

With **Claire Fontijn**,
Phyllis Henderson Carey
Professor of Music

NORWAY'S MAJESTIC COASTLINE & FJORDS:

A Voyage from the Arctic to Amsterdam

July 19 - 31, 2025



Aboard the New Expedition Cruise Ship *DIANA*



WELLESLEY COLLEGE FACULTY LEADER

CLAIRE FONTIJN

Phyllis Henderson Carey Professor of Music

Dear Wellesley Alumna,

The spectacular coast of Norway is surely among the world's most beautiful cruise destinations. The scenery of Fjordland is breathtaking; the Norwegian Sea, like the people who inhabit its shores, is friendly; and the myriad small ports that welcome our calls are vibrant with Norway's distinctive culture. We are fortunate to have among our traveling companions Wellesley's popular faculty escort **Claire Fontijn**, the Phyllis Henderson Carey Professor of Music, who will help guests appreciate the art and music of Norway. Once again, our ship of choice is the elegant new expedition vessel, the 192-passenger *Diana*.

Your 10-night voyage begins high above the Arctic Circle in Tromsø, the sophisticated island city that serves as Norway's gateway to the Arctic. Nestled amidst the coastal range, Tromsø is a city of both legend and scenic wonder. Exploration of Norway's Northlands continues with the magnificent Trollfjord, the Lofoten Islands, and Svartisen Glacier. In the ancient port city of Trondheim, you'll visit the Ringve Museum, Norway's national museum for music and musical instruments. Following a glorious float through the Nordfjord, you will call at Bergen, "City of Seven Mountains," and once an important trading center for the Hanseatic League. Here, you'll visit the home of Norway's most famous composer Edvard Grieg. After calling at Ulvik, beloved by artists for its picturesque setting on the Hardangerfjord, you'll carry on to Mandal, Norway's southernmost city, before continuing to the Helgoland Islands, a German resort destination and ornithological paradise. With its delightful network of canals and renowned art museums, Amsterdam offers the perfect conclusion to your cruise itinerary.

Professor Claire Fontijn's talks on the music of Edvard Grieg, the paintings of Edvard Munch, and Norwegian folk music will surely deepen travelers' understanding of Norway's cultural heritage. Among *Diana's* many amenities is her spacious Observation Lounge with its enhanced technology for audio and visual presentations. The ship also has an excellent complement of presenters on a variety of topics relevant to the voyage.

Norway's Majestic Coastline & Fjords is an adventure that offers a rare combination of beautiful places, sublime music and art, and extraordinary comfort. Join the warm companionship of Wellesley alumnae and the enlightened leadership of Professor Fontijn on this breathtaking journey.

Warm regards,

Kathryn Mackintosh '03
Assistant Vice President for Alumnae
Relations and Global Engagement

Cover photo: Lofoten Islands



Claire Fontijn is Phyllis Henderson Carey Professor of Music at Wellesley College where she teaches courses on Early Music and The Symphony, and a writing seminar called The Power of Music. She is the author of four books: a monograph, *Desperate Measures: the Life and Music of Antonia Padoani Bembo* (2006; 2013); two sets of essays, *Fiori Musicali: Liber Amicorum Alexander Silbiger* (2010) and *Uncovering Music of Early European Women* (2020), and another monograph, *The Vision of Music of Saint Hildegard's Scivias—Synthesizing Image, Text, Notation, and Theory* (2013). Early in her career, she was an award-winning semi-professional baroque flutist; currently, she plays the Renaissance treble flute with the Wellesley College Collegium Musicum. She is an avid Europhile who has lived and worked in France, the Netherlands, and Italy.



Interior of Edvard Grieg's house in Trolldhaugen, near Bergen.



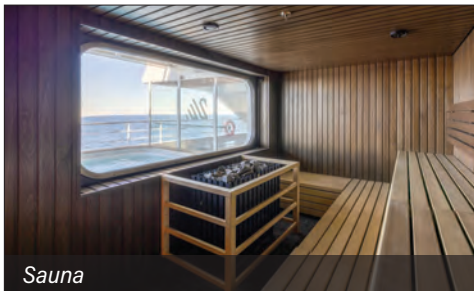
THE NEW 192-GUEST EXPEDITION CRUISE SHIP *DIANA*



Oceanview Stateroom



Balcony Suite



Sauna



Observation Lounge



Outdoor Café/Bar with swimming pool

Built in Finland, and launched in April 2023, Swan Hellenic's *Diana* is a new generation expedition cruise ship. Although at 12,100 tons the ship is large enough to accommodate more than 350 passengers, *Diana* will accommodate a maximum of 192 guests in 96 spacious staterooms and balcony suites. The low guest density results in one of the most generous indoor and outdoor space-to-guest ratios among cruise ships.

Featuring the latest advances in technology and engineering, *Diana* is among the world's first environmentally responsible ships. Equipped with hybrid engines and a unique water filtration system, *Diana* leaves a minimal footprint. For cruising in Polar regions, the ship meets the stringent requirements of the new Polar Code with its high PC5 Category A ice strengthened hull and other advanced features. A computer-controlled Dynamic Positioning System allows the ship to maintain position without anchoring. Operated by a complement of 135 experienced European officers and international crew members, *Diana* will

carry a fleet of Zodiacs, versatile landing boats, and kayaks. Powerful stabilizers provide a smooth ride.

Diana's interior spaces exude sophisticated elegance, with most rooms opening to panoramic views of the sea. All staterooms and suites face outside and are equipped with private facilities, climate control, TV, Wi-Fi and USB connections and other amenities. Of the ship's 96 staterooms, 76 have balconies. Public areas include a spacious observation lounge equipped with state-of-the-art facilities for lectures and presentations; a club lounge; a restaurant that accommodates all guests at one seating; an outdoor café/bar that surrounds the heated swimming pool; a wellness area with gym, spa, and sauna with an adjoining outdoor jacuzzi; library; beauty salon; and an infirmary that is attended by a full-time doctor and nurse. The ship also features expansive open-deck areas. Two elevators connect all decks. Attentive service is provided on a 24-hour basis. The outstanding cuisine is complemented by fine wines at lunch and dinner.

For Reservations and Information, Please Call **Thalassa Journeys** at **866-633-3611** or email **reservations@thalassajourneys.com**

ITINERARY



Saturday, July 19, 2025
DEPART THE UNITED STATES.

Sunday, July 20
TROMSØ, NORWAY

Arrive in Tromsø and transfer to *Clarion Hotel The Edge* (or similar). Gather this evening for a welcome reception with fellow travelers. (D)

Monday, July 21
TROMSØ/EMBARKATION

After breakfast, explore this beautiful and vibrant city 220 miles north of the Arctic Circle. Begin with a visit to the Tromsø Polar Museum, housing a variety of natural history and ethnographic collections that provide a comprehensive introduction to traditional Norwegian culture, including an informative section on the Sami. Also tour the Arctic Cathedral—the city's iconic modern landmark—constructed in 1960 of concrete, aluminum and glass, and featuring a spectacular triangular stained-glass window that fills one entire wall. After lunch at a local restaurant, transfer to the pier to embark *Diana* and set sail. (B,L,D)

Tuesday, July 22
SVOLVÆR, LOFOTEN ARCHIPELAGO

After a morning of cruising the fjords south of Tromsø, call in the small town of Svolvær in the heart of the Lofoten Archipelago. A scenic drive through these rugged mountains rising out of the sea, brings you to the Lofotr Viking Museum, which tells the compelling story of a Viking settlement discovered here and excavated in the 1980s to reveal the remains of the largest Viking longhouse ever unearthed. The museum, which was opened in 1995, includes a full-scale reconstruction of the longhouse, two Viking ships, a movie theater, and a gift shop. (B,L,D)

Wednesday, July 23
SVARTISEN | SVARTISEN GLACIER

Svartisen is Norway's second largest glacier, its tongue jutting out between two mountains, its edges as much as 600 feet thick. Take the ship's Zodiacs to the Visitor Center and join a hike toward the glacier-formed lake. (B,L,D)

Thursday, July 24
BRØNNØYSUND

Arrive in the morning in Brønnøysund, located on a narrow peninsula, for centuries one of the key ports of the middle coast of Norway. Explore the interesting town on a walking tour which includes a handsome stone church constructed in the 12th century. Also visit the Norwegian Aquaculture Center, a fish farm employing the latest technologies of aquaculture, where you learn about the process. (B,L,D)

Friday, July 25
TRONDHEIM

The Viking town of Trondheim, founded in the 11th century, is one of northern Europe's famed "wooden cities," filled with colorful timber buildings. Tour Nidaros Cathedral, an important pilgrimage site in the Middle Ages as the burial site of Norway's patron saint, Olav, and visit the Archbishop's Palace, which contains one of the best museums in



Ulvik

Norway. After lunch, travel to the nearby Ringve Museum of Musical History, telling the story of the evolution of Norwegian music. (B,L,D)

Saturday, July 26

NORDFJORDEID

Nordfjordeid is your gateway to Briksdal Glacier, part of the Jostedal ice field, the largest glacier on the European mainland. The drive to the glacier takes you through the villages of Loen and Stryn to a lodge where you board "troll cars" (7-passenger electric vehicles) that take you to within a half-mile's walk to the glacier's edge. (B,L,D)

Sunday, July 27

BERGEN

During your time in Bergen, you will enjoy a guided walking tour of Bryggen, the old waterfront wharf that serves as a reminder of the town's importance as part of the Hanseatic League's trading empire from the 14th to the mid-16th century. It is now a UNESCO World Heritage Site. You will also travel to nearby Troidhaugen, once the summer home of composer Edvard Grieg and now a museum and concert venue, and you will visit the Fantoft Stave Church, originally built in 1150 and reconstructed after a fire in 1992 exactly as it was in the 12th century. *Diana* remains at anchor until late in the evening, providing ample time, should you wish, to continue exploring this charming city on your own. (B,L,D)

Monday, July 28

ULVIK

The small community of Ulvik, known for its orchards, is situated at the end of an arm of Hardangerfjord, Norway's second longest fjord.

It is the starting point for a panoramic drive through a scenic valley to Voss, where a cable car takes you to the top of a hill 2,700 feet above sea level with 360-degree views of the surrounding countryside. In the afternoon, as you sail back up Hardangerfjord, you will want to be on deck to see Hardanger Bridge—at just under a mile, one of the world's longest suspension bridges. (B,L,D)

Tuesday, July 29

MANDAL

Mandal is the southernmost town in Norway, a community built on the banks of the Mandalselva River and surrounded by farmland. Visit a local farm, or spend time in the town, browsing its picturesque shops, cafés, and bakeries. (B,L,D)

Wednesday, July 30

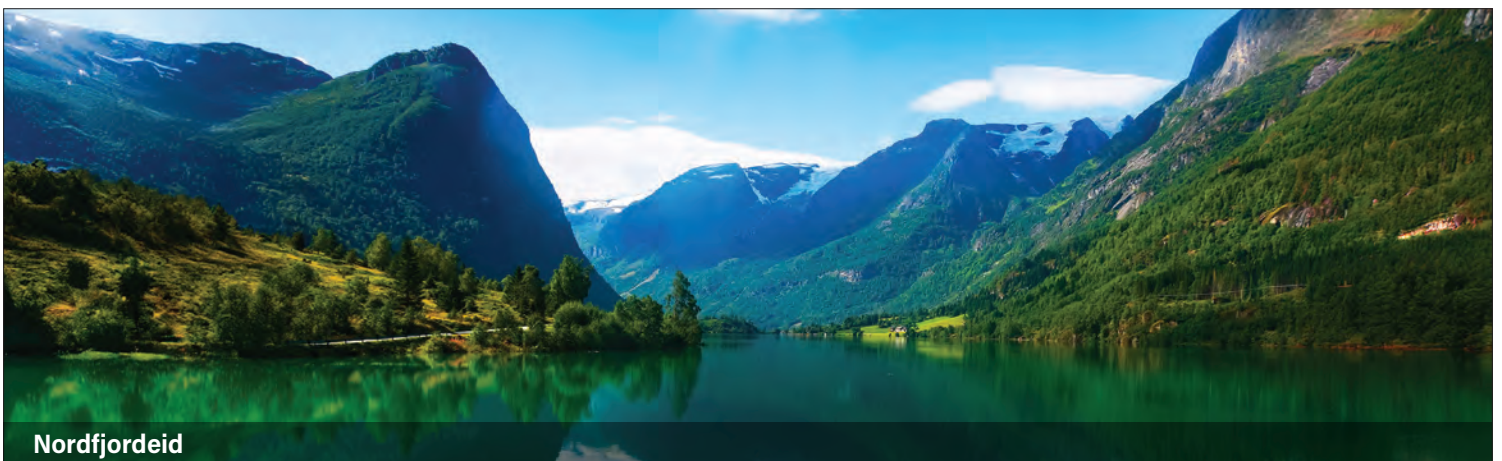
HELGOLAND, GERMANY

The island of Helgoland, surrounded by jagged red sandstone cliffs, has been part of the German state of Schleswig-Holstein since 1890, ending periods of rule by Denmark and Britain. It was an important forward military outpost for the Germans in both World Wars and was nearly completely destroyed by British bombardment in 1945. It is now a peaceful retreat, home to large nesting sites for Kittiwakes and Guillemots. (B,L,D)

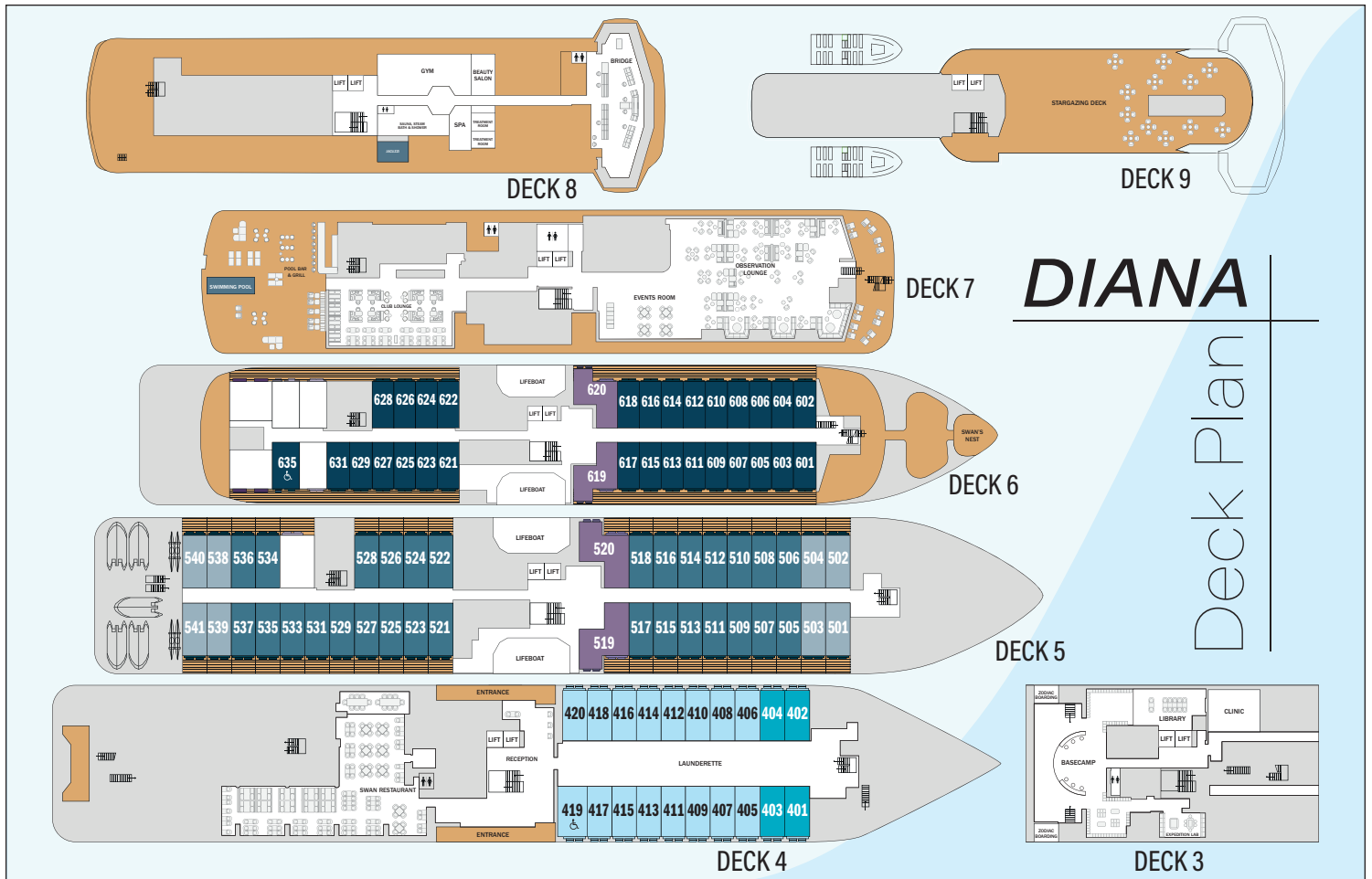
Thursday, July 31

AMSTERDAM/DISEMBARK

After breakfast aboard, disembark *Diana* and transfer to the airport for flights homeward. (B)



Nordfjordeid



All accommodations aboard *Diana* are spacious staterooms and balcony suites. They are elegantly decorated, face outside, affording sea views, and include a queen-size bed that can be arranged as two twin beds, a spacious bathroom, mini-refrigerator, safe, ample closet space, climate control, telephone, TV, Wi-Fi, and USB connections, as well as other amenities.

CATEGORY	DESCRIPTION	RATES PER PERSON / DOUBLE OCCUPANCY
E	Oceanview staterooms with two large oval windows. 206 sq. ft. Deck 4. Staterooms 401-404.	\$ 12,990
D	Oceanview staterooms with two large oval windows. 206 sq. ft. Deck 4. Staterooms 405-420.	\$ 13,590
C	Suites with balcony & living room area. 300 sq. ft. Deck 5. Suites 501-504, 538-541.	\$ 15,690
B	Suites with balcony & living room area. 300 sq. ft. Deck 5. Suites 505-518, 521-529, 531-537.	\$ 16,390
A	Suites with balcony and living room area. 300 sq. ft. Deck 6. Suites 601-618, 621-635.	\$ 17,190
AA	Suites with large balcony, separate bedroom & living room. 474 sq. ft. Decks 5 & 6. Suites 519, 520, 619 & 620.	\$ 21,990

FOR SOLO TRAVELERS | A limited number of cabins are available for single occupants in Category D at 120% of the per-person, double occupancy rate, and in Categories C, B, and A at 150% of the per-person, double occupancy rate.

LOYALTY REWARD PROGRAM

Travel on this cruise program and enjoy savings of **\$400 to \$900** per person on your next voyage with **WELLESLEY COLLEGE and THALASSA JOURNEYS** aboard a Swan Hellenic ship. Savings are determined by the stateroom category booked and is applicable when you reserve your trip within 30 days of the completion date of **NORWAY'S MAJESTIC COASTLINE & FJORDS**

This saving cannot be combined with other offers and is subject to change.

PROGRAM INCLUSIONS

The rates are all-inclusive. There are no hidden costs and no additional charges such as shore excursions or embarkation and port charges. Other than the international airfare and expenses of a personal nature, all else is included. Specifically, the rates include:

- One night at *Clarion Hotel The Edge* (or similar) in Tromsø, including breakfast.
- Welcome reception in Tromsø, and lunch on the day of embarkation.
- Cruise aboard the Swan Hellenic *Diana*, as described in the itinerary.
- Group airport/hotel/pier transfers overseas at designated times on the indicated arrival and return dates, and handling of luggage.
- Program of lectures and discussions with Wellesley Professor Claire Fontijn.
- Additional presentations from onboard expedition team of naturalists.
- Complete program of activities ashore, led by professional local guides.
- All meals aboard the ship, with a selection of wines, beer and soft drinks during lunch and dinner.
- Welcome and farewell cocktail receptions aboard the ship hosted by the captain.
- Open bar with select alcoholic beverages.
- Coffee, including espresso and cappuccino, tea and soft drinks throughout the day and night.
- 24-hour room service.
- Gratuities to the ship's crew, guides, porters and drivers.
- Basic Wi-Fi aboard the ship.
- The services of an experienced Thalassa Journeys Trip Director.
- All local taxes and service charges, including port and embarkation taxes.
- Complete pre-departure material.

NOT INCLUDED: International airfare; travel insurance; expenses of a personal nature; any items not mentioned in the itinerary or the above inclusions.



Nidaros Cathedral, Trondheim

REGISTRATION

WELL 25D-0719

Enclosed is my check or credit card no. for \$ _____ (\$ 1,500 per person) as a deposit to hold _____ place(s) on **NORWAY'S MAJESTIC COASTLINE & FJORDS**, July 19 - 31, 2025 with Wellesley College. I understand that final payment is due ninety (90) days prior to departure and is payable by check or credit card.

For reservations, please call Thalassa Journeys at: (866) 633-3611

or make a check payable and mail with this registration forms to:

Thalassa Journeys: 8815 Conroy-Windermere Rd., Suite 406, Orlando, FL 32835

AmEx Discover Visa Master Card

No. _____

Exp. _____ 3- or 4-Digit Security Code _____

PLEASE SELECT STATEROOM CATEGORY IN ORDER OF PREFERENCE

1st choice _____ 2nd choice _____ 3rd choice _____

Double Occupancy Single Occupancy (Inquire for rates)

PREFERRED BED CONFIGURATION

Double _____ Twin _____

FIRST MIDDLE LAST (AS ON YOUR PASSPORT)

FIRST MIDDLE LAST (AS ON YOUR PASSPORT)

ADDRESS _____

CITY/STATE/ZIP _____

TELEPHONE (HOME) _____

(CELL) _____

SIGNATURE _____

DATE _____

EMAIL _____

SIGNATURE _____

DATE _____

Each participant must sign below: I/We have read the "General Information" section and agree to its terms.

GENERAL INFORMATION

PAYMENT SCHEDULE: A deposit of \$1,500 per person is required to reserve your space on the tour. Final payment is due 90 days prior to departure. Payment can be made by personal check or charged to a credit card.

CANCELLATIONS & REFUNDS: All cancellations are subject to a \$300 per person administrative fee. Cancellations received 71-90 days prior to departure will be assessed a penalty equal to 50% of the total program cost per person. Cancellations received within 70 days of departure are subject to 100% cancellation penalties. Requests for cancellations must be made in writing. No refunds will be made for any part of this program in which you choose not to participate.

INSURANCE: We strongly recommend the purchase of trip cancellation insurance, which is available for coverage of expenses in conjunction with cancellation due to illness or accident. Baggage insurance is also recommended. In the event that you must cancel your participation in a travel program, trip cancellation insurance may be the only source of reimbursement.

ITINERARY: The itinerary, accommodations and arrangements are subject to change at the discretion of Thalassa Journeys.

RESPONSIBILITY: Please read carefully the following terms and conditions, which constitute the sole, legally enforceable agreements between the traveler and Thalassa Journeys. Thalassa Journeys acts solely as agents for the traveler with respect to all transportation, hotel and other tour arrangements. In that capacity, we exercise all reasonable care possible to ensure the traveler's safety and satisfaction, but, we neither assume nor bear any responsibility or liability for any injury, death, damage, loss, accident, delay or irregularity arising in connection with the services of any ship, airplane, train, automobile, motor coach, carriage or other conveyance, or the actions of any third-party, involved in carrying the traveler or in affecting these tours. We are not responsible for damages, additional expenses, or any other losses due to cancellation, delay or other changes in air or other services, sickness, weather, strike, war, civil disturbances, acts or threats of terrorism, travel warnings or bans, termination or suspension of war risks or other carrier insurance, quarantine, acts of God or other causes beyond our control. All such losses must be borne by the traveler, and tour rates provide for arrangements only for the time stated. In the event of cancellation, delay or rescheduling mandated by any of the aforesaid causes beyond our control, the traveler shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by us, or else, receiving a refund of as much of such advance tour expenditures as we are able to recover on the traveler's behalf from carriers, third-party tour vendors, etc., but, we shall not have any obligation or liability to the traveler beyond the foregoing. We reserve the right to make alterations to the tour's itinerary and to substitute hotels, transportation methods, or lecturers if this is required. We reserve the right to cancel, delay, or reschedule any tour prior to departure, and, so long as this is not due to any of the aforesaid causes beyond our control, the traveler shall be entitled to a full refund of all monies paid to that point if he/she so desires. No refund shall be made for any unused portion of any tour. By forwarding their deposit(s), the traveler certifies that he/she and/or their dependents, minors or others covered thereby do not have any mental, physical or other condition of disability that could create a hazard for them or other travelers. We reserve the right to decline to accept or to decline to retain any person as a member of any tour should such person's health, condition or actions adversely affect or threaten the welfare or safety of other travelers or impede the tour. Baggage or valuables brought on the tour shall be transported, handled or stored at the traveler's risk entirely, and, we shall bear no liability or responsibility for any damage or other loss thereto. Resolution of any disputes arising hereunder shall be affected exclusively in the state or federal courts presiding in Florida, pursuant to applicable Florida law.

RATES: Tour costs are based upon current airfares, tariffs, and currency values. While we do everything possible to maintain the listed prices, they are subject to change.

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Svartisen Glacier

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