. Just don't call what you're drinking a Scotch (it's called whisky here), and don't call your new friend that, either. It's considered antiquated and offensive. They are Scots or Scottish—and fiercely proud of it.

Accommodations

In general the British climate does not necessitate air conditioning. As result, many hotels in Great Britain do not feature air conditioning.

Taking Photographs

The etiquette of photographing people in most countries is about the same as it would be on the streets of your hometown. You need permission to take a close-up, but not for a crowd scene. Be especially polite if you want to photograph children or older women. If you want to shoot a great portrait, show interest in your subject and try to have a bit of social interaction first. Then use sign language to inquire if a picture is OK.

Please do not take photographs of military personnel, military compounds, or other official institutions/personnel (such as police). This may result in the confiscation of your camera.

In museums or at archaeological sites, there may be restrictions on using your flash. Please obey any signs or directions by staff; the no-flash rule protects the fragile artifacts and artwork from damage by repeated exposure to light. Occasionally, there may also be a small fee levied by the museum or site for the privilege of taking photos.

Safety & Security

As you travel, exercise the same caution and awareness that you would in a large American city. Don't be overly nervous or suspicious, but keep your eyes open. If you are venturing out after dark, go with one or two other people.

Carry a one-day supply of cash, and your passport, in a travel pouch. Don't leave valuables unattended in your hotel room. Most hotels will offer use of a hotel safe at the front desk or an electronic in-room safe (for which you can set your own personal number). Please utilize this.

Pickpockets may create a sudden distraction. In any sort of puzzling street situation, try to keep one hand on your wallet or money belt. If an encounter with a local turns out to be long and complicated and involves money or your valuables, be very careful.

Scottish Cuisine

Scotland has some of the most creative chefs in the United Kingdom and considering the fantastic pantry they have to work with—with world-class seafood, game and produce—it's no wonder that the country boasts eleven Michelin-starred restaurants. Sixteen products of Scottish origin qualify for the European Union's PGI (Protected Geographical Indication) designation, including Shetland lamb, Orkney Island Scottish cheddar, Scottish salmon, and Scottish whisky. The daily Scottish diet tends to consist of meat, carbohydrates, and fried food. Here are some delicacies that you can sample all over the country:

- **Salt 'n Sauce:** A tangy, brown condiment unique to Edinburgh that's a cross between malt vinegar, brown gravy, and ketchup. This can be found at local fish and chip shops often referred to as **chippies**.
- **Cullen Skink:** A fish soup of smoked haddock, potatoes and leeks. Traditionally, it's made from **finnan haddie**, a cold-smoked haddock from Aberdeen; or **Arbroath smokie**, a hot-smoked haddock.
- **Angus Aberdeen beef:** Rich marled beef often used in roast, stew, or steak.
- **Black Pudding:** A sausage made from congealed pig's blood mixed with oats, fat, and seasonings. It may not sound appetizing, but because it's loaded with protein, potassium, calcium and iron, it's considered a "superfood."
- **Bangers and Mash:** Sausage and mashed potatoes. Sometimes served with something besides pork, such as venison or apples.
- **Lorne sausage:** Square sausages made with beef.
- **Haggis:** Scotland's national dish. It's made from minced sheep's liver, lungs, and heart; mixed with spices and oatmeal; and served inside the stomach lining. It is usually served with **neeps and tatties** (mashed swede or rutabaga and potatoes.)
- **Cranachan:** A rich parfait of cream, raspberries and oats.

Whatever your meal includes, you can toast it with a wee dram of **Scottish whisky**. If you order it in a pub, please don't call it "Scotch." If you ask for it on the rocks, you may get a pitying look along with your ice. To impress your bartender, order a single malt and specify one of the six official Scottish whisky regions: Lowlands, Speyside, Highlands, Campbeltown, Islay and Islands. Then raise your glass and say *slainte-mhath* (pronounced "slange var")—to your health!

Norwegian Cuisine

Most modern Norwegian households eat much as we do in the States, enjoying simple but easy to prepare traditional favorites; the occasional ethnic treat like tacos or Asian stir-fry; or even a fast-food meal like the phenomenally popular *Grandiosa*, Norway's best-selling frozen pizza.

And in case you haven't heard, since the early 2000s, the Scandinavian (and worldwide) restaurant scene has been utterly transformed by the rise of **New Nordic cuisine**, a cooking style that stresses sustainability, freshness, and extremely local and seasonal ingredients. In practice, that means celebrating unique flavors that might previously have been overlooked. So yes, you might find carefully composed plates of grilled duck hearts on a bed of moss, but you'll also find creative reinterpretations of traditional Nordic classics, like these:

- **Røkelaks:** Norwegian smoked salmon served with a dollop of creamy dill sauce.
- **Sursild:** Herring that has been pickled, just one of the many methods used to preserve fish.
- **Rakfisk:** A trout that is covered with spruce branches and fermented in barrels. The smell is pungent, but the taste is not.
- **Lutefisk:** Dried cod that's preserved in lye, and then triple washed and steamed (all of the caustic lye is gone by the time you're served it). If you're from Minnesota or Wisconsin, you may have seen this at your state fair or in restaurants, so you already know it's better with butter or sauce. In Norway, it is often paired with bacon, mashed peas, boiled potatoes, and golden syrup.
- **Finnbiff:** Sautéed reindeer stew.
- **Fårikål:** Boiled dinner of mutton or lamb, whole black pepper, cabbage, and potatoes. This is the national dish of Norway.
- **Pinnekjøtt:** A Christmas Eve classic, a hearty meal of salted, air-dried sheep ribs. They are rehydrated by steaming them over birch sticks, and eaten with sweet mashed rutabaga.
- **Kjøttkake (or kjøttballer):** A classic Norwegian comfort food. They are balls of minced beef seasoned with onions, nutmeg and ginger, then pan fried and simmered in gravy. (Yes, they are virtually the same as Swedish meatballs, but you won't make Norwegian friends if you call them that.)
- **Lefse:** Crepe-like flatbreads that are slathered with butter, and sugar, then rolled up or folded for eating on the go.

- **Krumkake:** A delicate, waffle-like cookie, shaped like an ice cream cone and filled with cream or fruit.
- **Lingonberry:** A ubiquitous fruit that tastes similar to cranberries and is used in compotes, juices, and preserves. As a jam, it's a great accompaniment to **brunost**, a family of brown goat's milk cheeses (like **gjetost**) that have the consistency (and a little of the sweetness) of fudge. Or just go straight to dessert heaven and order some fluffy **trollkrem**—a meringue of lingonberries whipped with sugar, vanilla, and egg whites.

English Cuisine

The French used to have a joke about their English neighbors that went something like “other countries know how to cook while the English know how to boil”. Even the Brits themselves would joke about their standard “meat, potatoes, and two veg” meals. But starting in the 90s there was a revival of British classics using fresh ingredients, flavor-boosting “low and slow” cooking methods, and sometimes borrowing elements from other cuisines. As a result, modern British cooking now has many admirers (see the devoted fans of *Great British Bake Off* or the cookbooks of Jamie Oliver, Gordon Ramsay, and Nigella Lawson as proof). Add to this the fact that the UK has a diverse choice of restaurants—Indian, Thai, Italian, French, and Chinese to name a few—and we can say that the English eat very well. Popular dishes include:

- **Bangers and Mash:** Sausage and mashed potatoes.
- **Bubble and Squeak:** A potato and cabbage/brussel sprout dish.
- **Fish and chips:** A well-known meal and is usually bought from special shops (chippies) where the cooked food is wrapped and sprinkled with salt and vinegar.
- **Toad in the Hole:** Sausages served with **Yorkshire Pudding**, a baked pudding made from eggs, flour, and milk or water.
- **Cream Scones:** A baked good served with jam and clotted cream.

Shopping: What to Buy, Customs, Shipping & More

There may be scheduled visits to local shops during your adventure. There is no requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. O.A.T. is not responsible for purchases you make on your trip or for the shipment of your purchases.

Returns

If you discover an issue with an item, you should contact the vendor directly and expect that any resolution will take longer than it would in the U.S. We recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Keep in mind, local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up or that you are guaranteed a refund.

Crafts & Souvenirs

Scotland

Scotland has many fine local products to choose from, including shortbread, handmade soaps, Celtic jewelry, and bagpipes. There are plenty of items emblazoned with the Scottish flag, Nessie the Loch Ness monster, and golf imagery (since the game was invented here.) If there's a dog lover on your gift list, consider a memento of Greyfriar's Bobby. He was a 19th-century Skye Terrier who supposedly stood by his master's grave in Edinburgh's Greyfriar's churchyard—every day for 14 years.

Many of the best souvenirs are wearable, like Scottish cashmere, Harris tweed, quality woolens, Balmoral caps, tams, and tartans (which found on everything from umbrellas to scarves and pajamas.) While the kilt is the quintessential Scottish garment, there are also special accessories that complete the look: a *sporrán* (pouch), *sgian-dubh* (a small ceremonial knife—which might be hard to get back to the U.S. in your luggage), and jaunty knee-high socks. Although women don't wear kilts, they do wear tartan skirts and special shoes known as *ghillie boots*.

And of course, there's whisky (without an "e"), which is so synonymous with Scotland that many Americans call it "Scotch." Not a whisky fan? Scotland is also known for high-quality gin.

Norway

Popular items include trolls, jewelry, woolen items, glass, wood and leather goods, local brews, furniture, carpets, and other decor.

VAT: Although prices are inflated by a hefty 25% Value-Added Tax, non-European Union citizens can receive about an 18% refund. For more details and a list of all tax-free shops, ask at the tourist office for a copy of the Tax-Free Shopping Guide.

England

Different parts of the United Kingdom (UK) are known for different specialties. Even if your trip only takes you to one part of the country, you'll find these items for sale throughout. Popular items include umbrellas, Cadbury chocolate bars, Derby-style hats and fascinators, Paddington toy bears, Wedgwood china, orange marmalade, Woods of Windsor soaps and lotions, football team shirts, Wellington boots, Burberry trench coats and accessories, books by British authors, Earl Grey tea, Beatles memorabilia and so much more. You can find all kinds of items emblazoned with Union Jacks, London Underground (Tube) imagery, and images of the royal family.

U.S. Customs Regulations & Shipping Charges

For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, www.cbp.gov has the answers to the most frequently asked questions. Or you can call them at **1-877-227-5511**.

The top three points to know are:

- At time of writing, your personal duty-free allowance is \$800 for items brought with you. Items totaling more than \$800 are subject to duty fees.
- **Items shipped home are always subject to duty when received in the U.S.** Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the export duties—not door-to-door shipping or payment of the import duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need to arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
- It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins.

DEMOGRAPHICS & HISTORY

United Kingdom

Facts, Figures & National Holidays

- **Area:** 94,525 square miles
- **Capital:** London, with a separate parliament in Edinburgh for Scotland, a National Assembly in Cardiff for Wales, and a National Assembly for Northern Ireland in Belfast.
- **Government:** Constitutional monarchy
- **Languages:** English, Welsh, Gaelic
- **Location:** Situated off the northwest coast of Europe, the island of Britain is occupied by England, Wales, and Scotland—collectively called Great Britain. Together with Northern Ireland, Great Britain makes up the nation officially called the United Kingdom (UK). England, in the southern part of Britain, is separated from Scotland on the north by the granite Cheviot Hills. To the west along the border of Wales—a land of steep hills and valleys—are the Cambrian Mountains. To the south of England is the English Channel and to the east is the North Sea, which also washes the eastern coast of Scotland. To the west of England is the Irish Sea, mixed to the north with the Atlantic Ocean.
- **Population:** Entire UK 65,105,246 (estimate): England – 55,268,100, Scotland – 5,404,700, Wales – 3,113,200, Northern Ireland – 1,862,100
- **Religions:** Christian (Anglican, Roman Catholic, Presbyterian, Methodist, etc.) 59.5%, Muslim 4.4%, Hindu 1.3%, other 2%, unspecified 7.2%, none 25.7%
- **Time zone:** Great Britain is five hours ahead of Eastern Time: when it is 6 am in New York, it is 11 am in Wales, England, and Scotland.

National Holidays: United Kingdom

National holidays can vary depending on which part of the country you're in; please refer to the section for the specific area that you'll be visiting. The United Kingdom also celebrates a number of national holidays that

follow a lunar calendar, such as Easter. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

Scotland

Facts, Figures & National Holidays

- **Area:** 30,918 square miles
- **Capital:** Edinburgh (regional); Scotland is part of the United Kingdom, whose national capital is London

- **Location:** Consists of 32 council areas, occupying the northern part of Great Britain and islands
- **Languages:** English, Scots, Scottish Gaelic
- **Population:** 5,404,700
- **Religions:** None 49.4%, Church of Scotland 24.1%, Roman Catholic 14.5%, other Christian 7.8%, Other 2.3%, Muslim 1.6%, Unknown 0.3%
- **Time Zone:** Same as the rest of the United Kingdom, five hours ahead of Eastern Time

National Holidays: Scotland

In addition to the holidays listed below, Scotland celebrates a number of national holidays that follow a lunar calendar, such as Easter. To find out if you will be traveling during these holidays, please visit **www.timeanddate.com/holidays**.

01/01 New Year's Day

01/02 2nd January Holiday

1st Monday in May Early May Bank Holiday

Last Monday in May Spring Bank Holiday

First Monday in August Summer Bank Holiday

11/30 St. Andrew's Day

12/25 Christmas Day

12/26 Boxing Day

Scotland: A Brief History

We know that various hunter-gatherer tribes inhabited Scotland as far back as 9,600 BC. By 3,000 BC, they used tools, established farming and scattered standing stones all over. You can see some of these Neolithic monoliths on the Isle of Lewis, Shetland, Orkney, and beyond.

The Romans arrived in Great Britain 43 AD, but when they attempted to occupy Scotland, they met fierce resistance from the native tribes, who they referred to as Caledonians. The Romans built several fortifications, including Hadrian's Wall and the Antonine Wall. But they were never able to conquer the Caledonians and by 212 AD, they left.

In the wake of the Romans, Scotland was divided into four main kingdoms. The Picts held the northeast, the Scots (from Ireland) established Dal Riata in the west, the Britons occupied the southwest, and the Angles had Bernicia, which eventually morphed into Northumbria and stretched into England. Their rivalries were set aside in the face of a new threat: by 793 AD, Viking marauders arrived, ferociously attacking the monasteries at Iona and Lindisfarne, taking over villages and establishing trading posts. In 843 AD, the various kingdoms united under Kenneth MacAlpin, the first King of Alba. Eventually, his domain became known as Scotland. A nation was born.

When the Normans took over England in 1066, many Anglo-Saxons moved north into the Scottish Lowlands. This is when the Scots began adopting English cultural ways. But when a succession dispute arose, the English King Edward I seized the opportunity to invade and name himself king. This led to the first War of Scottish Independence in which William Wallace, of *Braveheart* fame,

routed the English at Stirling Bridge in 1297. The victory was short lived, as the English returned in 1298, captured Wallace and executed him in 1305. But Robert the Bruce picked up the baton (and the crown), and defeated the English at Bannockburn in 1314. Scotland's independence was assured, but peace was not.

Centuries of conflict with England ensued, often fueled by religion and marked not just by physical violence, but by various English attempts to suppress Scottish culture. The connections between clans were broken, and the chieftains became feudal lords whose rapacity often forced their own people off lands in evictions known as "clearances." In 1707, the two nations signed onto the Act of Union, which united England and Scotland under the same flag and Parliament, but allowed Scotland to keep its own church and legal system. The United Kingdom was born, but again, the bloodshed did not die as years of rebellion continued. The last one, led by Bonnie Prince Charlie, culminated with the Battle of Culloden in 1746.

Despite tensions, Scotland's economy was supercharged by the Industrial Revolution. The 18th century saw the Scottish Enlightenment, and Glasgow became a great trading port. Scotland's educational system flourished, and its inventors exported their genius around the world. During World Wars I and II, the Scots' warrior legacy made huge contributions to the Allied War effort.

Following deindustrialization in the 20th century, the Scottish economy hit a wall. Tensions with England continue, manifesting as periodic calls for independence. In 2014, voters rejected a referendum for independence by a slim margin. They may well be reconsidering that decision: only 38% of Scots were in favor of Brexit, and a 2020 poll showed that 52% of voters support leaving the UK, post-Brexit.

Norway

Facts, Figures & National Holidays

- **Area:** 125,049 square miles
- **Capital:** Oslo
- **Geography:** Nearly 70% of Norway is uninhabitable and covered by mountains, glaciers, moors, and rivers. It has a 1,700-mile coastline on the North Atlantic, raggedly indented with inlets, fjords, peninsulas, and islands. Because the coast is so well sheltered, and most of the country's land area is so rocky and mountainous, Norwegians have taken to the sea since prehistoric times.
- **Languages:** Two official forms of Norwegian: Bokmal and Nynorsk
- **Location:** The Kingdom of Norway stretches along the western edge of the Scandinavian Peninsula, bordering Sweden, Finland, and Russia to the east. It extends about 1,100 miles from the North Sea to more than 300 miles above the Arctic Circle. That makes it the farthest north of any European country.
- **Population:** 5,320,045 (estimate)

- **Religion:** Church of Norway (Lutheran) 71.5%, other Christian 3.9%, Muslim 2.8%, Roman Catholic 2.8%, other 2.4%, unspecified 7.5%
- **Time zone:** Norway is 1 hour ahead of Greenwich Mean Time during daylight saving time, 6 hours ahead of Eastern Time. Daylight Saving Time is in effect in Norway from the end of March until the end of September.

National Holidays: Norway

In addition to the holidays listed below, Norway celebrates a number of national holidays that follow a lunar calendar, such as Easter and Ascension Day. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day
05/01 May Day
05/17 Constitution Day
12/25 Christmas Day
12/26 Boxing Day

Norway: A Brief History

In spite of its extreme geography and climate, Norway has been inhabited for about 10,000 years, starting when the last great ice sheets retreated. Migrations of the Nøstvet-Økser people of central Europe began arriving along the southern Norwegian coast, and by 5,000 BC, agricultural settlements appeared around the Oslofjord, and spread across southern Norway, then migrating north. The real story of Norway begins with the Vikings, dauntless seafarers who emerged from southern Norway, Sweden, and Denmark. Sailing their advanced longboats, they developed new trade routes from Newfoundland to Russia to Baghdad and beyond. The Viking Age was short, spanning about 300 years starting in 793.

Throughout history, the Vikings have been romanticized and vilified. Today, archeologists have constructed a more balanced picture. The Vikings certainly terrorized, murdered, and enslaved many people they overran; but they also often assimilated with them, rarely destroyed the native cultures, expanded the flow of goods and ideas, and left progressive legal codes. It can be argued that they were no more ruthless than their contemporaries, just more successful. Their legacy includes the first unification of Norway in 872; and the adoption of Christianity.

After 1066, a declining Norway became increasingly beholden to Sweden, Denmark, and the merchant cities of the Hanseatic League. In 1349, the Black Death killed more than 50% of the population. Norway entered a union with Denmark and for the next 200 years, most of its commerce was taken over by the Hanseatic League. Various disputes between the Danish Union and Sweden dragged Norway into the Seven Years War (1563–70), followed by the Kalmar War (1611–14). Up until 1720, Norway lost a good portion of its territory to Sweden.

Nationalist sentiments began growing in Norway during the waning years of the Napoleonic Wars, when the kingdom of Denmark-Norway and Sweden were once again on opposing sides. By the end of 1814, Norway was a constitutional monarchy in a union with Sweden. But while Norway had adopted its own constitution and chosen its own king, it would only achieve full independence after severing ties with Sweden as a result of a popular referendum in 1905.

Norway remained neutral during World War I, and its economy and confidence grew with the development of industry, hydroelectric power, and exports; and the enfranchisement of women. But when Norway stated its neutrality during World War II, Germany invaded anyway and occupied Norway from 1940 until the end of the war. The Norwegian Resistance was strong, and the Germans took revenge up until the end, retreating with a scorched earth policy that obliterated farms, forests, and entire towns. Norway joined NATO 1949 and became a founder member of the United Nations. Still, it remained one of Europe's poorest nations.

This changed when crude oil was discovered here in 1969. The standard of living and per capita wealth rose dramatically, and the windfalls (coupled with high taxes) enabled the government to develop one of the world's most comprehensive social welfare systems. Citizens enjoy free medical care; free higher education; generous family leave; childcare and eldercare supports; generous pensions; and more. Norway is arguably Europe's most egalitarian social democracy.

Norway has a strong presence on the international stage; has participated in peacekeeping missions; and plays a leading role in refugee assistance. But Norway has remained wary of joining the European Union.

England

Facts, Figures & National Holidays

- **Area:** 50,346 square miles
- **Capital:** London
- **Location:** Consists of 48 counties, occupying the southern part of Great Britain
- **Languages:** English
- **Population:** 55,268,100
- **Religions:** Christianity 59.4%, Non-religious 24.7%, Unknown 7.2%, Muslim 5.0%, Hindu 1.5%, Sikh 0.8%, Jewish 0.5%, Buddhist 0.5%
- **Time Zone:** Same as the rest of the United Kingdom, five hours ahead of Eastern Time

National Holidays: England

In addition to the holidays listed below, England celebrates a number of national holidays that follow a lunar calendar, such as Easter. To find out if you will be traveling during these holidays, please visit **www.timeanddate.com/holidays**.

01/01 New Year's Day

1st Monday in May Early May Bank Holiday

Last Monday in May Spring Bank Holiday

Last Monday in August Summer Bank Holiday

12/25 Christmas Day

12/26 Boxing Day

England: A Brief History

Prehistoric England was home to Celtic and other tribal peoples, then was ruled by the Roman Empire from about AD 43 to AD 410. After Rome fell, Jutes, Angles, and Saxons established small kingdoms and fiefdoms. When the Viking marauders hit England's shores in the 9th century, many of those small kingdoms were unified by King Alfred the Great of Wessex. Strength in numbers.

Some of England's medieval monarchs stand out for their lasting impacts on history. William the Conqueror brought Norman rule to England in 1066. Richard the Lionheart embarked on the Third Crusade in 1189. King John was compelled to sign the Magna Carta in 1215, laying the foundation for constitutional monarchy.

English King Edward I conquered Wales in 1283 and sought to rule Scotland as well. Those imperial ambitions were not limited to the island of Great Britain—England under Edward III fought the Hundred Years' War with France between 1337 and 1453, ultimately losing all its possessions on the French side of the Channel. Then, between 1455 and 1485, the York and Lancaster families battled for the crown in the Wars of the Roses. The victor, Henry Tudor, who was a Lancaster but through illegitimate descent. He married a York, and their offspring, Henry VIII, became the third Tudor king in 1509.

Henry VIII is best known for his six marriages, the first of which, to Catherine of Aragon, he sought to end through annulment. When the Pope forbade it, Henry separated the Church of England from papal authority and made himself its head. His daughter, Elizabeth I, became queen in 1558 and ruled for 44 years—a golden age of cultural flowering, and the expansion of England's naval prowess.

England fell into civil war between 1642 and 1649, when Oliver Cromwell executed King Charles I and briefly replaced the monarchy with a republic. The monarchy was restored in 1660 with the enthronement of Charles II, though royal power was restored with limitations.

The United Kingdom came into being with the 1707 Act of Union between the parliaments of England and Scotland. Then, by 1714, the first of four King Georges ascended the throne, beginning the Georgian era, a time when England laid the groundwork for Empire. It reached its fruition in the 19th century during the Victorian era, when the British Empire straddled the globe.

During the 19th century, the entire island of Ireland was part of the United Kingdom, having been incorporated into the UK in 1801. The Irish however, sought independence, and in 1921, all but the six northern counties of Ulster became the Republic of Ireland—leaving the UK in its present form. But the United Kingdom was still able to call on its crown colonies, protectorates and Commonwealth when it declared war on Germany in 1939. The Battle of Britain and the destructive air attacks known as the Blitz besieged England from July 1940 to June 1941. Prime Minister Winston Churchill, one of England’s most influential statesmen, led the country to victory.

As a popular song of the war years put it, “There’ll Always Be an England.” But what of the United Kingdom? In recent years, the desires of the Scots and Welsh for greater autonomy have led to the process called “devolution.” In 1999, Scotland regained its own Parliament, and Wales established its own National Assembly. In 2014, a referendum was held in Scotland to vote on independence from the United Kingdom, but was defeated.

In 2016, a United Kingdom referendum passed with 51.9% in favor of leaving the European Union. Brexit went into effect on January 31, 2020, with an 11-month transition period, during which the government of former Prime Minister Boris Johnson must negotiate a new EU trade deal. With the emergence of the COVID-19 pandemic the same year, Johnson was faced with serious policy decisions to mitigate civilian casualties. Johnson’s struggles came to a head in July 2022, following multiple scandals, when the former Prime Minister stepped down.

His successor, Liz Truss, was in office from September 6th, 2022 to October 25th, 2022. Two days after her appointment, Queen Elizabeth II, the Queen of the United Kingdom for over 70 years, passed. Faced with universal criticism and financial instability, Truss resigned from her position, to be succeeded by Rishi Sunak, who was in office from October 25nd, 2022 to July 5th, 2024. Rishi Sunak called for a general election in July 2024, and lost the election to Keir Starmer, from the opposing Labour Party.

King Charles III was coronated as the King of the United Kingdom and 14 Commonwealth Realms on May 6th, 2023.

RESOURCES

Suggested Reading

Scotland

Complete Poems and Songs of Robert Burns by Robert Burns (2012, Poetry) A collection by the famous Scottish poet who is known for writing in the Scots language, including the famous *Auld Lang Syne*.

Corrag by Susan Fletcher (2010, Historical Fiction) In Glencoe in 1692, 38 members of the Macdonald clan are killed by the redcoats of William III — after they'd enjoyed the family's hospitality for a week. This real-life incident is told from the perspective of Corrag, a young woman who is accused of witchcraft after the event, and imprisoned in Inverary.

44 *Scotland Street series* by Alexander McCall Smith (2004, Fiction) Alexander McCall Smith, also known for the bestselling No. 1 Ladies Detective Agency series, depicts the lives of colorful residents in an Edinburgh apartment building

The Crow Road by Iain Banks (1992, Fiction) Set in the west Highlands (in a town reminiscent of Oban), this darkly comic tale from one of Scotland's most acclaimed writers touches on themes of love, death, sex, addiction, family and the power of the Scottish landscape. In it, Prentice, a bumbling student, attempts to unravel the disappearance of his Uncle Rory, just one of the eccentric characters in the sprawling McHoan family. The Crow Road is a real road in Glasgow, but the expression "to take the crow road" means you are dead.

The Scottish World: History and Culture of Scotland by Harold Orel, et al (1981, Culture) Ten essays seek to show that Scottish culture is distinctly different from English in its art, architecture, literature, music, and history.

Norway

Norse Mythology by Neil Gaiman (2017, Myths) Acclaimed author Neil Gaiman retells stories about the Norse gods Odin, Thor, and Loki in a modern way while still staying true to the originals.

The Winter Fortress: The Epic Mission to Sabotage Hitler's Atomic Bomb by Neal Bascomb (2016, History) It reads like a thriller, but it's the true story of the race to prevent the Nazis from getting heavy water—which was the last piece they needed to create an atomic bomb—an item only produced in a fortress-like plant in Vemork, Norway.

The Bat by Jo Nesbo (1997, Mystery) Norwegian novelist Jo Nesbo published 10 more thrillers featuring Harry Hole, a gifted investigator with the Oslo police. This is the first, introducing our hero who is an alcoholic and prone to depression, but a joy to know.

Growth of the Soil by Knut Hamsun (1920, Fiction) Winner of the Nobel Prize for Literature, Hamsun captures the indomitable human spirit of Norway's early settlers like Steinbeck did for farm families during the Dust Bowl.

A Doll's House, Ghosts, An Enemy of the People, and The Wild Duck by Henrik Ibsen (Plays) These works by Norwegian playwright Henrik Ibsen (1828–1906) changed theater forever with the first realistic dialogue and depictions of love, marriage, and the ills of contemporary society.

England

A Traveller's History of England by Christopher Daniell (2005, History) An entertaining refresher course in English history, from hunter-gatherers to Margaret Thatcher's resignation. Written by a noted British historian and archaeologist

London by Edward Rutherfurd (1998, Fiction) A very ambitious historical novel of London's past, which sweeps from Roman times through the medieval, Elizabethan, Victorian, and Edwardian eras on up to the present.

All Creatures Great and Small by James Herriot (1998, Memoir) A heart-warming book, in which a veterinarian in Yorkshire shares amusing anecdotes about his dealings with animals and their owners.

Bath by Edith Sitwell (1932, History) Sitwell, the famed Bloomsbury writer, provides a fine portrait of Beau Nash, the 18th-century "Master of Ceremonies" who put the city Bath on the Georgian social map. Insightful commentary on the fashions of the day, the development of the city, and the colorful array of politicians, peers, matchmakers, gamblers, artists and con artists who flocked here to "take the waters."

Suggested Films & Videos

Scotland

Mary Queen of Scots (2018, Historical Drama) History has cast Queen Elizabeth I (Margot Robbie) and her cousin Mary (Saoirse Ronan) as enemies. This film imagines them as both power brokers and pawns whose mutual admiration is crushed by the misogyny, nationalism and treachery of their courts.

Macbeth (2015, Drama) Evocative Scottish settings, outstanding production values and the timeless themes of Shakespeare's tragedy make this a must-see. Stars Michael Fassbender and Marion Cotillard bring intensity and depth as Scotland's most famous power couple.

Trainspotting (1997, Dark Comedy/Drama) Danny Boyle's electrifying breakthrough film follows a young heroin addict (Ewan MacGregor) and his outrageous friends as they struggle to score in the underside of Edinburgh. Plenty of black humor and provocative social commentary.

Scottish TV Shows

Outlander (2014–present, Drama) Based on the novels of Diana Gabaldon, this wildly popular, historical time-travel series begins when a WWII nurse visits Inverness, Scotland, where she is mysteriously carried from the standing stones at Craigh na Dun back in time to 1743. She falls in love with a rebel Highlander, whose Jacobite cause, she knows, is doomed.

Shetland (2013–present, Mystery) Small town life is more complicated than it seems in this acclaimed BBC series. Follow detective Jimmy Pérez as he investigates crime amidst the elemental landscapes of the Shetlands.

Norway

Kissed by Winter (2005, Drama) Set in Norway's snowy wilds, a woman runs from her difficult past and discovers love again. After a horrible accident, the guilt-stricken Victoria leaves her husband and flees to the country. She becomes entangled in an unusual murder investigation, and is pulled into the life of the main suspect.

Kitchen Stories (2003, Comedy) Swedish efficiency researchers come to Norway to study the domestic habits of Norwegian men. But things go awry when Isak, a cranky farmer, decides to amuse himself by impeding the work of his fastidious Swedish researcher, Folke. The kitchen quickly becomes the scene of a sly battle of wits. Inspired by actual research done in the 1940s and 50s, this stylish film charmed audiences.

Kristin Lavransdatter (1995, Historical Drama) An epic love story set in 14th century Norway. The beautiful Kristin dutifully takes herself to a convent to await her arranged marriage, but her beauty and devotion only inspire envy and violence. When she falls in love with young knight, it prompts a family and political crisis. Directed by Liv Ullmann and adapted from a trilogy by the Nobel Laureate Sigrid Undset, this is a clear-eyed depiction of Norse life, love, society, and redemption.

Edvard Munch (1974, Biography) Peter Watkins' experimental biography of Norwegian artist Edvard Munch traces Munch's life between 1884 and 1894, from Christiania (modern Oslo) to Berlin and his relationships with August Strindberg. Watkins' uses sound, montage, close ups and a dark color palette to emulate Munch's stylistic approach to his art.

Song of Norway (1970, Biography) This 1970 film adaptation of the operetta of the same name depicts the early struggles of composer Edvard Grieg and his attempts to develop an authentic Norwegian national music. With an international cast that included Florence Henderson and Edward G. Robinson, the film was an attempt to cash in on the success of *A Sound of Music*. Most critics agreed that it failed miserably—although British audiences liked it.

England

All Is True (2019, Drama) After the Globe Theater is burned in a fire, William Shakespeare (Sir Kenneth Branagh) returns to Stratford-Upon-Avon and his stoic wife, Anne Hathaway (Dame Judi Dench). Fame is trailing him, as are the ghosts of his past, and the genius for wit and wordplay that he can no longer summon. Also starring Sir Ian McKellen.

Atonement (2007, Drama) On the eve of World War II, a 13-year old girl irrevocably changes the lives of three people when she mistakenly accuses her sister's lover of a crime. The depiction of the manors and manners of the British gentry is at once searing and beautifully evocative. And the war scenes—notably the famous tracking shot on the beaches of Dunkirk—are harrowing. This Oscar winner stars Keira Knightley, James McAvoy and a young Saoirse Ronan.

Gosford Park (2001, Drama) “Upstairs, Downstairs” meets Agatha Christie in this whodunit set in an English country estate in 1932. The powerhouse ensemble cast includes Helen Mirren, Maggie Smith, Michael Gambon, Kelly MacDonald and Clive Owen.

British TV

The Crown (2016, Historical Drama) A Netflix original drama following Queen Elizabeth II in the mid-20th century as she assumes the throne and the events that follow.

The Great British Baking Show (2010, Reality Cooking Series) Sometimes known as *The Great British Bake Off*, this competition features 12 aspiring bakers from Britain as they take on challenges to create everything from traditional British treats to twists on the classics with their “showstopper” dishes before facing the judges.

Prime Suspect (1991, Mystery) This gritty modern crime drama introduced Helen Mirren to wider audiences as the no-nonsense detective Jane Tennison. The show deals with some dark subject matter, such as crime and alcoholism.

Useful Websites

Overseas Adventure Travel

www.oattravel.com

Overseas Adventure Travel Frequently Asked Questions

www.oattravel.com/faq

International Health Information/CDC (Centers for Disease Control)

www.cdc.gov/travel

Electricity & Plugs

www.worldstandards.eu/electricity/plugs-and-sockets

Foreign Exchange Rates

www.xe.com/currencyconverter
www.oanda.com/converter/classic

ATM Locators

www.mastercard.com/atm
www.visa.com/atmlocator

World Weather

www.intellicast.com
www.weather.com
www.wunderground.com

Basic Travel Phrases (80 languages)

www.travlang.com/languages

Packing Tips

www.travelite.org

U.S. Customs & Border Protection

www.cbp.gov/travel

Transportation Security

Administration (TSA)

www.tsa.gov

National Passport Information Center

www.travel.state.gov

Holidays Worldwide

www.timeanddate.com/holidays

History & Culture

en.wikipedia.org

Useful Apps

Flight Stats

Track departures, arrivals, and flight status

LoungeBuddy

Get access to premium airport lounges around the world

Timeshifter

Personalized tips for avoiding jetlag, based on neuroscience and your own data

GoogleMaps

Maps and directions anywhere in the world

Triposo

City guides, walking maps, and more – and it works offline

Rome2rio

Where to go, what to see, and what to do in more than 160 countries

Flush or Sit or Squat

Find a clean toilet anywhere

Uber

Ride sharing around the world

Visa Plus and Mastercard Cirrus

ATM locations

Shows the location of the nearest ATM in your network

TunnelBear

Provides a secure VPN (virtual private network) that will encrypt your browsing data when you use a public WiFi network

What's App, Skype, or Signal

WiFi calling anywhere in the world

Duolingo, FLuentU, or Babbel

Learn dozens of foreign languages

Google Translate

Fast and simple translations

XE

Currency conversions

SizeGuide

Clothing and shoe sizes in all countries

Best Units Converter

Converts currency, mileage, weights, and many other units of measurement

Tourlina

For women only, it connects you with other female travelers

Happy Cow

Locate vegan and vegetarian eateries in 195 countries

Eatwith

Dine with locals all over the world

Meetup

Connects you with locals who share your interests

Skyview

Identifies constellations and heavenly bodies

Travello

Find travel friends on the road

ALIX for One

Created by and for women, it identifies solo-friendly dining spots in major international cities

TripWhistle

Maps your location and provides emergency numbers for police, medics, and more

GeoSure

Safely navigate neighborhoods around the world

Chirpey

For women only, connect with other women, find out what's safe, meet up, and more



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