



authentic voyages to pristine lands

# THEME CRUISES



## SINGLES AT SEA

Bergen-Kirkenes • 7 Days, October 11, 2008 • Prices from \$1,099

Kirkenes-Bergen, 6 Days, October 17, 2008 • Prices from \$949

Bergen-Kirkenes-Bergen, 12 Days, October 11, 2008 • Prices from \$1,549

Being single is sexy! Learn how to live a successful life as a single and develop the most important relationship you'll ever have - the one with yourself! Our Singles at Sea cruises are a perfect way to have fun while savoring the splendor of the beautiful Norwegian coastline. Daytime activities include classes and workshops on topics such as professional-quality home-movie making and digital photography. You may also want to take a few tips from our professional life-coach or attend a fun and informative talk by our guest celebrity author. In the evening, you can dance into the wee hours to the music of our wonderful duo, or just enjoy a quiet moment on deck under Norway's awe-inspiring night skies. There will be a Masquerade Night, when passengers can show off their weird and wonderful costume creations- the best costume wins the prize! There will also be a night of fun and frolic, including a chance to take part in The Dating Game...and more!



## CLIMB YOUR OWN EVEREST

Bergen-Kirkenes • 7 Days, December 1, 2008 • Prices from \$1,099

Kirkenes-Bergen, 6 Days, December 7, 2008 • Prices from \$949

Bergen-Kirkenes-Bergen, 12 Days, December 1, 2008 • Prices from \$1,549

Join our guest mountaineers and mountain historians as they inspire and motivate you with their presentations on Mount Everest. Take part in a fun workshop where you will learn the secrets of how to "Climb Your Own Everest"—no matter what that may be. Climbing to the summit of the highest mountain on Earth is a feat that can only be accomplished by a special few. Not only does it require supreme physical fitness and skill, it also demands an enormous amount of psychological strength and will power. At a height of 29,028 feet above sea level, Mount Everest pushes the human body and mind to the very edge of what's possible.

Ever since Sir Edmund Hillary and Sherpa Tenzing Norgay became the first mountaineers to conquer Everest in 1953, the mountain has become a mecca for all serious climbers. It's a journey that can and does change lives. All who safely return from the summit have their own unique stories to tell. Learn about the culture and history of the Himalayas and their inhabitants. Discover how the local Sherpa people—whose name is synonymous with "mountain guide"—continue to play a vital role in nearly every Everest expedition.



## SPRINGTIME AWAKENINGS

Bergen-Kirkenes • 7 Days, March 11, 2009 • Prices from \$1,299

Bergen-Kirkenes-Bergen, 12 Days, March 11, 2009 • Prices from \$1,899

As spring ushers in new life and hope, join us for an exploration of our spiritual and physical selves and learn how we can connect to a higher power. Springtime Awakenings cruises are designed to open mind, body and soul to new ideas and concepts. Since mankind first developed the power of reason—thereby gaining a sense of consciousness—we have constantly pondered our place in the universe. In doing so, we've developed many religious and philosophical theories and systems that seek to give meaning and purpose to our lives. On your cruise, you'll explore the mysteries of life beyond the grave, with world-famous psychics. And learn about ancient mythologies and belief systems and their influence on the world's major religions. You'll explore techniques of yoga and meditation and how these arts can help relieve stress and integrate mind and body. And you'll learn the secrets of healthy eating from top whole-food chefs. If you have an open mind and the ability to think "out of the box," this is the cruise for you.



## RED HATTERS-NORTHERN LIGHTS & FUN-FILLED NIGHTS

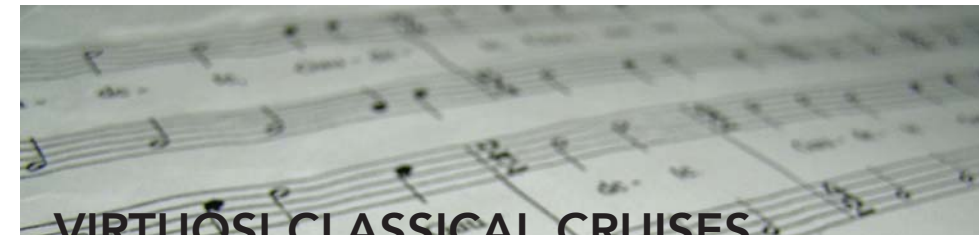
Bergen-Kirkenes • 7 Days, March 8, 2009 • Prices from \$1,299

Kirkenes-Bergen, 6 Days, March 12, 2009 • Prices from \$1,099

Bergen-Kirkenes-Bergen, 12 Days, March 6, 2009 • Prices from \$1,899

The Red Hat Society has become synonymous with a philosophy of fun and friendship for all females of 50 and beyond. The organization was founded in 1997 by Sue Ellen Cooper and began as the result of a few women deciding to greet middle-age with verve, humor and élan by meeting for tea in red hats and purple dresses. It has since become a worldwide phenomenon, with more than 1.5 million members and myriad chapters all over the globe. If that were not enough, there's now a smash-hit musical called Hats!—inspired by these unstoppable ladies in red. Red-Hatters share a bond of affection, forged by common life experiences and a genuine enthusiasm for wherever life takes them. Wherever there's a Red Hat Society event, there's sure to be fun, laughter, creativity, and silliness. There's plenty of time to be serious when you get back home. Join the ladies for a joyous Purple Pajama Breakfast and you'll see what we mean!

If you are not yet a member but want to be aboard our Red Hatters cruise, all you have to do is join the society ([www.redhatsociety.com](http://www.redhatsociety.com)) and off you go! Ladies, you're sure to have the time of your life.



## VIRTUOSI CLASSICAL CRUISES

Bergen-Kirkenes • 7 Days, March 22, 2009 • Prices from \$1,299

Kirkenes-Bergen, 6 Days, March 28, 2009 • Prices from \$1,099

Bergen-Kirkenes-Bergen, 12 Days, March 22, 2009 • Prices from \$1,899

If music be the food of love, then our Virtuosi Classical Cruises are veritable feasts that you'll love and remember long after the last notes have been played. Guests will be treated to performances by some of the world's most gifted classical artists. In addition, a series of fun and informative talks by distinguished teachers and writers will complement the music program. No music-themed cruise to Norway would be complete without a tribute to Edvard Grieg. The life and work of this great Norwegian master—along with music by some of Europe's other great composers—will be featured on each sailing. In a world of noise and confusion, treat your ears to a soothing musical massage. Just relax and let our virtuosi soothe and serenade your soul—amid the grandeur and splendor of the beautiful Norwegian coastline.



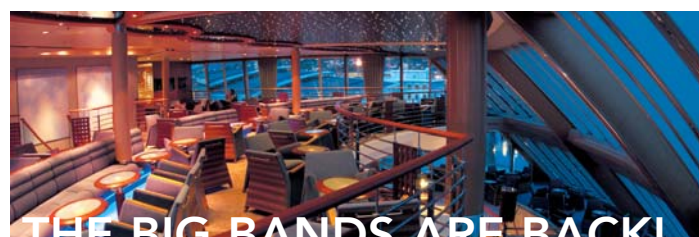
## ARCTIC BIRDING SAFARI

Bergen-Kirkenes • 7 Days, March 8, 2009 • Prices from \$1,299

Kirkenes-Bergen, 6 Days, March 12, 2009 • Prices from \$1,099

Bergen-Kirkenes-Bergen, 12 Days, March 6, 2009 • Prices from \$1,899

Experience nature's winged wonders, as we gently sail the coastal waters of Norway—home to many varied and spectacular species of bird—on our Arctic Birding Safari. Bird- and wildlife-watching from the deck of a ship! What better way could there be for the amateur—or expert—ornithologist to experience the coastal beauty of Norway and its Arctic regions? Expert naturalists aboard our cruise will give fascinating talks and provide on-the-spot information about what to look for and when. Conditions permitting, you will see many species of birds native to Norway, including Razor-billed auks and flocks of kittiwake. It's also quite common to spot the mighty Sea eagle. Waterfowl, seabirds, shorebirds, and birds of prey abound in Norway's pristine skies and along its shimmering shores. Be sure to keep your eyes peeled. Then, you can join the expert team of art and photography instructors we're bringing on board and learn how to draw, paint or photograph your own wildlife scene—to serve as a permanent reminder of this once-in-a-lifetime trip. Whatever your knowledge level regarding our fine, feathered friends, this Arctic Birding Safari cruise is sure to inform and inspire.



## THE BIG BANDS ARE BACK!

Bergen-Kirkenes • 7 Days, April 16, 2009 • Prices from \$1,699

Kirkenes-Bergen, 6 Days, April 22, 2009 • Prices from \$1,399

Bergen-Kirkenes-Bergen, 12 Days, April 16, 2009 • Prices from \$2,499

Take a nostalgic foxtrot down memory lane on this musical Big Bands Are Back cruise, as one of today's top-name "big bands" brings back the sounds that kept spirits up, toes tapping and hearts dancing during World War II. Benny Goodman. Cab Calloway. Dizzy Gillespie. Jimmy Dorsey. Move to the music made famous by the biggest, greatest big band names of the 1940s, as the spectacular coastal scenery of Norway—a U.S. ally, then and now—glides by. The "Greatest Generation" didn't just win a war; they also invented some of the greatest gyrations ever! Fill their dancing shoes: Learn to lindy hop, foxtrot, jitterbug, and other wartime steps from our expert dance instructors. And . . . for the single ladies aboard, we will keep individually selected gentleman dance hosts on hand—to keep you on your feet for as long as you wish. Dance the night away! What's more, our Big Bands Are Back cruise culminates in an exciting dance competition, to be judged by your fellow passengers. Bring an appetite for fun—and your dancing shoes!



NORWAY

ARCTIC

GREENLAND

ANTARCTICA

WORLD