

Shore Excursions

Dublin, Ireland to Copenhagen, Denmark
SIRENA — June 03, 2025

EXPLORE ASHORE

Oceania Cruises shares your passion for new discoveries and that has led us to create award-winning shore excursions and tours that explore the world's most important historical, cultural and artistic gems. The wide variety of tour options means you may choose from the most enriching tours and adventures available in each of our ports of call. Witness natural wonders, explore human-made marvels and immerse yourself in the culture, history and cuisine of these storied destinations.

Reasons to book - Enjoy peace of mind knowing that your excursions are monitored by the ship's staff and start pierside for your security and convenience. Professional English-speaking experts guide you through your journey. A staff of experienced excursion specialists expertly plans each tour and is dedicated to maximizing your time in each port. Travel with premier, licensed and insured tour companies aboard the best available, climate-controlled luxury transportation. Plus, your excursion price is guaranteed from the moment you book with no penalty on cancellations up to embarkation day.

PACKAGES & PRICING

Your voyage offers the pricing options below.

À La Carte Excursions

Individual à la carte excursions are available for pre-purchase. Reserving in advance gives you the peace of mind knowing that your excursions have been pre-arranged and pre-reserved prior to your arrival.

Oceania Select Excursions - While all of the shore excursions offer extraordinary experiences, some are so outstanding and so awe-inspiring that they merit special recognition. These tours are designated as Oceania Select excursions and offer unique, one-of-a-kind experiences to the passionate explorer wishing to delve even deeper into a region's culture and history.

Oceania Exclusive Excursions - For those travelers who prefer an added measure of privacy, intimacy and flexibility, we also offer our Oceania Exclusive excursions. With a minimum participation of 10 guests, and never more than 16, these excursions benefit from a higher level of personal attention and detail only possible in small groups.

Simply More Shore Excursion Package

Save 25% - Our Simply More Shore Excursion Package (formerly known as Your World Collection) provides you with the flexibility to design a personalized, value-packed collection of excursions. Best of all, you will save 25% off onboard à la carte prices when you reserve the shore excursion minimum. Save 25% when you reserve the minimum of 5 shore excursions.

BOOK YOUR SHORE EXCURSIONS
















If you purchase a shore excursion package, you also receive priority confirmation of your selections. This added benefit is especially appealing if you wish to ensure that you have a place on the most popular tours in marquee cities such as Santorini, Rome, Bordeaux and Istanbul, to name a few.

All excursion packages have the added convenience of being fully refundable until sail date and must be purchased in advance of sailing to enjoy the maximum savings. Packages will be non-refundable thereafter. À la Carte excursions will remain fully refundable up until 36 hours before the excursion. You may pre-purchase shore excursions up until 7 days prior to your sail date.

OceaniaCruises.com - OceaniaCruises.com offers a wealth of information about your cruise. Learn about and purchase shore excursions, select pre- and post-cruise hotel programs, find answers to frequently asked questions, read general information about your upcoming cruise experience, and much more. Our website safely and securely accepts credit card payments; you will automatically receive confirmation of your online purchase by email. All shore excursions purchased online receive priority processing and guaranteed acceptance.

To book your shore excursions, visit [OceaniaCruises.com/myaccount](https://www.oceaniacruises.com/myaccount) or call Oceania Cruises 855-OCEANIA (855-623-2642).

THROUGHOUT THE FOLLOWING PAGES, YOU WILL FIND SYMBOLS WITH EACH DESCRIPTION TO ASSIST YOU IN CHOOSING THE SHORE EXCURSION THAT IS RIGHT FOR YOU:

 Minimal activity	 Moderate activity	 Oceania Exclusive	 Beyond Blueprints	 Go Green
 Easy activity	 Strenuous activity	 Oceania Select	 Culinary Discovery	 Go Local
 Evening excursion	 Meal included	 ADA Accessible	 Food & Wine Trails	 Wellness Tour

Belfast, Northern Ireland

BFS-001 ARDS PENINSULA & GREY ABBEY

Date: Jun 04, 2025 Time: 08:30 AM

Duration: 4.00 Hrs Price: \$199.00



OVERVIEW

Head outside of Belfast and well off the beaten track on a tour of rural Ards Peninsula in County Down, with an inside visit to abbey ruins dating back to 1193. The coastal roads play hide and seek with the sea, darting in and out of rounded hills and giving glimpses of sandy beaches and bustling harbors. A fine example of a PBS-style Georgian country home, Grey Abbey House has been in the same family for over 400 years, and the crumbling Cistercian abbey you'll tour on its park-like grounds is twice that age. Sights seen elsewhere on this tranquil peninsula include the rustic fishing village of Ballywalter and the seagoing town of Donaghadee, where you'll enjoy spectacular views across the Irish Sea – and perhaps even spot Scotland. The 1836 lighthouse here was first in Ireland to be lit by electricity. An Irish Coffee stop at a friendly local hostelry and some free time to independently explore this pretty little hamlet provide a refreshing glimpse into pastoral life on Ards.

HIGHLIGHTS

- Enjoy a magical coastal drive through the Ards Peninsula, near Belfast yet unexpectedly rural.
- See Stormont Castle enroute, seat of the Northern Ireland Assembly and symbol of newfound accord.
- Wander the evocative ruins of a 12th-century abbey on the grounds of a Georgian manor house.
- Pass through picturesque villages, stopping in one for Irish Coffee and incomparable Irish Sea views.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour can include up to 1 1/2 hours of walking, mainly at the guest's discretion. The site at Grey Abbey is not suitable for wheelchair guests or those guests with mobility concerns. Caution should be taken as the terrain includes uneven surfaces. Guests should be prepared for the possibility of rain. The order of sites visited may vary.

BFS-002 A LEISURELY DRIVE THROUGH BEAUTIFUL BELFAST

Date: Jun 04, 2025 Time: 08:30 AM

Duration: 3.25 Hrs Price: \$129.00



OVERVIEW

Spend several relaxing hours driving through Belfast, taking in the most significant and historical landmarks in Northern Ireland's capital. Among them is a collection of buildings that reflects the city's 19th-century industrial and shipbuilding heyday. You will see the Grand Opera House and the towering Albert Memorial Clock, and pass Queen's University and the Botanic Gardens, where the cast-iron and curved glass Palm House stands as a lasting memorial to the Victorian ideal. A stop will be made to admire the stonework and statuary at the Belfast City Hall, including its solemn memorial to the ill-fated RMS Titanic. You will discover more about the vessel through interactive exhibits at the shipyard that built it. You will also drive out to the Parliament Buildings at Stormont, explore the notorious Crumlin Road Jail and views sections of the Peace Wall built to separate the Protestant and Catholic neighborhoods. The wall is brightly painted with political murals.

HIGHLIGHTS

- Admire Belfast's architectural treasures on a panoramic driving tour through downtown.
- Pause at city hall for photos of a memorial to the Titanic, which was built in Belfast.
- Explore interactive exhibits that detail the building and launch of the Titanic.
- See murals with political messages on the walls separating Protestant and Catholic areas.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour is panoramic with only brief photo stops. It is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns should only participate to the extent of their stamina and ability. The order of sites may vary. It is not always possible to stop on Shankill and Falls Roads, as they are one way streets with a business district nearby. Alternatively, it may be a different political wall mural that you may see.

BFS-004 THE FAMOUS PUBS OF BELFAST

Date: Jun 04, 2025 Time: 08:30 AM

Duration: 3.25 Hrs Price: \$159.00



OVERVIEW

Join us as we visit a pair of convivial pubs and experience traditions that have been a cornerstone of Belfast social life for centuries. Once transported to the city center by coach, you'll take to the streets on foot as your guide leads the way to the evening's two designated pubs. They're part of a historic group of hostelries we've specially hand-picked for their character and authenticity. Some are known for their music and atmosphere, many have good food, and all of course offer a great pint or a comforting hot whiskey. In addition to your two included drinks, you'll savor plenty of craic – the Gaelic word for lighthearted conversation and the simple enjoyment of life. Pubs on the contender list include The Morning Star, once a coach stop; McHugh's Bar, a 300-years-young alehouse with a checkered past; triangular Bittles Bar, awash in literary memorabilia; and Whites Tavern, hidden deep down a cobbled lane.

HIGHLIGHTS

- With your guide, walk the same evening streets of Belfast that locals have walked for centuries.
- Savor two "drinks of choice" at each of two pubs selected for their authentic period character.
- Opt for perfectly pulled pint of local ale.
- Experience a bit of the simple enjoyment of life known to the Irish as craic, sought with gusto.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.

PLEASE NOTE

This tour involves a considerable amount of walking and some of the locales visited are not wheelchair accessible. The tour is not available to wheelchair guests, and those with mobility concerns are cautioned to evaluate their personal level of stamina before participating. Two drinks are included; one each in two pubs. Additional beverages may be purchased individually. Specific pubs visited will vary. Participants must be at least 18 years of age.

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

BFS-005 MOUNT STEWART HOUSE & GARDENS

Date: Jun 04, 2025 Time: 08:30 AM

Duration: 3.75 Hrs Price: \$189.00



OVERVIEW

Travel into pastoral County Down by coach to visit a Neo-classical country estate considered one of Northern Ireland’s most elegant. This celebrated National Trust property has been home to the Londonderry family for generations, and as Lord Castlereagh’s house has played host to many a prominent political figure. Beneficiary of an extensive 2013-14 restoration effort, the house has never shone more brightly – as you’ll see on your guided inside tour. New rooms and significant collections of family memorabilia are on show to the public for the first time, along with fine furnishings, porcelain and paintings. Outside in the romantic gardens, you’ll be tempted to stroll forever within this expansive landscape of unique and artistic plantings, colorful flower beds, and grand formal and informal vistas. First planted in the 1920s, these gardens are a living treasure, as meticulously cared-for today as ever, and were recently voted among the top ten gardens in the world.

HIGHLIGHTS

- Enjoy a pleasant hour’s drive across the Northern Ireland countryside to a spectacular country estate.
- Take a guided inside tour of a home that’s been in the same family for two centuries, and hosted Irish notables for far longer.
- See Mount Stewart’s history come alive through collections of intimate family memorabilia on display.
- Explore the expansive gardens, wandering a landscape that’s been nominated a World Heritage Site.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes some 2 hours of walking and a flight of 20 steps to reach the upper floor inside the home. A small elevator to the top floor is available for those with mobility issues. Accessing the grounds involves walking along gravel paths. Those with limited mobility are cautioned to carefully evaluate their personal level of ability before participating.

BFS-008 SPECTACULAR GIANTS' CAUSEWAY

Date: Jun 04, 2025 Time: 08:30 AM

Duration: 6.00 Hrs Price: \$269.00



OVERVIEW

Drive along an immensely picturesque coastal road that leads to Dunluce Castle and the geological curiosity Giant’s Causeway. This epic stretch of highway offers some of the most beautiful vistas in Ireland, including the ruins of Dunluce Castle, where you will pause for photos. Once the headquarters of the MacDonnell clan, the castle was abandoned after part of it fell into the sea during a violent storm in 1639. Recent excavations have revealed the remains of an adjacent town from that period. Continuing on, you will soon arrive at the Giant’s Causeway, an area of more than 40,000 black basalt columns that volcanic activity created about 50 million years ago. According to legend, giants strode across the columns over the sea from Scotland, giving way to the causeway’s name. The columns look uniformly shaped, a geological occurrence so unusual that the columns have been deemed a UNESCO World Heritage site. The on-site visitor center further explains the geological formations.

HIGHLIGHTS

- Explore the Giant’s Causeway, a geological wonder worthy of World

Heritage site status.

- Hear legends of the causeway’s formation and view exhibits that explain the geology.
- Snap photos of Dunluce Castle, the seat of the MacDonnell clan.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes with a non-slip sole are required.
- Bring a hat, sunglasses, and sunscreen as needed.

PLEASE NOTE

This tour includes considerable walking over uneven surfaces and is not considered suitable for wheelchair guests or those with mobility concerns. The order of sites seen may vary.

BFS-009 THE TITANIC TRAIL

Date: Jun 04, 2025 Time: 08:30 AM

Duration: 4.25 Hrs Price: \$139.00



OVERVIEW

Discover the full backstory of the Titanic on a fascinating tour that includes access to historic buildings and locations that were integral to the great ship’s creation. Travel back to the 1900s in the Titanic Quarter as you view the former headquarters of Harland and Wolff, see the drawing offices where she was designed, and take in the sounds and smells of the steam-powered pumps that operated the dock. Trace the full length of the dock to truly capture the size and scale of the Titanic and see where its 100-year-old caisson gate still stands. You can even walk along the bottom of Titanic’s dock to explore where she last rested on dry ground. After light refreshments in the Pump House Café, you’ll visit the iconic new 6-story building housing Titanic Belfast. This state-of-the-art interactive experience presents the ship’s story from conception here in Belfast, through her construction and launch, to her tragically interrupted maiden voyage. The powerful history is carried up to the present with the discovery of the wreck, and into the future with live links to ongoing undersea exploration.

HIGHLIGHTS

- Gain a vivid new understanding of RMS Titanic, here in the city where she was built and launched.
- Explore the Titanic Quarter and see the massive cranes, drafting rooms and pumps – even walk the very slipway that once held Titanic.
- Tour the new Titanic Belfast, a signature building whose very shape suggests a great ocean liner’s hull.
- Dive deeper into history through advanced interactive exhibits that bring you directly into the story.
- Enjoy a break for light refreshment in a café located within the Quarter’s historic Pump-House building.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes a significant amount of walking, including steps and some uneven surfaces. It is not available to wheelchair guests and not recommended for those with mobility concerns. The order of sites viewed or visited may vary.

BFS-016 A DAY IN ST. PATRICK'S COUNTRY

Date: Jun 04, 2025 Time: 08:30 AM

Duration: 7.25 Hrs Price: \$179.00



OVERVIEW

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

Take an excursion into the life and locales of Ireland’s patron saint, crossing lovely terrain to visit ancient holy sites and a 21st century interpretive center. The Saint Patrick Centre, an hour outside Belfast, starts the beloved saint’s story off with a super 20-minute multimedia presentation. Later, you’ll travel far back in time on a tour of Down Cathedral, a building with roots dating back to the early Christian period, perched on a fortified hill with Neolithic origins. Outside, a massive granite marks Saint Patrick’s gravesite. Traditionally, emigrants leaving Ireland carried a handful of “old sod” with them from this sacred spot. In Downpatrick, a traditional Northern Ireland town, you’ll have a free interval to explore independently and find lunch in a cozy pub or café. Later, a stop at the Saul-the-first ecclesiastical site brings you back to the ancient era; the monastery here was last restored around 1140. The two-hour return drive to Belfast is loaded with beauty as it crosses by ferry from Strangford to Portaferry and up through pastoral Ards Peninsula, a designated Area of Outstanding Natural Beauty.

HIGHLIGHTS

- Cross the Irish countryside by coach to visit key locales from the life of Ireland’s beloved patron saint.
- Take a guided inside tour of hilltop Down Cathedral, the historical burial place of Saint Patrick.
- Visit the massive granite marker marking the saint’s grave, a pilgrimage spot holy to all Irish people.
- Enjoy some free time to explore in Downpatrick and to seek out a relaxed pub or café lunch.
- Cross idyllic Strangford Lough by ferry and take in magnificent rural scenery enroute back to Belfast.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

Tour may not be available on all sailings. There will be an opportunity to purchase lunch at your own expense in Downpatrick. The order of sites viewed or visited may vary.

BFS-024 EPIC DUBLIN & TRADITIONAL TASTINGS

Date: Jun 04, 2025 Time: 08:30 AM
Duration: 9.00 Hrs Price: \$259.00



OVERVIEW

OVERVIEW Delve deeply into Irish history at the EPIC Emigration Museum and get a taste of the iconic potato that forced millions of people to leave the country. Few attractions are quite so all-encompassing and interactive, as you will discover through the museum’s engaging stories of Irish emigrants that achieved greatness in everything from music and art to sports and fashion. Unlike most museums, this one invites you to participate by swiping through video galleries, taking motion sensor quizzes, watching videos and listening to remastered historical audio tracks. It is a complete immersion, much of it centered around the diaspora and how those Irish emigrants shaped the world. Many left in the mid-1800s because of the potato famine that caused widespread starvation and disease. You will see how the potato has redeemed itself at the Boxty House restaurant by watching a chef prepare authentic boxty potato pancakes. Samples will be served with a selection of craft beers.

HIGHLIGHTS

- Browse the exceptionally engaging and interactive displays at the EPIC Emigration Museum.
- Discover the history of Ireland through stories of the emigrants that left their marks on the world.

- Watch a chef prepare potato pancakes known as boxty and sample some with craft beers.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

PLEASE NOTE: Participants must be 18 years of age. The tour is not recommended to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of sites visited may vary. Wear comfortable shoes, sunglasses, and comfortable clothing.

BFS-025 MALAHIDE CASTLE & ABBEY TAVERN

Date: Jun 04, 2025 Time: 08:30 AM
Duration: 9.00 Hrs Price: \$279.00



OVERVIEW

OVERVIEW Explore a magnificent 12th-century castle that was the seat of the Talbot family and dine at a traditional tavern, parts of which are more 500 years old. King Henry II gave Richard Talbot the lands at Malahide for his service to the crown in 1185, and they remained in the family until 1975. While touring Malahide Castle, which is decorated with extraordinary period furnishings, you will hear the saga of the Talbots, behold the intricately carved panels of the Oak Room and view the museum-worthy Jacobite portraits in the medieval Great Hall. Like all legendary castles, this one is supposedly haunted, too. The grounds are just as spectacular and manicured to a fare-thee-well, especially the exotic flora in the walled garden. More history awaits you at Abbey Tavern, a restaurant and pub in an elegant 16th-century building in the seaside village of Howth. It is an ideal setting to enjoy a traditional Irish meal.

HIGHLIGHTS

- Tour an extraordinary castle and gardens on property that the Talbot family owned for 800 year
- Browse the castle’s elegant interior, which is decorated with period furnishings and paintings.
- Meander through the castle’s meticulously maintained gardens.
- Dine in Abbey Tavern, a historical setting with cut-stone walls and flagstone floors.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

PLEASE NOTE: The tour is not recommended to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of sites visited may vary. Wear comfortable shoes, sunglasses, and comfortable clothing.

BFS-026 DUBLIN ON YOUR OWN

Date: Jun 04, 2025 Time: 08:30 AM
Duration: 9.00 Hrs Price: \$119.00



OVERVIEW

OVERVIEW Explore the city center of Ireland’s capital on your own with no schedule to follow, which will allow you the freedom to visit the attractions that sound most intriguing. You will be dropped off in the heart of Dublin, a wonderfully compact and historical area where most of the buildings are a mix of 18th-century Georgian and 19th-century Victorian styles. You will be free to meander wherever you wish, but you might consider landmarks such as Dublin Castle and Trinity College, whose library holds the medieval Book of Kells, the hand-illuminated manuscript of the Gospels that is more

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

than 1,000 years old. You may also wish to see Saint Patrick’s Cathedral, the largest church in Ireland. It was constructed in the 13th century on a site where Saint Patrick supposedly baptized converts. Art lovers will surely be enamored by the extraordinary collection of works in the National Gallery of Ireland.

HIGHLIGHTS

- Spend hours exploring Dublin independently and at your own pace.
- Maximize your time by focusing on the attractions most suited to your interests.
- Explore landmarks such as Dublin Castle and lesser-known attractions, if you wish.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

PLEASE NOTE: The tour is not recommended to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of sites visited may vary. Wear comfortable shoes, sunglasses, and comfortable clothing.

BFS-027 PANORAMIC BELFAST & TITANIC

Date: Jun 04, 2025 Time: 08:30 AM
Duration: 4.00 Hrs Price: \$129.00



OVERVIEW

OVERVIEW Settle in for an immensely panoramic drive through Northern Ireland’s capital and stop along the way for an in-depth exploration of the Titanic Belfast exhibition. The downtown exudes history as you will discover while traveling past 19th-century landmarks such as the Grand Opera House, Queen’s University and the Albert Memorial Clock tower, which tilts noticeably much like the famed Leaning Tower in Pisa. Belfast’s city hall is another architectural treasure, revered as much for its Baroque Revival design as the marble statue out front that commemorates the sinking of the RMS Titanic, the ill-fated ship that was built in Belfast. While browsing the Titanic Belfast exhibition, which occupies the site of the former shipyard, you will be captivated by the interactive experiences, videos and displays that tell the tragic story of the Titanic from beginning to end. One of the highlights will be riding through the replica shipyard that shows the Titanic under construction.

HIGHLIGHTS

- Enjoy a panoramic drive through Belfast, passing some of its most iconic landmarks.
- See 19th-century treasures such as city hall, the Grand Opera House and Queen’s University.
- Browse Titanic Belfast, whose exhibitions tell the tragic story of the famed cruise ship.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

PLEASE NOTE This tour includes approximately 2 hours of walking. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. Order of sights visited may vary.

BFS-AC1 ACCESSIBLE-PEACE WALL & TITANIC EXHIBITION

Date: Jun 04, 2025 Time: 08:30 AM
Duration: 4.00 Hrs Price: \$349.00



OVERVIEW

OVERVIEW BFS-AC1 COMPANION This excursion is for guests that use a cane/walker, have limited mobility issues or for companions of those guest that have booked mobility equipment tour. Those guests that are fully dependent on their mobility device please book: BFS-AC2

ACCESSIBLE-PEACE WALL & TITANIC EXHIBITION- Mobility Equipment D past many of the most iconic attractions in Belfast before browsing the eye-opening Titanic Belfast exhibition. It won’t take long to reach the peace walls, which are covered with murals that illustrate the history of the Troubles, during which the Catholic Irish nationalists battled the Protestant British loyalists. The city center will offer a different perspective of Northern Ireland’s capital. As you admire attractions such as the Parliament and the Baroque Revival city hall, the guide will elaborate on Belfast’s history. Saint Anne’s Cathedral is another landmark from the early 20th century. Its Spire of Hope features the largest Celtic Cross in Ireland. Belfast is also synonymous with the Titanic, as the ill-fated ship was constructed there. While browsing the Titanic Belfast exhibition on the site of the former shipyard, you will learn about the world’s most famous cruise ship through displays that present its story from beginning to end.

HIGHLIGHTS

- See one landmark after another while driving through Northern Ireland’s capital.
- View icons such as the peace walls, Parliament and Saint Anne’s Cathedral.
- Browse the enlightening displays within the Titanic Belfast exhibition.

HELPFUL HINTS

- Dress in weather-appropriate clothing.

PLEASE NOTE

PLEASE NOTE: Tour includes step-free routes, shorter distances and no stairs. Accessible restrooms with wide doors for wheelchairs are present along the tour route. Vehicles are adapted with an access ramp (or lift where available) to accommodate a limited number of wheelchairs and/or mobility scooters. Guides are not allowed to push wheelchairs; therefore, guests needing special assistance must be accompanied by an able-bodied.

BFS-AC2 ACCESSIBLE Mobility Equipment - PEACE WALL & TITANIC EXHIBITION



Date: Jun 04, 2025 Time: 08:30 AM
Duration: 4.00 Hrs Price: \$349.00

OVERVIEW

OVERVIEW This excursion is for guests who are fully dependent on their mobility device. You will be required to supply your own wheelchair/scooter. Your mobility equipment (manual or electric) must not exceed the following dimensions: W: 33", L 43", H 59", Weight: 661 lbs. Those guests that are companions, use a cane or walker, or have limited mobility issues must book the companion tour code: BFS-AC1 ACCESSIBLE COMPANION- PEACE WALL & TITANIC EXHIBITION Tour includes step-free routes, shorter distances and no stairs. Accessible restrooms with wide doors for wheelchairs are present along the tour route. Vehicles are adapted with an access ramp (or lift where available) to accommodate a limited number of wheelchairs and/or mobility scooters. Guides are not allowed to push wheelchairs; therefore, guests needing special assistance must be accompanied by an able-bodied. Drive past many of the most iconic attractions in Belfast before browsing the eye-opening Titanic Belfast exhibition. It won’t take long to reach the peace walls, which are covered with murals that illustrate the history of the Troubles, during which the Catholic Irish nationalists battled the Protestant British loyalists. The city center will offer a different perspective of Northern Ireland’s capital. As you admire attractions such as the Parliament and the Baroque

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

Revival city hall, the guide will elaborate on Belfast's history. Saint Anne's Cathedral is another landmark from the early 20th century. Its Spire of Hope features the largest Celtic Cross in Ireland. Belfast is also synonymous with the Titanic, as the ill-fated ship was constructed there. While browsing the Titanic Belfast exhibition on the site of the former shipyard, you will learn about the world's most famous cruise ship through displays that present its story from beginning to end.

HIGHLIGHTS

- See one landmark after another while driving through Northern Ireland's capital.
- View icons such as the peace walls, Parliament and Saint Anne's Cathedral.
- Browse the enlightening displays within the Titanic Belfast exhibition.

HELPFUL HINTS

- Dress in weather-appropriate clothing.

BFS-BB1 BEYOND BLUEPRINTS - BELFAST

Date: Jun 04, 2025 **Time:** 08:30 AM
Duration: 4.00 Hrs **Price:** \$279.00



OVERVIEW

Explore two contemporary landmarks that have transformed Belfast with an architectural historian that will describe how the massive projects reflect the city's history. Victoria Square is the largest shopping center in Northern Ireland and its construction exposed much about the city's past. Your guide will explain how Belfast's original docks and several prehistoric settlements were unearthed as the foundation for Victoria Square was dug. These underground discoveries reveal how Belfast developed over the centuries. Belfast's maritime heritage will come to light in Titanic Belfast, an attraction built on the exact site where the ill-fated Titanic was designed, built and launched. While browsing the exhibits, you will also gain an appreciation for the building that houses them. The aluminum-clad structure looks like four ship hulls connected to an atrium lined with metal panels much like those that covered the Titanic. The guide will point out other similarities between the ship and the building, all of them fascinating.

HIGHLIGHTS

- Behold two ultramodern buildings with an architectural historian that will offer an insider's view.
- Discover what was unearthed during the construction of Belfast's largest shopping center.
- Be awed by the maritime-influenced design of Titanic Belfast and browse the exhibits inside.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

PLEASE NOTE : This tour includes approximately 2 hours of walking over mainly flat and even surfaces and a coach to move around the city. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.

BFS-CM1 CAPTURE THE MOMENT - BELFAST

Date: Jun 04, 2025 **Time:** 08:30 AM
Duration: 4.50 Hrs **Price:** \$169.00



OVERVIEW

OVERVIEW Snap selfies at the most photogenic spots in and around Belfast, many of them iconic attractions that define the city. To ensure the

best possible results, a selfie expert guide will offer tips so you can capture just the right angle, lighting and composition for every shot. Selfie sticks and selfie photo frames are also available. Your pictures will be ideal for posting on social media and sharing in other ways. As you walk and ride through Belfast, you will pause at designated selfie stops that include:

- Anne's Cathedral • Albert Memorial Clock • Belfast City Hall • Botanic Gardens • SS Nomadic cruise ship

HIGHLIGHTS

- Take inspiring selfies at the most photogenic attractions in Belfast.
- Follow tips from your selfie expert guide to ensure the very best pictures.
- Learn the historical significance of the locales while enjoying their dramatic settings.
- See architectural treasures such as Anne's Cathedral and Albert Memorial Clock.
- Enjoy the serenity of the Botanic Gardens and free time around the SS Normadic.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

This tour will only include external visits. The tour is not recommended for guests who utilize a wheelchair, scooter, or who have any walking limitations. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of sites visited may vary. Wear comfortable shoes, sunglasses, and comfortable clothing. Bring your own fully charged cellphone or camera. A limited number of selfie sticks will be available to share. Guests who go ashore do so with the understanding that they will be mixing with members of the general public. Guests who miss the return transportation will be responsible for getting back to the ship. The tour is sensitive to weather conditions (rain, wind, and sun).

BFS-GG1 WETLANDS CENTRE AT CASTLE ESPIE

Date: Jun 04, 2025 **Time:** 08:30 AM
Duration: 3.50 Hrs **Price:** \$139.00



OVERVIEW

Observe the wildlife, especially water birds, that flourishes in the diverse wetlands at Castle Espie on the shores of Strangford Lough. As an introduction to this beautifully restored avian reserve, you will follow a naturalist through the salt marshes, estuaries, tidal lagoons and woodlands. You can expect to see vast numbers of native and migratory birds, some of them rather exotic. While pausing at camouflaged bird hides that allow for up-close viewing, you may spot kingfishers, Brent geese, terns and countless songbirds such as linnets, a type of finch with an easy-to-recognize twittering call. It can be heartwarming and quite amusing to watch the newly hatched downy ducklings practice swimming and dive for food. Otters and butterflies are also abundant. The naturalist will help identify the various species and describe their characteristics. Time will also be allowed to browse an environmental art gallery and explore independently.

HIGHLIGHTS

- Walk through wetlands that have been hailed for their restoration and sustainable design .
- Follow a naturalist that will describe the extraordinary flora and fauna .
- Watch countless species of birds, which are drawn to the wetlands' diverse habitats .

HELPFUL HINTS

- Dress in weather-appropriate clothing .

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

- Wear flat comfortable walking shoes .

PLEASE NOTE

This tour includes approximately 1.5 hours of walking, plus any additional walking at the guests' discretion during free time. The sights on this tour are wheelchair accessible and therefore, it is available to wheelchair guests and those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Comfortable, flat walking shoes, light clothing and a hat are recommended

BFS-GL2 BELFAST FOOD TRAIL

Date: Jun 04, 2025 Time: 08:30 AM
Duration: 4.00 Hrs Price: \$299.00



OVERVIEW

Gain a greater understanding of Northern Ireland and its culture by following a foodie guide through Belfast and sampling classic dishes and delicacies. The exact locations to be visited will be determined the day of the excursion, but they will definitely be establishments that best represent the cuisine of Northern Ireland. They will be the markets, restaurants and cafés that the locals frequent, rather than those typically found in guide books. You may start at St. George's Market, Ireland's oldest covered market. You could be offered a chunk of fried eel or a bite of Belfast bap, a hearty sandwich typically loaded with Irish bacon, scrambled eggs and cheddar cheese. Continuing on to other foodie locales, you might try a few spoonfuls of colcannon, a mixture of mashed potatoes, cabbage, cream and butter. Of course, potatoes appear in all sorts of classic dishes such as Irish stew, Ulster fry and boxty, a tasty potato pancake.

HIGHLIGHTS

- Follow a local foodie around Belfast and sample a variety of classic dishes.
- Stop in the markets, restaurants and cafés that the locals frequent.
- Expect to taste favorites such as Belfast bap, colcannon and boxty, a potato pancake.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

PLEASE NOTE

This tour includes about three hours of moderate walking and standing with some inclines and uneven surfaces to negotiate. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns, who should evaluate their stamina and ability before joining the tour.

Ullapool, Scotland

ULP-001 KNOCKAN CRAG HIKE

Date: Jun 05, 2025 Time: 10:30 AM
Duration: 3.00 Hrs Price: \$199.00



OVERVIEW

Hike the staggeringly beautiful trails of Knockan Crag, a set of ancient cliffs that taught 19th-century geologists the secret of what happens when continents collide. A walk across these exposed layered rock formations in the Highlands north of Ullapool lets you see 500 million years of geological history in a single glance – even touch it with your own hands. After an enlightening orientation of the crag's geology in the Rock Room interpretive center, you'll venture out along the trails. The hike will bring you past the famed Moine Thrust, where the darker rocks on top were discovered to be much older than the lighter-colored ones beneath them. The explanation of this phenomenon set the 19th-century scientific world afire – since it

provided rock-hard evidence for the first time that the earth's crust can shift sideways in response to enormous collision forces within its underlying tectonic plates. Well-understood now, the idea that these thrust tectonics could be responsible for building mountains – including the Alps and Himalayas – was utterly revolutionary at the time. Your present-day trek involves quite a bit of single-file walking, at times over steep rocky terrain, but the amazing views are well worth it.

HIGHLIGHTS

- Depart the pier by coach and be quickly immersed in the rugged beauty of the Highlands.
- Begin your visit to Knockan Crag Nature Reserve with an enlightening orientation in the Rock Room interpretive center.
- Set out on an expertly guided trail hike into a spectacular line of cliffs whose rock formations reveal powerful tectonic forces at work millions of years ago.
- Anticipate a slightly arduous trek – that delivers views and scenery worth every bit of the effort.

HELPFUL HINTS

- Wear warm, layered clothing including a waterproof outer layer.
- Flat, sturdy hiking shoes are required.
- Bring a hat, bottle of water from the ship, and sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 90 minutes of hiking over uneven natural surfaces, with some steep inclines and steps involved. Participants should be in good physical condition and have sufficient agility to proceed in single-file formation over narrow sections of hiking path. The tour is not available to wheelchair guests or those with mobility concerns and the cruise line and ground operator reserve the right to deny participation to any guests they deem unsuited to the tour's activity level.

ULP-002 CORRIESHALLOCH GORGE & LOCH BROOM

Date: Jun 05, 2025 Time: 10:30 AM
Duration: 4.00 Hrs Price: \$169.00



OVERVIEW

Revel in rugged beauty on a drive along Loch Broom to visit a waterfall gorge considered one of the Scottish Highlands' most impressive natural wonders. Your coach will head south from the pier, tracing the shoreline of lovely, mountain-surrounded Loch Broom. Your destination is Corrieshalloch Gorge National Nature Reserve, a geological marvel carved out of the surrounding rock by a thunderous torrent of melt-water released at the end of the last Ice Age. The powerful River Droma still thunders through this tree-shrouded chasm, plunging down over 325 feet in a series of dramatic falls, tallest of which is the Falls of Measach, a sheer plummet of 150 feet. It's a spectacular sight to see and hear up close, which you will soon do. Your guided woodland walk toward the waterfall leads across a suspension bridge that offers excellent views into the gorge, while a second bridge provides wonderful views of the lush cloak of ferns, mosses and liverworts that somehow manage to hang on to the steep ravine walls and riverbed boulders. After your invigorating walk, a return drive through wild Dundonnell Forest and tea at the Dundonnell Hotel make for a relaxed excursion finish.

HIGHLIGHTS

- Enjoy a remarkably scenic coach trip along Loch Broom and into the Highlands mountain terrain.
- Visit majestic Corrieshalloch Gorge, a geological wonder carved out of the rock during the last Ice Age.
- Take a walk through the woods and over a pair of suspension bridges to a dramatic waterfall.

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

- Enjoy outstanding views of the primeval gorge and its sheer walls covered with lush growth.
- Drive back through a wild forest area, stopping for tea and a stroll at the Dundonnell Hotel.

HELPFUL HINTS

- Wear warm, layered clothing including a waterproof outer layer.
- Flat, comfortable walking shoes with a non-slip sole are recommended.
- Bring a hat, bottle of water from the ship, and sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes about an hour of walking and standing. At the gorge, the walk from the coach park to the suspension bridge is approximately 10 minutes over uneven gravel and sand surfaces. It is then necessary to cross the slightly swaying bridge and continue walking another 5 minutes in order to reach the second viewpoint. A significant gradient must be negotiated in order to visit the bottom of the gorge. However, nice views can be obtained without actually crossing the bridge. The tour is not available to wheelchair guests and not recommended for those with mobility concerns.

ULP-003 WEST HIGHLAND DRIVE LOCHINVER

Date: Jun 05, 2025 Time: 10:30 AM
Duration: 3.25 Hrs Price: \$149.00



OVERVIEW

Enjoy a leisurely coach journey through the western Highlands, gazing out at a landscape of moorland and lochs and stopping every so often to fully drink in its stunning beauty. As soon as you depart relatively-civilized Ullapool, the terrain quickly grows more wild and rugged. Red sandstone peaks tower above silvery lochs and grey-green moors and the views in every direction become more impossibly picturesque. Even in this rather inhospitable landscape, unexpected pockets of warmer-growing plants flourish thanks to the balmy Gulf Stream waters that pass near this coast. Traversing the heather and grass terrain of Inverpolly National Nature Reserve, be on the lookout for red deer, wildcats, eagles and peregrine falcons. Later, a photo stop at Ardvreck Castle reveals a once-mighty bastion left in a state of romantic ruin for centuries. After following the shoreline of Loch Assynt for a time and passing the county's highest mountain, you'll wind up in Lochinver, a pretty west coast harbor town surrounded by a maze of little lakes known as "lochans." Enjoy a brief exploratory stroll at your leisure here before embarking on the scenic return to Ullapool and your ship.

HIGHLIGHTS

- Settle in for a comfortably-paced panoramic coach tour of Scotland's western Highlands.
- Experience a rugged, timeless landscape of moors, lochs and sandstone mountain peaks.
- See wild Inverpolly Nature Reserve and stop to admire what's left of ancient Ardvreck Castle.
- Take a stroll in tranquil Lochinver, tucked on a large coastal loch and surrounded by smaller ones.

HELPFUL HINTS

- Wear warm, layered clothing including a waterproof outer layer.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour is mostly panoramic in nature with limited optional walking at stops made. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility

concerns are cautioned only to participate to the extent of their personal stamina and ability.

ULP-004 INVEREWE GARDENS & COASTAL DRIVE

Date: Jun 05, 2025 Time: 10:30 AM
Duration: 5.75 Hrs Price: \$209.00



OVERVIEW

Follow one of Scotland's most gorgeous coastal routes to lush Inverewe Garden, a flourishing botanical oasis created out of a barren, rocky landscape in 1862. You'll head out by panoramic coach, tracing the shorelines of Loch Broom, Little Loch Broom, Gruinard Bay and Loch Ewe – fringed with pebbled beaches and Highlands villages. Mesmerizing though this landscape is, Inverewe Garden will still come as a complete head-turner. Visiting this natural paradise today, it's hard to imagine it was once a barren promontory battered by brutal winds and salt spray. The transformation began when Osgood Mackenzie bought the property in 1862, established 100 acres of pines to shelter it, brought in rich soil and began planting. Thanks to visionary planning and the warming effects of the Gulf Stream, Inverewe has blossomed into a subtropical wonderland despite sitting well north of Moscow's latitude. As you stroll its tree-lined paths, look for rare Wollemi pines, Himalayan blue poppies, olearia from New Zealand and rhododendrons from China and India. Exotic flowers are almost always in bloom, including many species from South America. Luckily, the Mackenzie family continued to seed this garden for generations, then ceded it to the National Trust for all to enjoy.

HIGHLIGHTS

- Enjoy a stunning coach journey along the shores of several Western Highlands lochs and bays.
- Take in a pristine coastal landscape dotted with rocky beaches and traditional Scottish villages.
- At Inverewe Garden, step off the coach and into a surprisingly verdant subtropical world.
- Stroll garden pathways where exotic flora from around the world thrives despite being further north in latitude than Moscow.
- Learn how one man's vision was able to transform a windswept promontory into this green paradise.

HELPFUL HINTS

- Wear warm, layered clothing including a waterproof outer layer.
- Flat, comfortable walking shoes with a non-slip sole are recommended.
- Bring a hat, bottle of water from the ship, and sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes nearly 3 hours of walking and standing. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Due to gradients and tree roots, not all areas will be accessible to those in a wheelchair. Guests with mobility concerns are cautioned only to participate to the extent of their personal stamina and ability.

ULP-005 SUMMER ISLES R.I.B. ADVENTURE

Date: Jun 05, 2025 Time: 10:30 AM
Duration: 2.50 Hrs Price: \$209.00



OVERVIEW

Take a seat for an exhilarating waterborne spin via Rigid Inflatable Boat around Scotland's breathtakingly beautiful Summer Isles. After a dockside briefing and gear-up into special waterproof outerwear, you'll set out into Loch Broom, headed for a group of islands that has become a refuge for seabirds and other wildlife. Your seasoned skipper will pilot the

Minimal activity	Moderate activity	Oceania Exclusive	Beyond Blueprints	Go Green
Easy activity	Strenuous activity	Oceania Select	Culinary Discovery	Go Local
Evening excursion	Meal included	ADA Accessible	Food & Wine Trails	Wellness Tour

12-passenger RIB nimbly as you make your way from islet to islet. The first of them, Isle Martin, lies less than a mile off the mainland across from the iron age Viking fort at Dun Canna. The abundant bird life on Martin includes red-throated divers, northern fulmars and tiny finch-like twites. Further out into the bay, Horse Island is home to herds of wild goats and a colony of seals. Next, you'll zip over to Tanera Mor, largest of the Summer Isles and the only one inhabited by humans – as well as herons, buzzards and red grouse in healthy numbers. Conditions permitting, you'll skim the waters toward Cathedral Cave on the isle of Tanera Beg. Vast and open to the sea, the cave provides an ideal shelter for nesting cormorants and other seabird species. It's sure to be a scenic and fun adventure.

HIGHLIGHTS

- Skim the waters of Loch Broom and the Summer Islands via custom-built Rigid Inflatable Boat.
- Enjoy a thrilling ride and get a unique perspective on the Western Highlands coastline.
- Zip past Isle Martin, Horse Island and Tanera Mor – even inspect a sea cave if conditions permit.
- Be on the lookout for abundant wildlife – seabirds, terrestrial birds, wild goats, seals and more.

HELPFUL HINTS

- Wear warm, layered clothing; waterproof outerwear will be provided on the boat.
- Flat, comfortable walking shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

Walking on this tour is minimal; however, travel over the water is at high speed at times and can be rough and bumpy. The tour is not available to wheelchair guests or those with mobility concerns. It is not recommended for pregnant women or those with back, neck or heart problems. Participants must be at least 6 years old and minors must be accompanied by a parent or guardian.

Lerwick (Shetland Islands), Scotland

LER-001 JARLSHOF & SCENIC MAINLAND DRIVE

Date: Jun 06, 2025 Time: 10:30 AM
Duration: 3.00 Hrs Price: \$129.00



OVERVIEW

On this scenic drive you'll explore an ancient Viking village site, visit a wool-knitting center, cross the moors and meet a famous pony or two. Far north and close enough to Norway to speak Scottish with a Scandinavian accent, the Shetlands have been dramatically shaped by the sea – and only somewhat tamed by the hearty people who live here. Your drive down through Mainland, largest of the 100-island archipelago, will offer stunning vistas of the Atlantic Ocean and North Sea. At Jarlshof, you'll independently explore the remnants of a community of stone houses where Norsemen resided in the 7th century; hidden for centuries, a violent storm in 1905 uncovered this remarkable site. At the Hoswick Visitor Center, you'll be introduced to Shetland history and culture through interpretive displays and demonstrations of the Islanders' traditional knitting skills – with the opportunity to browse a wide variety of original cashmere and lambs' wool items offered for sale. Of course, no trip to these islands is complete without a chance to meet a few delightful and inquisitive Shetland ponies. Sporting shaggy coats and flowing manes, they'll likely show up looking for treats as your coach stops for photos.

HIGHLIGHTS

- Enjoy a panoramic drive across the stunning Mainland island landscape.

- Explore the remains of a Viking village at an archeological site with Stone, Bronze and Iron Age roots.
- Visit a village history center where the islands' legendary knitting skills are the center of attention.
- Have a likely encounter with Shetland ponies equipped with a natural coat for the most severe weather.
- See tiny seaside farms where Shetland sheep graze, and peat bogs still harvested for home heating.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 1.75 hours of walking, including over uneven ground at Jarlshof, where a considerable number of steps are also involved. The tour is not considered suitable for wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of ability before participating. The order of sites visited may vary.

LER-002 LERWICK WALKING TOUR & FORT CHARLOTTE

Date: Jun 06, 2025 Time: 10:30 AM
Duration: 2.00 Hrs Price: \$119.00



OVERVIEW

Set foot into seafaring Lerwick on a leisurely guided stroll that captures the unique history of this remote Shetlands outpost. Founded rather unofficially in the 17th century as a below-the-radar marketplace for passing herring ships, today this is the capital and administrative center of the Shetlands – and home to a third of its population. Chief harbor landmarks include the town's trademark lodberries – flat rock piers built by early merchants so that goods could be unloaded directly into warehouses – and the old Tolbooth building, an award-winning restoration that now houses Lerwick's lifeboat station. Atop a rise, you'll encounter Shetland-style recycling: an upturned former ferry now serving as roof to a garage. A walk along a web of steep, narrow lanes leads to Town Hall – where the Shetland's story is depicted in intricate stained-glass. A visit to Fort Charlotte is a study in multiple identities. Built high above Bressay Sound in 1782, it was armed for battle with guns at each of its five corners yet never found an enemy to shoot at. Over time the bastion went on to serve as a base for the Royal Navy Reserve, the town jail and courthouse, a customs house and a coast guard station.

HIGHLIGHTS

- Get an intimate picture of Lerwick life as you explore its landmarks on foot, led by a seasoned guide.
- Learn the significance of the town's lodberries, tolbooth and mercat cross.
- Wander along steeply scenic lanes up to a high point where the best sea views await.
- Visit a Town Hall built in 1862, with Lerwick's growing status proudly represented in stained glass.
- At the guided walk's end, consider staying on to explore further and shop for knitwear on your own.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes a solid 2 hours of walking, at times over uneven surfaces and steep rises, with some 45 steps to be negotiated. The tour is not available to wheelchair guests or those with mobility concerns. The

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

order of sites visited may vary.

LER-003 MOUSA ISLAND DISCOVERY

Date: Jun 06, 2025 Time: 10:30 AM
Duration: 4.00 Hrs Price: \$139.00



OVERVIEW

Travel by ferry across Mousa Sound to walk a tiny island brimming with Shetlands wildlife and wonder at a 2000-year-old castle. This uniquely exploratory tour commences with a drive south to Sandwick to meet up with Tom Jamieson, owner-skipper of the Mousa ferry and expert on local fauna. During a short crossing to Mousa Island you'll hear some area history, see period photos, and perhaps even sight Harbor Porpoises; these waters are visited by these threatened animals at certain times of year. Once on the island, your walk will bring you to world-famous Mousa Broch, a stone-built Iron Age castle with beehive chambers, impressive galleries, and a stairway up to a viewpoint for stunning vistas of this island and back across to Mainland. During your time here, Mousa's abundant animal life awaits discovery. This is a great place to spot shy-but-curious seals, even more bashful otters, and large flocks of breeding seabirds including Storm Petrels, Artic Terns, Artic Skuas and Great Skuas – known to swoop ferociously when defending their nests. Adding to its curious character, this wild sanctuary is actually part of a working farm; you'll see and learn more about this during your walk around Mousa.

HIGHLIGHTS

- Cross by local ferry to tiny offshore Mousa – an islet brimming with wildlife and character.
- Be on the lookout for porpoises while enroute, and seals basking on the beaches once you land.
- Explore Mousa Broch, one of the British Isles' best-preserved Iron Age forts, perhaps climb its tower.
- Encounter seabirds from bold Great Skuas to graceful Artic Terns, some of nature's greatest travelers.
- Walk the island to fully discover its diverse fauna and its dual role as part of a working farm.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes or sneakers are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 1.75 hours of walking, including over uneven ground on Mousa Island where there may also be some inclines. The tour is not considered suitable for wheelchair guests or those with mobility concerns. Wildlife sightings are not guaranteed.

LER-004 THE SCENERY OF WESTERN SHETLAND

Date: Jun 06, 2025 Time: 10:30 AM
Duration: 3.00 Hrs Price: \$169.00



OVERVIEW

Experience spectacular sea cliffs, heather-clad moors, hidden beaches, idyllic farms. Celtic crafts and a forbidding castle ruin on this island drive. Crossroads of the northern seas, Shetland is unlike anywhere else in Scotland. A sense of the sea is ever-present, woven deeply into the island's maritime heritage. Farming, too, is tightly intertwined with the isles' story. On this wide-ranging panoramic jaunt, you'll see cliffs lined with seabirds, coves curtained with wild-flowers, distinctive black and brown Shetland sheep grazing in pastures enclosed by tidy stone walls, pastoral streams and lochs – as well as a workshop specializing in locally crafted jewelry in charming little Weisdale Voe. In the islands' former capital, you'll stop for photos at famous Scalloway castle, a hulking ruin built in 1600 by

a notorious despot who extorted crushing taxes and fines from the region's residents before his excessive cruelty was properly punished. After he hung, his imposing bastion was left to rot. Today it's a silent, photogenic curio lording over a busy fishing port. The scenery is far more tranquil as you cross the fertile Tingwall Valley, boasting uninterrupted farmland views with only the occasional church standing out against the horizon.

HIGHLIGHTS

- Settle in for a guided panoramic journey across the Shetlands landscape – from wild to domesticated.
- See coasts lined with magnificent cliffs, coves and beaches, tiny farms sheltering by the sea-edge.
- Pass through farmland crisscrossed with stone walls, where Shetland sheep graze in tranquility.
- Stand beneath the ominous shadow of Scalloway Castle, a 17th-century despot's refuge gone to seed.
- Stop to visit Shetland Jewelry, where silver and gold are wrought into Celtic and Viking designs.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This excursion involves limited walking, mainly at guests' discretion during stops. The tour is available to wheelchair guests who have a collapsible chair, can make their way on and off the coach, and have an able-bodied companion to assist them. Those with mobility concerns are cautioned only to participate to the extent of their personal ability. The order of sites visited may vary.

LER-005 SHETLAND PONIES & SCALLOWAY CASTLE

Date: Jun 06, 2025 Time: 10:30 AM
Duration: 2.25 Hrs Price: \$119.00



OVERVIEW

This excursion begins with an orientation spin through Lerwick, then brings you to two of Shetland's most famous attractions. Founding in the 1600s and known for its lodberry piers and restored tolhouse, Lerwick wasn't always the Shetlands' capital; it took over that title in 1708. You'll actually pay a call on the town that lost that designation. Scalloway deserved to lose out, if the character of its notorious castle owner is any indication. The hulking ruins of Scalloway Castle lord over this now-busy fishing port – a silent, photogenic reminder of Earl Patrick Stewart, the early 17th-century despot who extorted crushing taxes and fines from island residents before his excessive cruelty was properly punished – by hanging. After your exterior visit to this forbidding bastion, the charm of a drive through the Tingwall Valley for an encounter with woolly Shetland Ponies will surely hit the spot. The venue you'll visit is operated by a dedicated Shetland pony enthusiast who breeds the highest quality animals; Carol or a member of her staff will share their knowledge of these delightful, inquisitive ponies and arrange an informal introduction. The drive back through Mainland's peat- and heather-covered landscape will offer spectacular vistas and further cultural insights.

HIGHLIGHTS

- Enjoy a panoramic drive through Lerwick as you see its sights and learn about its colorful early days.
- Take in the ruins of Scalloway Castle, from which a 17th-century despot once terrorized the region.
- Enjoy a fun encounter with inquisitive and furry Shetland ponies, bred by a dedicated enthusiast.

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

- Cross through moorlands where heather flourishes and peat is still harvested for heating island homes.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

Due to renovations of the Scalloway Castle an exterior visit will be made. This tour includes approximately 1.25 hours of walking and is considered suitable for wheelchair guests who can make their way on and off the coach. Those with mobility concerns are cautioned to evaluate their personal level of ability before participating. The order of sites visited may vary.

Haugesund, Norway

HAU-001 AMAZING AKRAFJORDEN

Date: Jun 07, 2025 Time: 10:30 AM
Duration: 7.00 Hrs Price: \$289.00



OVERVIEW

Cruise up a gorgeous fjord and see one of Norway’s most photographed waterfalls and visit the rural workshop of a renowned folk artist. To reach Langfoss waterfall, you will cruise Akrafjorden, a spectacular fjord that winds through the countryside. The cascade tumbles down the mountainside, rather than falling straight down into the fjord so it appears even more dramatic. If you look closely, you may see hikers along the challenging path that leads to the top of Langfoss.

HIGHLIGHTS

- Cruise majestic Akrafjorden, a fjord that follows a winding course through the countryside.
- Behold thundering Langfoss waterfall as it rushes along the rocky terrain into the fjord.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

This tour requires minimal easy walking; however guests must be able to board the sightseeing boat unassisted. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Warm layered clothing, sun protection and flat, comfortable walking shoes with non-slip soles are recommended.

HAU-005 HISTORIC AVALDSNES & VIKING FARM

Date: Jun 07, 2025 Time: 10:30 AM
Duration: 3.50 Hrs Price: \$169.00



OVERVIEW

Become immersed in Norway’s intriguing history, starting at Avaldsnes on Karmøy Island, where the country’s first king lived in the 9th century. The past comes alive at Avaldsnes, as you will discover at the Nordvegen History Centre, an attraction located where King Harald Fairhair lived after unifying Norway. While browsing the exhibits, you will learn about Norway’s early kings and warriors, who have been immortalized in Norse sagas. You will then proceed to St. Olav’s Church, which was constructed of stone in the 13th century. Outside, you will see an obelisk known as Virgin Mary’s Sewing Needle because according to one legend, it is the needle she lost while sewing in heaven. Nearby, you will explore a replica Viking farm whose buildings were re-constructed based on archaeological

finds and using original techniques. There is a longhouse, granary and boathouse; all of which show how the Vikings lived more than a thousand years ago.

HIGHLIGHTS

- Learn about Norway’s early kings and warriors at the Nordvegen History Centre.
- Explore a 13th-century church with an obelisk known as Virgin Mary’s Sewing Needle.
- See how Vikings lived more than a thousand years ago at a replica Viking farm.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

This tour includes approximately 2.5 hours of moderate walking/standing that includes some steps and uneven terrain to negotiate. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. Weather appropriate clothing, adequate sun protection and flat comfortable walking shoes are recommended.

HAU-012 HAUGESUND & SURROUNDINGS

Date: Jun 07, 2025 Time: 10:45 AM
Duration: 4.00 Hrs Price: \$109.00



OVERVIEW

OVERVIEW Reap the benefits of Nordic walking on a delightful hike through Haugesund and on into the outskirts by following a picturesque mostly coastal trail. At the onset, you will be briefed on how to walk Nordic-style, using specially designed poles that help to maximize the benefits. This method of walking tones the body, burns nearly 50% more calories than traditional walking and puts less pressure on the knees and joints. Best of all, Nordic walking is easy to do. The gently winding route will pass architectural highlights such as Our Savior’s Church – a Gothic-style building with red-facing brick – and Haraldshaugen, a national monument to Harald I, the first king of unified Norway, who was supposedly buried there in the 10th century. You will also see the haunting Rising Tide sculptures that are part horse and part oil-drilling machinery before pausing for a traditional trail snack of brown cheese and bread.

HIGHLIGHTS

- Hike along a coastal trail that passes through Haugesund and on into the countryside.
- Walk Nordic-style, a method that burns more calories and is less stressful on joints.
- See churches, a monument to Norway’s first king and an unusual sculpture park.
- Stop for a traditional trail snack of bread and caramel-flavored brown cheese.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

PLEASE NOTE This tour includes a moderate amount of walking. Tour is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

HAU-010 AKRA BEACH HIKING

Date: Jun 07, 2025 Time: 11:00 AM
Duration: 3.00 Hrs Price: \$189.00



Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

OVERVIEW

Hike a heritage trail along a stretch of sand often voted Norway’s most beautiful beach and pause at Viking memorials and historical sites along the way. The scenery will change from urban to rural as you cross the bridge to Karmoy, one of the largest islands in southwestern Norway. Much of the island has remained wild and undeveloped, especially its white beaches facing the North Sea. At beautiful Akra Beach, you will experience the serenity of nature on a leisurely hike along a coastal trail to the village of Ferkingstad. The guide will point out the beach’s distinctive dune flora and how it supports a variety of wildlife. There are also cultural and historical monuments on the trail, such as the stone memorial said to symbolize the warrior daughters of a Viking king and the ruins of a Viking longboat house. The hike will end at Fisherman’s Memorial, a simple stone cross commemorating fisherman lost at sea.

HIGHLIGHTS

- Hike a coastal trail through the wild countryside on Karmoy Island.
- Watch for wildlife, especially birds such as geese, gulls and kingfishers.
- Stop at a Viking memorial and at the ruins of a Viking longboat house.
- Finish the hike at a memorial that commemorates the fishermen lost at sea.



HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

Total amount of walking is approximately 75 minutes on uneven terrain, sand and rocks. Warm layered clothing, sun protection and hiking or sturdy walking shoes are recommended.

HAU-011 FEØY & ROVAER ISLANDS BY RIB

Date: Jun 07, 2025 Time: 11:00 AM, 01:00 PM, 03:00 PM  
Duration: 1.50 Hrs Price: \$349.00

OVERVIEW

Ride a Rigid Inflatable Boat known as a RIB across the sea to Røvær and Feøy islands while the skipper regales you with entertaining stories. The open-air RIB will offer unobstructed views in all directions and as you will see the natural beauty of the sparsely populated islands is considerable. Many of the islanders support themselves by sheep farming and fishing for Atlantic herring. You will be offered a taste of this mineral-rich fish, which is vitally important to the economy and to the diet of the marine life that inhabits these cold waters. Be sure to keep an eye out for whales, orcas and dolphins, which are often seen breaching the water’s surface as they feed. To enhance your understanding of the islands, the skipper will share stories about the Vikings that lived there more than a millennia ago and the German soldiers that occupied the area during World War II.

HIGHLIGHTS

- Zip across the sea to sparsely populated Røvær and Feøy islands on a Rigid Inflatable Boat.
- Hear stories about local life, historical events and the Vikings that once lived in the area.
- Look for whales, dolphins and orcas in the surrounding seas.
- Sample some herring, a vitamin-rich fish that is synonymous with Norway.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns.

HAU-007 PANORAMIC HAUGESUND

Date: Jun 07, 2025 Time: 12:00 PM, 03:00 PM
Duration: 2.00 Hrs Price: \$79.00



OVERVIEW

Settle in for a leisurely driving tour through Haugesund that presents an overall view of the town and landmarks such as the monument to Norway’s first king. During the Viking Age, the surrounding region was a power center, and Norway’s name refers to the strait at Haugesund, which was called the Way to the North or Norway. You will discover more about the area history at the Haraldshaugen national monument. Harald I, the first king of unified Norway, was supposedly buried on this hill in the 10th century. The monument commemorates his final victory at Hafsrfsjord before becoming king. Haugesund is also renowned for its pink-hued town hall, which you will pass in the center of town. A shipping magnate funded its construction and little expense was spared on the pillared, classically designed building, which opened in 1931. A different perspective awaits you at Steinsfjellet, a scenic overlook that offers spectacular views of Haugesund and the surrounding islands.

HIGHLIGHTS

- Gain an overall view of Haugesund by driving through its most characteristic areas.
- Admire a monument dedicated to Norway’s first king, who unified the country.
- Behold Haugesund’s extravagant town hall that was built with little regard for expense.
- Gaze over the North Sea from the elevated lookout Steinsfjellet.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

Tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide this.

HAU-004 CHARMING SKUDENESHAVN

Date: Jun 07, 2025 Time: 01:00 PM
Duration: 4.00 Hrs Price: \$129.00



OVERVIEW

Discover the highlights of Skudeneshavn, a fishing town that was established in the 19th century and has retained its historical atmosphere through preservation. After pausing for photos of a memorial that commemorates local fishermen that lost their lives at sea, you will proceed to the Mølandgården Museum in Skudeneshavn. It is located in a meticulously kept wooden house that a prosperous merchant built in the 19th century. The museum is decorated with period furnishings and objects that provide an accurate picture of life during a time when herring was king. For a deeper immersion into history, you will meander through the town’s narrow streets, which are lined with more than 200 restored residences and boathouses. You will also enjoy some free time to further explore on your own. The main street, Sørugada, is a great starting point, as it is lined with boutiques and restaurants. Fresh seafood is always an excellent choice if you stop for a snack.


HIGHLIGHTS

- View a memorial to fishermen that lost their lives at sea on the island of Karmøy.
- Browse a Skudeneshavn museum that depicts the enormous economic impact of herring.

 Minimal activity

 Moderate activity

 Oceania Exclusive

 Beyond Blueprints

 Go Green


 Easy activity


 Strenuous activity

 Oceania Select

 Culinary Discovery

 Go Local

 Evening excursion

 Meal included

 ADA Accessible

 Food & Wine Trails

 Wellness Tour

• Drink in the authentic atmosphere of Skudeneshavn and shop during free time.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

This tour includes approximately 75 minutes of easy to moderate walking/standing, plus any additional walking at the guests' discretion during free time. There will be some steps and uneven terrain to negotiate. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. Warm layered clothing, sun protection and flat, comfortable walking shoes are recommended.

HAU-002 ARQUEBUS DEFENSE MUSEUM

Date: Jun 07, 2025 Time: 03:00 PM
Duration: 3.00 Hrs Price: \$119.00



OVERVIEW

Delve into Norway's past by visiting the Arquebus War Museum and a monument dedicated to Norway's first king, who united the country in the 9th century. One of Norway's largest museums, this former chair factory now holds thousands of artifacts that detail the events of World War II in Norway, starting with the Resistance movement. While browsing, you will gain a better understanding of everyday life during the German occupation, the valiant efforts of the merchant marine and the secret radio transmissions that helped defeat the Germans. Nearby, you will pause to admire the display of natural beauty at Steinsfjellet, an elevated lookout with panoramic views of the North Sea. Another stop will be made at the Haraldshaugen monument, which was erected in 1872 to mark the 1,000-year anniversary of Norway's unification. This national monument of obelisks looms over the supposed burial site of Harald Fairhair, the first king of Norway.

HIGHLIGHTS

- Browse museum exhibits that detail Norway's struggles during World War II.
- Gaze over the North Sea from the elevated lookout Steinsfjellet.
- Admire a monument dedicated to Norway's first king, who unified the country.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

This tour includes approximately 1.5 hours of easy walking/standing. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Warm layered clothing, sun protection and flat, comfortable walking shoes are recommended.

HAU-GL1 FORRESFJORD HOME VISIT

Date: Jun 07, 2025 Time: 04:00 PM
Duration: 2.50 Hrs Price: \$239.00



OVERVIEW

Visit with local couple Anne and Leif Bjarte, who will welcome you into their harmonious home and garden to discuss daily life in rural Norway and their passion for gardening. As lovely as their 19th-century wooden house is, the grounds are even more spectacular. Anne is a garden designer, while Leif is a landscape architect. Together, they have created a house

and garden that exudes harmony and serenity. It is an exceptional setting to learn about life in the shadow of Forresfjord waterway. In the garden, you will find perennials and roses in bloom and all sorts of other fragrant plants. You will also browse the greenhouse where vegetables and fruits are cultivated. Herbs and spices have their places, too. Besides being added to dishes to enhance their flavors, they are picked for tea, a cup of which you will be served. Traditional Norwegian waffles and jam will be offered as an accompaniment.

HIGHLIGHTS

- Visit a local couple; one a garden designer, the other a landscape architect.
- Explore their garden and greenhouse to learn about the plants' characteristics.
- Discuss daily life, especially during winter in the shadow of Forresfjord waterway.
- Snack on traditional Norwegian waffles and jam.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

This tour includes about 1½ hours of walking and standing with some steps. It is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their stamina and ability before joining the tour. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

Nordfjordeid, Norway

NRD-001 HIKE TO BRIKSDAL GLACIER

Date: Jun 08, 2025 Time: 09:30 AM
Duration: 7.00 Hrs Price: \$279.00



OVERVIEW

Admire the spectacularly panoramic Norwegian countryside as a prelude to walking a wilderness trail to the face of Briksdal Glacier, an arm of the largest glacier in continental Europe. Photo stops at Nos viewpoint and Lake Olden will serve as an introduction to the area's boundless natural beauty, which will become more dramatic on the gently winding trail. Its route passes a small glacial lake and brings you remarkably close to the glacier. Briksdal is a massive branch of the even larger Jostedal Glacier, and the closer you get to the ancient ice flow the more breathtaking it will become. While standing near the glacier, you can clearly see how the powerful force of the moving ice has shaped the landscape over the centuries. At its thickest part, Briksdal Glacier is nearly a quarter mile deep. It is receding at a slower pace than other European glaciers, presumably because it rests entirely on dry land.

HIGHLIGHTS

- View the gorgeous Norwegian countryside while pausing at scenic lookouts.
- Walk a wilderness trail to massive Briksdal Glacier, which rests entirely on land.
- Observe how the glacier has carved its way through high peaks and into a narrow valley.

HELPFUL HINTS

- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

PLEASE NOTE

This tour includes approximately 90 minutes of walking over uneven terrain. It is not available to guests who utilize a wheelchair. Those guests

Minimal activity	Moderate activity	Oceania Exclusive	Beyond Blueprints	Go Green
Easy activity	Strenuous activity	Oceania Select	Culinary Discovery	Go Local
Evening excursion	Meal included	ADA Accessible	Food & Wine Trails	Wellness Tour

with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

NRD-004 FROM VIKING AGE TO MODERN TIMES

Date: Jun 08, 2025 Time: 10:00 AM
Duration: 7.00 Hrs Price: \$299.00



OVERVIEW

Delve into the extraordinary history of the Nordfjord region through museums with highlights such as the largest Viking ship ever found in Norway. The famed Myklebust ship at Sagastad was recreated from its remains in a burial ground, as the vessel was probably burned to cremate King Audbjørn in the 9th century. The sea-worthy replica offers great insight into the Viking way of life, much like the open-air Nordfjord Folk Museum will present a candid look at the region's rural culture. Dozens of historically significant houses from the 18th and 19th centuries are displayed there and furnished with period pieces. Thousands of illuminating artefacts in the main building reveal even more about the local history and how life has progressed over the centuries. Lunch follows in the idyllic village of Stryn, a hub for outdoor adventure. Nos viewpoint will offer yet another perspective of the glorious natural beauty so prevalent in Nordfjord.

HIGHLIGHTS

- Behold a meticulously built replica of the largest Viking ship ever found in Norway.
- Browse a collection of historical and traditional buildings in an open-air folk museum.
- Take in panoramas that highlight the region's stunning natural beauty.

HELPFUL HINTS

- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

PLEASE NOTE

This tour includes approximately 90 minutes of walking over uneven terrain. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

NRD-003 BOYA GLACIER & GLACIER MUSEUM

Date: Jun 08, 2025 Time: 10:30 AM
Duration: 7.00 Hrs Price: \$299.00



OVERVIEW

Pass through some of Norway's most spectacularly dramatic landscapes on the way to Bøya Glacier and the unusual Norwegian Glacier Museum. A ferry will bring you to the huge glacier, which is only a branch of the much larger Jostedal ice sheet. Even so, the size of Bøya Glacier is staggering. You might pause for photos of it or enjoy a leisurely walk to the glacial lake that Bøya has formed. Either way, it will be obvious how the glacier alters the landscape as it moves imperceptibly toward the sea. Glaciers are so prominent in this part of Norway that it is only fitting that the Norwegian Glacier Museum is nearby. While browsing the exhibitions, you can expect to learn how glaciers are formed, why their ice appears to be blue and how scientists obtain ice cores from glaciers that reveal climatic conditions thousands of years ago. You may even see a 30,000-year-old mammoth tusk.

HIGHLIGHTS

- Enjoy an especially close view of Bøya Glacier and the glacial lake that it has formed.
- Enhance your knowledge of glaciers by browsing fascinating museum exhibits.
- See a 30,000-year-old tusk from the largest mammal that ever lived in

Norway.

HELPFUL HINTS

- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

PLEASE NOTE

The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability.

NRD-006 SPECTACULAR WEST COAST

Date: Jun 08, 2025 Time: 10:30 AM, 12:15 PM
Duration: 5.00 Hrs Price: \$199.00



OVERVIEW

Explore the immensely beautiful coastline due west of Nordfjordeid with enlightening stops at the most iconic seaside landmarks, beginning with Krakenes Lighthouse. The beacon sits atop a jagged outcropping of rocks overlooking one of the area's most photogenic settings. It is especially scenic in harsh weather when high seas pummel the rocks and spray the lighthouse with a fine mist. Crashing waves have also had their effect on bizarrely shaped Kannesteinen Rock, which perches atop a thin stem that gives the rock the appearance of a wine goblet or mushroom. While pausing for photos, you might imagine that Kannesteinen looks like something entirely different. Time will also be allotted for you to wander about Vågsberget, a collection of well-preserved buildings that served as a trading post in the early 1800s. The remoteness of the site and historical artefacts housed in the buildings make the spot all the more memorable.

HIGHLIGHTS

- Settle in for a wonderfully scenic drive along Norway's dramatically rugged west coast.
- Pause for photos of an iconic lighthouse and an oddly shaped rock that the sea has eroded.
- Enjoy free time in Vågsberget, a seaside town that was an early 19th-century trading post.

HELPFUL HINTS

- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

PLEASE NOTE

This tour is primarily panoramic in nature with walking at the guest's discretion during stops. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.

NRD-002 BRIKSDAL GLACIER BY TROLL CAR

Date: Jun 08, 2025 Time: 11:00 AM
Duration: 7.00 Hrs Price: \$299.00



OVERVIEW

Ride an open-air vehicle playfully known as a troll car to Briksdal Glacier, a massive tongue of ancient ice that has receded at a slower rate than other European glaciers. On the way there, you will pause for photos at scenic lookouts and pass numerous farms where crops such as barley flourish in the rich soil. The landscape has long attracted sightseers, and the farmers often offered them rides on horse-drawn carriages. That tradition carried on for more than 100 years, until the introduction of troll cars. These small vehicles resemble golf carts, albeit ones that can easily climb the mountainous terrain. Named for the trolls so prevalent in Norse mythology, the cars provide a comfortable means for you to reach Briksdal Glacier.

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

You can't help but be mesmerized by the beauty of this enormous glacier. If you hear a thunderous crack, it is simply a chunk of the glacier breaking off or calving.

HIGHLIGHTS

- Ride an open-air troll car to Briksdal Glacier for a close-up view of the massive ice flow.
- View the gorgeous Norwegian countryside while pausing at scenic lookouts.
- Gaze up at the glacier's sheer face and listen for chunks of it thunderously breaking off.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

This tour includes moderate walking over uneven terrain. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

NRD-007 SCENIC WEST CAPE

Date: Jun 08, 2025 Time: 11:00 AM, 12:00 PM

Duration: 4.50 Hrs Price: \$149.00



OVERVIEW

Enjoy the natural beauty of Norway's sparsely populated West Cape, an area little changed over the centuries. You will take in one spectacular view after another as you travel along the wild and rocky coastline toward Selje at the base of the cape. The village looks out over Selje Island, a sacred spot known for the ruins of an abbey from the Viking Age that was Norway's first pilgrimage site. Continuing along the picturesque cape, the westernmost point on Norway's mainland, you will arrive in Vestkapp. The flat-topped seaside mountain provides absolutely stunning views in all directions, especially from the top of the cliffs. The weather and seas at Vestkapp, which is Norwegian for "West Cape," are notorious for changing at a moment's notice. That's the beauty of visiting this pristine location; you never know what you will encounter or how long before the scenery dramatically changes.

HIGHLIGHTS

- Travel across the gorgeous West Cape, the westernmost point on Norway's mainland.
- Stop in Selje, a village overlooking a sacred island that was Norway's first pilgrimage site.
- Stand atop Vestkapp, a flat seaside mountain that offers stunning views in all directions.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

This tour is primarily panoramic in nature with walking at the guest's discretion during stops. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.

NRD-008 LOEN PANORAMAS BY SKYLIFT

Date: Jun 08, 2025 Time: 12:45 PM

Duration: 4.00 Hrs Price: \$199.00



OVERVIEW

Ride a cable car from the glass-smooth fjord at Loen to the top of Mount Hoven while admiring sweeping views of the surrounding wonderland. While it only takes about five minutes to reach the summit on the high-tech,

aply named Skylift, the sights will be forever etched in your memory. You will look down on the idyllic village of Loen, the lengthy fjord that ends there and see massive Jostedalbreen Glacier in the distance. You can also expect to spot outdoor adventurers hiking the mountain trails and walking along a bridge that spans a deep chasm near the summit. Mount Hoven is more than a half-mile high, all of it naturally beautiful and incredibly panoramic. A restaurant perches on the edge of the mountain top, where you will enjoy a cup of coffee before driving down via a different but equally scenic route.

HIGHLIGHTS

- Enjoy stunning views while riding a modern cable car to the summit of Mount Hoven.
- See the sparkling, steep-walled fjord below and Jostedalbreen Glacier in the distance.
- Spend free time at the top of Mount Hoven and enjoy coffee at a cliff-top restaurant.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.

Trondheim, Norway

TRH-001 HIGHLIGHTS OF TRONDHEIM

Date: Jun 09, 2025 Time: 10:30 AM

Duration: 3.00 Hrs Price: \$119.00



OVERVIEW

Enjoy an up-close look at top Trondheim landmarks, with visits to its open-air folk museum and the massive 11th-century cathedral where the city's sainted founder is buried. The Viking king Olav Tryggvason established Trondheim over 1,000 years ago and was laid to rest in a silver casket along the River Nidelva where Nidaros Cathedral now stands. This glorious church is where Norwegian kings are still crowned and buried, with many of their medieval tombstones still visible down in the crypt. But don't look for St. Olav's casket; that was stolen and made into coins centuries ago. You will, however, see magnificent architectural detail and a very old altar decorated with depictions of Olav's life. Artifacts from more ordinary Norwegians await you at Trondelag Folk Museum, where over 60 historical buildings have been gathered together in an open-air setting to showcase how everyday life in and around Trondheim has evolved through the centuries. Early downtown buildings relocated here include turf-roof residences, a post office, dental office and banquet house, while a group of farm structures plucked from surrounding areas showcases the rural life. A drive up to Sverresli viewpoint provides sweeping wide-angle views of the city and its fjord.

HIGHLIGHTS

- Enjoy a drive through Norway's original capital city and see its historic market square.
- Visit Nidaros Cathedral, Scandinavia's largest medieval building and an important pilgrimage site.
- Tour this massive church where Norwegian monarchs are crowned and laid to rest in the crypts below.
- Stroll among dozens of reassembled city and farm buildings at the open-air Trondelag Folk Museum.
- Catch outstanding panoramic views of Trondheim and its fjord from

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

Sverresli viewpoint.

HELPFUL HINTS

- Wear weather-appropriate clothing including a light sweater or jacket and umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 90 minutes of easy-to-moderate walking and standing with steps, thresholds and gravel surfaces to negotiate. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating. The tour sequence may vary.

TRH-002 PANORAMIC TRONDHEIM

Date: Jun 09, 2025 Time: 10:30 AM
Duration: 2.00 Hrs Price: \$69.00



OVERVIEW

Settle in for a coach-driven intro to 1,000-year-old Trondheim, taking in its most colorful and significant landmarks in unhurried comfort. You'll enjoy a spin through the city center, passing Market Square and massive Nidaros Cathedral, Scandinavia's largest medieval church. Burial spot of sainted Viking king Olav Tryggvason, who founded Trondheim in 997, the cathedral is a major pilgrimage site – and a very easy one to find, its towering spire visible from across the city. Just next door is the 12th-century Archbishop's Palace, now home to the dazzling Norwegian crown jewels along with several museums. Much of the rest of Trondheim's city center is younger, having been rebuilt after a disastrous fire in 1681. Many picturesque wooden mansions from that era remain; foremost among them being the 140-room Stiftsgaarden, a baroque wooden palace that makes a fitting official home for Norway's royals when they're in town. Crossing the Nidelva River, you'll encounter the charming Old Town Bridge and rows of brightly painted waterfront warehouses in Baklandet, Trondheim's most atmospheric neighborhood. Commanding a greenspace high above the city, Kristiansten fortress is a white, blocky structure with gun slits for windows and a chilling WWII backstory.

HIGHLIGHTS

- Enjoy a relaxed panoramic introduction to Norway's first capital city, still thriving 1,000 years later.
- See top landmarks like 11th-century Nidaros Cathedral, a major pilgrimage site, and Stiftsgaarden, a baroque, 140-room royal residence.
- Pass the Archbishop's Palace, where Norway's crown jewels are kept under lock and key, and hilltop Kristiansten fortress, where Norwegian Resistance members were once locked up, too.
- Cross the Nidelva River by scenic bridge for views of the colorful old waterfront wharf neighborhood of Baklandet.

HELPFUL HINTS

- Wear weather-appropriate clothing.
- Flat, comfortable shoes are recommended.
- Bring sunglasses and other sun protection as needed.

PLEASE NOTE

This tour is panoramic in nature with no stops included. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way onto the coach and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating. The tour sequence may vary.

TRH-003 TRONDHEIM BY TRAM AND BUS

Date: Jun 09, 2025 Time: 10:30 AM
Duration: 2.00 Hrs Price: \$119.00



OVERVIEW

Admire Trondheim from two distinct vantage points, a historic tram line that climbs above the city and a panoramic motorcoach that travels its roadways. You'll first journey by coach to St. Olav Street, named for the Viking king Olav Tryggvason who founded Trondheim over 1,000 years ago. Here you'll board the landmark Gråkallbanen, the world's northernmost tram line. Running between the city center and the idyllic hills west of Trondheim since 1924, this colorful conveyance brings you past wonderful sights during the half-hour ride up to Lian in the forested Bymarka recreational area. Expect to see vividly colored wooden houses, 17th-century forts and sweeping views of Trondheim and the meandering River Nidelva from atop Byåsen Hill. Hopping back aboard a modern coach, you'll head back toward the city, headed for the central square where a statue of King Olav stands nearly 60 feet up atop a granite pillar, towering over a sundial-shaped cobblestone mosaic. Towering still taller is Trondheim's most iconic building, Nidaros Cathedral. This massive stone landmark has lorded over the city for nearly 10 centuries and remains Norway's most revered pilgrimage site – where monarchs are crowned and laid to rest.

HIGHLIGHTS

- Ride into the forested hills above Trondheim by historic tram, treated to great scenery along the way.
- Pass by colorful period buildings and enjoy high views of the city and the river that snakes through it.
- Travel back into the city center by coach and experience its sights from a different vantage point.
- Encounter the market square, overseen by a statue of sainted King Olav atop a monumental column.
- See Nidaros Cathedral, coronation place of kings and a revered pilgrimage site since the 11th century.

HELPFUL HINTS

- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour is primarily panoramic in nature with limited walking. Since participants must be able to make their own way on and off the coach and tram without assistance, this tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating.

TRH-004 TRONDELAG MUSEUM AND CITY WALK

Date: Jun 09, 2025 Time: 10:30 AM
Duration: 3.00 Hrs Price: \$119.00



OVERVIEW

Be immersed in history with visits to an open-air heritage museum and a 17th-century hilltop fortress, then take a walk around Trondheim's old quarter. You'll travel by motorcoach through a city established over 1,000 years ago to Trondelag Folk Museum, where some 60 historical buildings in an open-air setting show how the locals have lived ever since. Stroll the grounds among period buildings including a post office, dental office, banquet house and several farmhouses gathered from the surrounding region. Commanding the high ground above central Trondheim, Kristiansten fortress is a white, blocky structure with plentiful gun slits and a central tower for cannons. Built in the late 1600s to ward off would-be invaders, it was no match for the Nazis during WWII, when its walls held imprisoned

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

Norwegian Resistance members. In today's more tranquil times, the old commandant's quarters house a coffeshop. A walk downhill on foot brings you into picturesque Bakklundet, a 17th-century quarter of wooden wharf-front homes that now house colorful cafes and boutiques. Crossing the river via the charming old Gamle Bybro bridge brings you face to face with iconic Nidaros Cathedral, largest medieval building in Scandinavia and a revered pilgrimage destination since the Middle Ages.

HIGHLIGHTS

- Travel by coach to two landmark locations that showcase the historic character of this region.
- Walk a sprawling open-air folk museum with over 60 historical buildings and tour a white hilltop fortress with a dark WWII backstory.
- Take a walk downhill and through the colorful old waterfront wharf neighborhood of Bakklundet.
- Cross the river by wooden bridge and gaze on an iconic cathedral were Norway's kings are crowned.
- If you wish, linger in town longer to explore independently before making your way back to the ship.

HELPFUL HINTS

- Wear layered, weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, a bottle of water from the ship, and sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes over 2 hours of moderate-to-strenuous walking that includes uneven surfaces, thresholds and a downhill trek. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. The tour sequence may vary.

TRH-005 EXCLUSIVE RINGVE VISIT & CONCERT

Date: Jun 09, 2025 Time: 10:30 AM
Duration: 3.00 Hrs Price: \$149.00



OVERVIEW

Enjoy an introductory drive through Trondheim en route to Ringve Museum for a tour of this shrine to Norwegian music and musical instruments, and a short recital and reception. The leisurely drive is rich with architectural splendor as you pass historic landmarks and stop to take in Scandinavia's largest medieval building – Nidaros Cathedral, built along the river where Trondheim's founder, Viking king Olav Tryggvason, was laid to rest in the year 1000. Ringve Museum is located outside the city center on a green peninsula, in an 18th-century manor house with surrounding botanic gardens. About a century ago, the private owners began collecting rare musical instruments and personal artifacts from famous composers – a compilation that grew to encompass thousands of pieces from all over the world and became Norway's national music museum. The guides here are all music students who will happily demonstrate various instruments, including an 18th-century organ, and explain how Norway's music has evolved through the centuries. You'll see exhibits devoted to sheet music, recordings and traditional Norwegian instruments such as hardanger fiddles and zithers – then enjoy a short musical recital with a sparkling wine reception as its finale.

HIGHLIGHTS

- Enjoy an orientation spin through historic Trondheim, taking in its sights by panoramic coach.
- Stop for photos at Nidaros Cathedral, coronation place of kings and a pilgrimage site for centuries.
- Travel to the countryside and Ringve Museum – once a private manor home, now home to Norway's foremost collection of musical instruments and artifacts.

- During an in-depth tour, see and hear historic instruments demonstrated by music-student guides.
- Browse the fascinating exhibits and enjoy a short musical recital and wine reception.

HELPFUL HINTS

- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 90 minutes of easy-to-moderate walking and standing, with some stairs and steps. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating.

TRH-006 RINGVE MUSEUM AND NIDAROS CATHEDRAL

Date: Jun 09, 2025 Time: 10:30 AM
Duration: 3.00 Hrs Price: \$129.00



OVERVIEW

Discover two signature Trondheim attractions: Norway's national music museum and Scandinavia's largest medieval church, a revered pilgrimage site. A panoramic coach drive into a green peninsula leads to Ringve Museum, housed in an 18th-century manor home surrounded by gardens. About a century ago, the private owners began collecting rare musical instruments and personal artifacts from famous composers – in time amassing the magnificent compilation you'll see during this tour. The guides here are all music students who will demonstrate various instruments, including an 18th-century organ, and explain how Norway's music has evolved through the centuries. You'll also graze exhibits of sheet music, historic recordings and unique Norwegian instruments. The return to Trondheim brings you past the colorful waterfront warehouses of Bakklundet and an ancient drawbridge. History runs deep here in this city founded over 1,000 years ago by Viking king Olav Tryggvason. Sainted after dying in battle, the king was laid to rest in a silver casket buried along the River Nidelva, where Nidaros Cathedral now stands. While Olav's shiny strongbox was long ago stolen in war, this iconic cathedral still serves as the official coronation and burial site of Norway's kings. You'll tour it, in all its Gothic majesty.

HIGHLIGHTS

- Travel by coach to Ringve Museum, Norway's foremost repository of musical instruments and artifacts.
- Experience an immersive tour led by music-student guides and hear historic instruments demonstrated.
- Enjoy a drive past Trondheim's colorful old waterfront wharf neighborhood of Bakklundet.
- Take an inside tour of Nidaros Cathedral, coronation place of kings and a pilgrimage site for centuries.
- See a famed stained-glass rose window depicting the Last Judgment and other key features of this fabulously-preserved structure.

HELPFUL HINTS

- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 2 hours of easy-to-moderate walking and standing, with some stairs and steps. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. Tour sequence may vary.

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

TRH-007 HIKING BYMARKA

Date: Jun 09, 2025 Time: 10:30 AM
Duration: 3.00 Hrs Price: \$149.00



OVERVIEW

Experience the natural beauty of the Bymarka region outside Trondheim on a hike to a forested hilltop that delivers spectacular views of the region. While it's Norway's third largest city, you'll find it doesn't take long to drive through Trondheim's colorful city center and leave the urban scene behind. The farther west you go, the more rural the terrain quickly becomes. A stop at Sverresli viewpoint offers sweeping views of the city, its fjord and its neighboring bucolic farmland – and that's just the beginning of the inspiring scenery in store for you on this excursion. After a time, you'll step off the coach in the heart of Bymarka, a serene green belt where Trondheim locals get away for recreation. Crisscrossed by hiking and biking trails and dotted with gorgeous tree-lined lakes, this is the glorious landscape you'll hike through. Your eventual destination is Gråkallen hill, which at 1,700 feet elevation is Bymarka's highest point. If the day is clear, expect outstanding views of the fjords and islands just offshore, along with the mountains that form the border between Norway and Sweden. At the bottom of Gråkallen, rejoin your coach for the relaxed ride back to the pier.

HIGHLIGHTS

- Travel by panoramic coach through central Trondheim and out into the surrounding countryside.
- En route, catch outstanding panoramic views over the city from Sverresli viewpoint.
- Enter serene, forested Bymarka – a lush green swath of parkland dotted with lakes and trails.
- Hike up through the trees to the summit of Gråkallen hill and be rewarded with breathtaking fjord, island and mountain views.

HELPFUL HINTS

- Wear layered, weather-appropriate clothing including a wind/waterproof jacket.
- Flat, comfortable walking shoes or hiking boots are recommended.
- Bring a hat, a bottle of water from the ship, and sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 2 hours of moderate-to-strenuous hiking that covers over a mile. There will be gravel, hard mud surfaces and steep inclines involved. The tour is not available to wheelchair guests or those with heart or respiratory conditions, back or neck problems, or mobility concerns. Participants should be in good physical condition and must be at least 8 years old.

TRH-009 HIGH-SPEED RIB ADVENTURE ON THE FJORD

Date: Jun 09, 2025 Time: 10:30 AM
Duration: 1.50 Hrs Price: \$259.00



OVERVIEW

Board a rigid inflatable boat and zip off into one of Norway's largest fjords, at its widest near Trondheim and bordered by spectacular cliff, mountain and forest views. The adventure starts with a pier-side briefing at the RIB station, where you'll be geared up in special outerwear to help keep you comfortable on this exhilarating journey into Trondheimsfjord, one of the most picturesque bodies of water Norway has to offer. Your expert captain with pilot the nimble craft to wherever wind and water conditions are best – knowing that sensational scenery is everywhere along this coast. Rocketing at an adrenaline-inducing clip, turning on a dime, you'll cover plenty of water in a short amount of time. While the fjord is rich in marine life, what's most invisible are the thousands of seabirds that

congregate here. Ducks, waders and geese like the black-and-white Barnacle Goose and pink-legged Bean Goose are populous, many maintaining nests on the steep shoreline slopes. Especially thrilling, if you're lucky enough to spot one, is the sight of a White-Tailed Eagle or other bird of prey swooping down to pluck a fish from the surface of the fjord. Don't blink or you could miss it.

HIGHLIGHTS

- Walk to the RIB dock for an orientation briefing and suit up in gear designed for this environment.
- Board a nimble inflatable watercraft and zoom out into the magnificent fjord that surrounds Trondheim.
- Skim unspoiled waters and enjoy spectacular views of sheer cliffs, mountains and spruce forests.
- Encounter seabirds of many varieties, some in flight, others resting and nesting on grassy slopes.
- Be on the lookout for eagles who dive dramatically down to swoop unsuspecting fish from the waters.

HELPFUL HINTS

- Wear layered clothing including a wind/waterproof jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, gloves, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 30 minutes of easy-to-moderate walking. Guests must be able to enter and exit the RIB with limited assistance. The tour is not available to wheelchair guests, pregnant women, or those with heart or respiratory conditions, back or neck problems or mobility concerns. Participants should be in good physical condition and must be at least 12 years old.

Alesund, Norway

ALE-002 MAJESTIC JOURNEY OVER TROLLSTIGEN ROAD

Date: Jun 10, 2025 Time: 09:30 AM
Duration: 8.00 Hrs Price: \$259.00



OVERVIEW

Journey across the fjords to lofty Trollstigen for a thrilling drive down Norway's most dramatic mountain road, the multi-hairpin Troll's Road. This is a true once-in-a-lifetime road trip you'll share tales and snapshots of for years to come. The excursion's initial hours are simply scenic as the coach makes its way from Alesund, rounding Stordal Bay, crossing fertile Valldal Valley and ascending through increasingly stunning scenery to a lunch stop half a mile up in Trollstigen. Nourished with classic Norwegian fare including cream with lingonberries, it's time to fasten your seatbelts for the day's main attraction: descent down the daring hairpins and switchbacks of the 1939 roadbuilding masterwork nicknamed the Troll's Ladder. Once in the lower valley, with your heart rate slowly returning to normal, the coach will bring you face to face with a majestic waterfall and the über-sheer Troll Wall – Europe's highest perpendicular rock face. The return route to Alesund brings you past a series of quaint villages along the Romsdalsfjord. No hairpin turns required.

HIGHLIGHTS

- Spend a day on the road through Norway's impossibly-scenic fjord and mountain country.
- Experience the country's most twisted blacktop adventure: world-famous Trollstigen Road.
- See a cascading waterfall and the rock face alpinists from around the world come to tackle.
- Pass valleys where strawberries are grown, and fjord-side towns

Minimal activity

Moderate activity

OE Oceania Exclusive

BB Beyond Blueprints

GG Go Green

Easy activity

Strenuous activity

OS Oceania Select

CD Culinary Discovery

GL Go Local

Evening excursion

Meal included

ADA Accessible

FW Food & Wine Trails

WT Wellness Tour

where furniture and ships are made.

HELPFUL HINTS

- Wear casual clothing, including a light sweater or jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat and sunglasses/sunscreen as needed.

PLEASE NOTE

This panoramic tour includes some 6 hours of travel by coach and a period of slow driving through hair-pin curves; it is not recommended for guests who cannot sit for extended periods of time or who suffer from motion sickness.

ALE-003 ALESUND & THE SUNNMORE MUSEUM

Date: Jun 10, 2025 Time: 09:30 AM

Duration: 3.00 Hrs Price: \$199.00



OVERVIEW

Take a fjord-side drive from “modern” Alesund to the old trading village at Borgund, where you’ll tour an open-air museum that could only be in Norway. At the delightful Sunnmore, you can wander freely among dozens of classic Norwegian farmhouses and boathouses, all moved here from their original locations. Some have sod and flower roofs, others seem barely large enough to change clothes in. Together they create an evocative time capsule of how people have lived in this region over time. The Sunnmore also presents a vast collection of period boats, including replicas of well-known Viking ships. Local boatbuilding traditions have been passed along for ages, and vessels built here are believed to be among the coast’s most reliable. You’ll even see a notorious fishing vessel used in the clandestine “Shetland Bus” program that carried Norwegian partisans and crucial supplies across the North Sea during World War II. On the way back to town, you’ll be treated to a breathtaking panorama of mountains, islands and sea from the Mount Askla viewpoint known as Fjellstua.

HIGHLIGHTS

- Experience the Summore Museum, a completely unique open-air venue featuring over 50 rural houses.
- See an extensive collection of period boats, including a replica of the legendary “Kvalsund” – oldest complete Viking ship ever found in Norway.
- Travel to the venue by coach and enjoy great views of Alesund’s famous Art Nouveau architecture.
- Catch a panoramic vista of the city and its watery surroundings from the Mount Aksla viewpoint.

HELPFUL HINTS

- Wear casual weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat and sunglasses/sunscreen as needed.

PLEASE NOTE

This tour includes over 1-hour of walking on uneven surfaces, gravel sloping paths and steps. This tour is not available for wheel chair guests and not recommended for those with walking or mobility concerns.

ALE-003OE OCEANIA EXCLUSIVE - ALESUND & THE SUNNMORE MUSEUM

Date: Jun 10, 2025 Time: 09:30 AM

Duration: 3.00 Hrs Price: \$319.00



OVERVIEW

Designed for travelers who prefer an added measure of intimacy and flexibility, our new Oceania Exclusive tours limit group size to just 16 guests maximum. The Oceania Exclusive format is available on specially selected shore excursions in nearly every port we visit, around the world.

Take a fjord-side drive from “modern” Alesund to the old trading village at Borgund, where you’ll tour an open-air museum that could only be in Norway. At the delightful Sunnmore, you can wander freely among dozens of classic Norwegian farmhouses and boathouses, all moved here from their original locations. Some have sod and flower roofs, others seem barely large enough to change clothes in. Together they create an evocative time capsule of how people have lived in this region over time. The Sunnmore also presents a vast collection of period boats, including replicas of well-known Viking ships. Local boatbuilding traditions have been passed along for ages, and vessels built here are believed to be among the coast’s most reliable. You’ll even see a notorious fishing vessel used in the clandestine “Shetland Bus” program that carried Norwegian partisans and crucial supplies across the North Sea during World War II. On the way back to town, you’ll be treated to a breathtaking panorama of mountains, islands and sea from the Mount Askla viewpoint known as Fjellstua.

HIGHLIGHTS

- Experience the Summore Museum, a completely unique open-air venue featuring over 50 rural houses.
- See an extensive collection of period boats, including a replica of the legendary “Kvalsund” – oldest complete Viking ship ever found in Norway.
- Travel to the venue by coach and enjoy great views of Alesund’s famous Art Nouveau architecture.
- Catch a panoramic vista of the city and its watery surroundings from the Mount Aksla viewpoint.
- Enjoy a higher level of personal attention and flexibility on this Oceania Exclusive small group tour.

HELPFUL HINTS

- Wear casual weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat and sunglasses/sunscreen as needed.

PLEASE NOTE

This tour includes over 1-hour of walking on uneven surfaces, gravel sloping paths and steps. This tour is not available for wheel chair guests and not recommended for those with walking or mobility concerns.

ALE-004 WALKING TOUR OF ALESUND

Date: Jun 10, 2025 Time: 09:30 AM

Duration: 2.00 Hrs Price: \$109.00



OVERVIEW

On a relaxed walk around the seaside Art Nouveau wonderland of Alesund, you’ll see firsthand why it’s been voted “most beautiful town in Norway.” Arrayed across three islands stretching into the sea and ringed by dramatic mountains, Alesund’s signature “Jugendstil” skyline is both romantic and historical. After a 1904 city-wide fire left 850 houses in ashes and 10,000 people homeless (though only a single woman died), the entire town was rebuilt in the trendiest architectural style of the day. The resulting cityscape is a unified parade of turrets, spires and medieval ornaments; it was German emperor Wilhelm II, a close friend of Norway, who sent the masons to get the job done in record time. On your walk through the compact city center, you’ll learn more about this story – and about Alesund’s status as Norway’s fisheries capital. In a small park at the base of Mount Aksla, you’ll see a statue commemorating Wilhelm and another of Viking legend Rollo, who sailed from this port to found what is today Normandy. From the park, after your guided tour, you can take an optional climb up the 418 steps to reach the lookout point of Mount Aksla. Your effort rewards you with spectacular views of the city center, the archipelago and the Sunnmore Alps.

HIGHLIGHTS

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

- Walk the enchanting streets of one of the last three Art Nouveau cities in Europe.
- View Alesund’s one-of-a-kind skyline up close and learn its astounding backstory.
- Come face to face with Rollo the Viking, discover of Normandy and forefather of William the Conqueror.
- Take an optional climb up the 418 steps to the lookout point of Mount Aksla for the best views of the city and surroundings.

HELPFUL HINTS

- Wear weather-appropriate clothing; a windbreaker is suggested.
- Comfortable and sturdy walking shoes are recommended.
- Bring a hat and sunglasses/sunscreen as needed.

PLEASE NOTE

This tour includes 2-hours of walking, including over uneven surfaces, steps and gentle inclines. This tour is not available for wheel chair guests and not recommended for those with walking or mobility concerns.

ALE-006 THE SAGA ISLANDS OF GISKE & GODOY

Date: Jun 10, 2025 Time: 09:30 AM
Duration: 3.00 Hrs Price: \$199.00



OVERVIEW

Tour Alesund’s Art Nouveau district by coach, then traverse a network of bridges and tunnels to explore two neighboring islands with colorful histories. Along the way, you’ll catch amazing views of all the islands and nearby Sunnmore Alps form atop Mount Aksla. Standing on Giske, known as the Saga Island, you’ll be in the domain of the great (so great no horse could carry him!) Viking King “Rollo.” Born here, his action-packed life included conquering Norway in 911, ruling the French region of Normandy, and being the ancestor of William the Conqueror, sire to the English royal family. After exploring his island – with a stop to admire marble Giske Chapel, dating from 1135, you’ll cross by tunnel to steeply mountainous Godoy Island for a stroll through the remote fishing village of Alnes, its red and white striped lighthouse bravely facing down the open Atlantic. This island, too, has deep Viking roots – its ancient name derived from words that mean Island of God(s).

HIGHLIGHTS

- Enjoy a scenic road trip involving bridges, tunnels and islands as remote as they come.
- Tour Giske Island, childhood home of King Rollo – an indisputably larger-than-life Viking figure.
- Take a guided walk through an unspoiled and charming fishing village out on the tip of Godoy Island.
- Enroute, be treated to fine sightseeing of Alesund’s world-famous architecture and Mount Aksla views.

HELPFUL HINTS

- Wear casual weather-appropriate clothing.
- Sturdy, closed-toe walking shoes are recommended.
- Bring a hat and sunglasses/sunscreen as needed.

PLEASE NOTE

This tour includes a moderate amount of walking over mostly even surfaces with some gravel paths. It is not recommended for guests who utilize a wheelchair. Those with mobility concerns are cautioned to evaluate their personal level of stamina before participating.

ALE-CM1 CAPTURE THE MOMENT-ALESUND

Date: Jun 10, 2025 Time: 09:30 AM
Duration: 3.00 Hrs Price: \$169.00



OVERVIEW

OVERVIEW Snap selfies at the most photogenic spots in and around Alesund, many of them iconic attractions that define the city. To ensure the best possible results, a selfie expert guide will offer tips so you can capture just the right angle, lighting and composition for every shot. Plus, selfie sticks and selfie photo frames are available. Your pictures will be ideal for posting on social media and sharing in other ways. As you walk and ride through Alesund, you will pause at designated selfie stops that include: • Hellebroa Bridge, which spans two islands • Løvenvold Kino Nordisk Film, a century-old theater • Kongensgate, a shopping street lined with Art Nouveau architecture • Mount Aksla viewpoint

HIGHLIGHTS

- Take inspiring selfies at the most photogenic attractions in Alesund.
- Follow tips from your selfie expert guide to ensure the very best pictures.
- Learn the historical significance of the locales while enjoying their dramatic settings.
- Enjoy free time at Kongensgate, a cobblestoned street lined with shops.
- Enjoy the view of Alesund from Mount Aksla.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

There are approximately 400 steps to Askla. This tour will only include external visits. The tour is not recommended for guests who utilize a wheelchair, scooter, or who have any walking limitations. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of sites visited may vary. Wear comfortable shoes, sunglasses, and comfortable clothing. Bring your own fully charged cellphone or camera. A limited number of selfie sticks will be available to share. Guests who go ashore do so with the understanding that they will be mixing with members of the general public. Guests who miss the return transportation will be responsible for getting back to the ship. The tour is sensitive to weather conditions (rain, wind, and sun).

Oslo, Norway

OSL-001 PANORAMIC OSLO

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 3.00 Hrs Price: \$119.00



OVERVIEW

Take a seat and enjoy a thorough overview of Oslo on this relaxed coach tour that introduces you to the Norwegian capital’s most notable sites. Chief among them is Akershus, the city’s signature fortress built in 1299 but updated considerably since then. Pass the Akershus Fortress which dates back to the 13th century, the famous Oslo Opera House and the brand-new Munch Museum, currently under construction. You get a glimpse of the so-called Barcode-area, the latest addition of office buildings, as well as the new library and many apartment houses in the area of Bjørvika. Passing through the inner-city tunnel you will further on see the Royal Palace, built in the first half of the last century and the residence of the Royal Family. Drive by Vigeland Sculpture Park before beginning the climb up Holmenkollen Hill, sight of the former world-famous ski jumping arena. On clear days the view over the town and the Oslofjord is simply amazing. Leaving Holmenkollen you will pass through residential areas back to the fjord and to the peninsula of Bygdøy, home of many well-known museums. After a photo stop along the fjord, your tour will conclude with a scenic drive up the Hill of Ekeberg for a fantastic view of the harbor, the fjord with its many islands and a large part of the town that stretches out in the valley below you. A scenic drive along the shoreline

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

brings you back to the pier.

HIGHLIGHTS

- Sightsee the length, breadth and heights of Oslo by comfortable panoramic coach.
- See the city's most iconic avenues, buildings, parks, palaces – even its Olympic-grade hilltop ski jump.
- Leave the tour with a clear feel for this sprawling capital's character and sustainable approach to city living.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light windbreaker or jacket.
- Flat, comfortable shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour is panoramic in nature with limited optional walking at any stops made. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns are cautioned only to participate to the extent of their personal stamina and ability. The order of sites viewed or visited may vary.

OSL-001OE OCEANIA EXCLUSIVE - PANORAMIC OSLO

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 3.00 Hrs Price: \$259.00



OVERVIEW

Designed for travelers who prefer an added measure of intimacy and flexibility, our new Oceania Exclusive tours limit group size to just 16 guests maximum. The Oceania Exclusive format is available on specially selected shore excursions in nearly every port we visit, around the world. Take a seat and enjoy a thorough overview of Oslo on this relaxed coach tour that introduces you to the Norwegian capital's most notable sites. Chief among them is Akershus, the city's signature fortress built in 1299 but updated considerably since then. Pass the Akershus Fortress which dates back to the 13th century, the famous Oslo Opera House and the brand-new Munch Museum, currently under construction. You get a glimpse of the so-called Barcode-area, the latest addition of office buildings, as well as the new library and many apartment houses in the area of Bjørvika. Passing through the inner-city tunnel you will further on see the Royal Palace, built in the first half of the last century and the residence of the Royal Family. Drive by Vigeland Sculpture Park before beginning the climb up Holmenkollen Hill, sight of the former world-famous ski jumping arena. On clear days the view over the town and the Oslofjord is simply amazing. Leaving Holmenkollen you will pass through residential areas back to the fjord and to the peninsula of Bygdøy, home of many well-known museums. After a photo stop along the fjord, your tour will conclude with a scenic drive up the Hill of Ekeberg for a fantastic view of the harbor, the fjord with its many islands and a large part of the town that stretches out in the valley below you. A scenic drive along the shoreline brings you back to the pier.

HIGHLIGHTS

- Sightsee the length, breadth and heights of Oslo by comfortable panoramic coach.
- See the city's most iconic avenues, buildings, parks, palaces – even its Olympic-grade hilltop ski jump.
- Leave the tour with a clear feel for this sprawling capital's character and sustainable approach to city living.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light windbreaker or jacket.
- Flat, comfortable shoes are recommended.
- Bring a hat and sunglasses as needed.

- Enjoy a higher level of personal attention and flexibility on this Oceania Exclusive small group tour.

PLEASE NOTE

This tour is panoramic in nature with limited optional walking at any stops made. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns are cautioned only to participate to the extent of their personal stamina and ability. The order of sites viewed or visited may vary.

OSL-002 OSLO'S MARITIME HIGHLIGHTS

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 3.50 Hrs Price: \$199.00



OVERVIEW

Begin with a drive around the inner center of Oslo. You will pass the Akershus Fortress which dates back to the 13th century, the famous Oslo Opera House and the brand-new Munch Museum, currently under construction. Get a glimpse of the so-called Barcode-area, the latest addition of office buildings, as well as the new library and many apartment houses in the area of Bjørvika. Passing through the inner-city tunnel you will further on see the Royal Palace, built in the first half of the last century and the residence of the Royal Family. Next, it's on to the Bydøy peninsula. Once the King's private property, today it is partially designated as a museum area. Stop to visit the Maritime Museum. Included in the museum's different exhibitions is a Viking boat from the Gokstad findings as well as several artifacts from Norwegian's Maritime cultural heritage. Continue on to the Kon Tiki Museum, housing the original balsa raft used by Thor Heyerdahl and his five companions. In 1947, their voyage took them from Peru to Polynesia, crossing 1,864 miles of ocean. You will also find the papyrus-boat RA II with which Thor Heyerdahl used to successfully cross the Atlantic Ocean in 1970. A good selection of documentary material is also on display. You will also pay a visit to the Fram Museum. The Fram was built by Colin Archer in 1892 to explore the Polar Regions. It was used in expeditions of the Arctic and Antarctic regions by the Norwegian explorers, including Roald Amundsen during his expedition of 1910-11. From Bygdøy you will drive along the harbor with its many pleasure boats and have a glimpse of the charming Oscarshall Castle, the summer residence of the Swedish/Norwegian King Oscar I.

HIGHLIGHTS

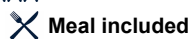
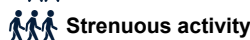
- Travel by coach to Bygdøy, passing Oslo sights like the National Theater, the Royal Palace and attractive residential neighborhoods.
- Explore the Maritime Museum and its different exhibits including a Viking boat and a range of artifacts from Norwegian's Maritime cultural heritage.
- Visit the Kon Tiki Museum and see the famous vessels Thor Heyerdahl used to prove that ancient, simple cultures could cross vast oceans – and survive.
- Tour the Fram Museum and see the majestic wooden ship of the same name, used by Roald Amundsen's for his 1911 conquest of the South Pole.
- Return via the harbor road and see Oscarshall, King Oscar I's romantic 19th-century summer castle.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light windbreaker or jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 2.5 hours of walking, with a considerable number of steps involved. Although all museums are wheelchair accessible, The Fram ship is not, and its visit requires managing several stairs. Tour is available to wheelchair guests who have a collapsible



wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide this.

OSL-005 HIGHLIGHTS & VIGELAND SCULPTURE PARK

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 3.00 Hrs Price: \$169.00



OVERVIEW

A panoramic drive around the inner center of Oslo takes you past the Akershus Fortress which dates back to the 13th century, the famous Oslo Opera House and the brand-new Munch Museum, currently under construction. You get a glimpse of the so-called Barcode-area, the latest addition of office buildings, as well as the new library and many apartment houses in the area of Bjørnvika. Passing through the inner-city tunnel you will further on see the Royal Palace, built in the first half of the last century and the residence of the Royal Family. Arriving at the Vigeland Sculpture Park, you can see many of the 200 sculptures that are arranged over the Park's 80 acres, all created by Gustav Vigeland. Making the sculptures even more interesting is that the artist never explained his works, leaving the interpretation to each beholder. Leaving Vigeland you will drive to the Holmenkollen Ski Jump for great views of Oslo. After a photo stop, you return through residential areas back to town where a short walk takes you to the City Hall. Enjoy a guided tour of this iconic building, well-known for the Nobel peace-prize ceremony every year in December.

HIGHLIGHTS

- Be introduced to many of Oslo's signature sights on a panoramic highlights drive.
- See the city's busiest boulevards, oldest fortress, grandest palace, tallest building and more.
- Take a relaxed walk through famous Vigeland Sculpture Park, filled with the dramatic – and enigmatic – works of a single, prolific Norwegian artist.
- Visit City Hall, where the Nobel Peace Prize is awarded annually and the murals are, well, enormous.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light windbreaker or jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 1.5 hours of walking and standing. It is available to wheelchair guests who utilize a collapsible chair, are able to make their own way on and off the coach and have a companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. The order of sites viewed or visited may vary. On occasions when City Hall is closed to visitors, free time near the harbor will be substituted. Venues in the area include the Nobel Peace Center, the Astrup Fearnley Art Museum and the shops at Aker Brygge mall.

OSL-007 NOBEL PEACE CENTER & WALKING TOUR

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 3.00 Hrs Price: \$129.00



OVERVIEW

This guided walk will give you a close-up taste of Norway's capital city landmarks and bring you inside one of world's most universally significant venues. Begin with a walk along the harbor front. While walking the scenic route to and from this tour's primary destination, you'll encounter landmark sights like the National Theater and the 173-room, buttercup-yellow Royal Palace set regally atop a hill, surrounded by lush parkland. You'll pass the University of Oslo along the nightlife-friendly main street known as Karl

Johans gate, and the Ibsen Museum along aptly-named Henrik Ibsen's gate. After a time, you'll arrive at the Nobel Peace Center for an inspiring inside visit. Opened in 2005, the Peace Center's mission is in perfect accord with the spirit of Alfred Nobel's legacy: to shed light on small as well as large-scale conflicts. Permanent and changing exhibits explore the world-improving work accomplished by Nobel laureates and the story behind the prize. You will also walk through the Akershus fortress dating back to the 13th century and from where you have great views of the Oslo harbor and fjord.

HIGHLIGHTS

- Set out into Oslo on foot with your guide; it's an ideal way to get to know this vibrant city.
- Pause to admire landmarks like the Royal Palace, National Theater and Ibsen Museum.
- Tour inside the Nobel Peace Center and be profoundly inspired by the exhibits and history on display.
- Walk through Oslo's signature Akershus Fortress, once a medieval castle and royal residence.

HELPFUL HINTS

- Wear layered, weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 3 hours of moderate walking and is not available to wheelchair guests or those with mobility concerns. Nobel Peace Center is closed for renovations. Guests will be visiting the Oslo National Museum while works are being made.

OSL-008 HADELAND GLASS WORKS

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 5.50 Hrs Price: \$169.00



OVERVIEW

Enjoy a scenic fjord-side drive across rural Norway to visit a venue where fine glass and crystal objects have been produced by hand since 1762. The coach journey to the town of Jevnaker skirts the shoreline of a lake dotted with tiny islands and is itself a thing of beauty. But the day's most impressive beauty will be revealed during your Hadeland tour, when you'll have the opportunity to watch expert glassblowers demonstrate their skill at transforming glowing, molten glass into beautiful shapes. They've had plenty of practice: this "factory" is the oldest industrial company still operating in Norway. A glass museum here showcases carefully selected pieces that represent the best of Hadeland's designs from over the last 250 years, and other exhibits trace the evolution of Norwegian glassmaking from its earliest days. You'll learn about how glass is made, formed and finished – and gain insights on this common but essential material's deep connections to the culture. Altogether, you'll spend about 90 minutes at the glassworks "village," a picturesque complex on the banks of yet another lovely lake, then head back to Oslo and your waiting ship.

HIGHLIGHTS

- Settle back in a comfortable coach seat for a 90-minute spin along a fjord and into rural Norway.
- Tour the oldest industrial company in Norway, a glassmaking "factory" that's been perfecting its craft since 1762.
- Watch skilled glassblowers transform blobs of molten glass into graceful finished pieces.
- Learn about how glass is made, formed and finished – whether for everyday uses or as fine art.

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

- Browse the extensive collection at Hadeland’s in-house museum of glass history and artistry.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a windbreaker or light jacket.
- Flat, comfortable walking shoes are recommended.

PLEASE NOTE

This tour includes approximately 90-minutes of walking and standing. Tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide this. This tour involves driving through several tunnels.

OSL-013 HADELAND GLASS WORKS & VIKING SHIPS

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 6.50 Hrs Price: \$259.00



OVERVIEW

Gain perspective on Norway’s artistry, history and scenery on a single tour that combines visits to a glassblowing factory and a Maritime museum. It all starts with a drive through central Oslo, passing landmark sights like City Hall, the National Theater and the Royal Palace. Once out on the scenic Bygdøy peninsula, you’ll drop in at the Maritime Museum, which houses a Viking Boat from the Gokstad findings as well as a wide range of artifacts from Norwegian’s maritime cultural heritage dating back over 2000 years. Something else incredible is the transformation you’ll have the opportunity to watch as expert glassblowers at the Hadeland Glassworks demonstrate their skill at turning lumps of glowing, molten glass into graceful finished shapes. Founded in 1762, Hadeland is the oldest industrial company still operating in Norway – and their in-house museum showcases carefully selected pieces that represent their most impressive work from over the last 250 years. After enjoying lunch served in their restaurant, be sure to browse their tempting gift shops. Back in Oslo, a trip up to the Holmenkollen hill viewpoint delivers unbeatable views down over the city and its fjord.

HIGHLIGHTS

- Visit the Maritime Museum, which houses a Viking Ship from the Gokstad findings.
- Tour Norway’s oldest industrial company, a glassmaker that’s been perfecting its craft since 1762.
- Watch skilled glassblowers transform molten glass into beautiful finished works.
- Enjoy lunch served at the glassworks’ in-house restaurant and browse its museum and gift shops.
- Catch huge Oslo views from a hilltop viewpoint and see iconic city landmarks from the comfort of your coach seat.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.

PLEASE NOTE

This tour includes over 2-hours of walking/standing. Additional walking during free time is at guests’ discretion. Tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide this. This tour involves driving through several tunnels.

OSL-015 OSLO BY LAND & SEA

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 3.50 Hrs Price: \$239.00



OVERVIEW

Explore Norway’s enchanting capital city from two contrasting transport modes – motorcoach and sailboat – and discover they’re both the best way to see it. You’ll start out on a panoramic spin through the cosmopolitan city center, taking in stunning landmarks like the marble-and-glass Oslo Opera House and winding through the Bjørvika neighborhood. For spectacular views of Oslo and its surrounding fjord, nothing beats a trip up to the ski jump venue atop Holmenkollen Hill. The site’s been in use for over 100 years, but the new world-class steel tower was built in 2010 for international ski jumping competitions. Once you’ve filled your camera with postcard-perfect photos from up here, you’ll head to a quay on the Bygdøy Peninsula. There you’ll take a deck seat aboard a historic motor sailboat for some thrilling waterborne sightseeing. Cruising through the Oslofjord, you’ll have scenic encounters with the ruins of an island monastery built by English monks in the 12th century and tidy Dyna lighthouse, clad in crisp white clapboard and perched on a reef in the fjord. Before arriving back at the cruise pier, you’ll pass several beaches, the twin brick towers of City Hall, and Oslo’s signature medieval landmark, Akershus Castle.

HIGHLIGHTS

- Travel through central Oslo by panoramic coach, pausing for photos and awe at key landmarks like the Oslo Opera House and Holmenkollen Ski Jump.
- Take to the waters of Oslo’s beautiful fjord aboard an open-deck motor sailor for a whole other perspective on the city.
- Glide past evocative sights like the ancient monastery ruins on Hovedøya island, charming wooden Dyna lighthouse, and Akershus Castle – stronghold of Norway’s rulers for centuries.

HELPFUL HINTS

- Wear layered, weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour involves limited walking, mainly at guests’ discretion during the stops. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and touring vessel, and have an able-bodied companion to assist them. Those with mobility concerns should carefully evaluate their personal level of stamina before participating. Tour sequence may vary.

OSL-016 HIKE ALONG THE AKERSELVA RIVER

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 4.50 Hrs Price: \$89.00



OVERVIEW

Travel by Oslo Metro to the northern reaches of town, then enjoy a relaxed hike down the shaded banks of the Akerselva River and through scenic urban parklands. It’s a slightly downhill trek of just over four miles, beginning up in the Nydalen neighborhood along walking paths that trace this historic river as it runs from Lake Maridalsvannet, pristine source of the city’s drinking water, to the Oslofjord. Rambling at a very comfortable pace, you’re bound to spot other walkers, bicyclists and anglers; the river is quite popular among Oslo’s locals. Many of them live, work and play along the Akerselva – in loft-style apartments, modern offices and trendy shops that occupy converted industrial buildings that once hummed with activity along these banks in the 19th and 20th century. During the walk, you’ll pass several historical textile mills, spillways and statues honoring those who labored at these former factories. Breathe in the fresh, clean air and drink in the wonderful scenery as you meander through leafy woodlands and green spaces that happen to pass through the very center of Oslo. By the walk’s end, you’ll be right back where you began – at the

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

cruise pier.

HIGHLIGHTS

- Walk with your guide to a “T-bane” metro station for the ride up to Nydalen in Oslo’s northern outskirts.
- Pick up a riverside trail that winds gently downhill, tracing the picturesque banks of the Akerselva.
- Hike about 4 miles in as many hours, moving at a relaxed pace through woodlands and parks beloved by Oslo’s locals.
- Pass by historic mills and converted industrial buildings that today house lofts, offices and shops.
- Be on the lookout for white-throated dippers, Norway’s national bird.

HELPFUL HINTS

- Wear layered, weather-appropriate clothing; include a water/windproof jacket.
- Flat, comfortable walking or hiking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 3.5 hours of moderate walking over a distance of nearly 4.5 miles. The tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition.

OSL-017 FLOATING SAUNA

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 2.50 Hrs Price: \$269.00



OVERVIEW

Enjoy a rather unusual evening cruise through Oslo Fjord in a small wooden houseboat of sorts and take in the city sights while relaxing in the enclosed sauna on deck. This adventure ingeniously combines two activities – cruising and luxuriating in a sauna – for an experience unlike any other. The boat is little more than a floating sauna topped with an observation deck. Inside, you will find a small changing room with the rest being a sauna that allows you to move about and stretch out on the benches. Warmth from the sauna can relieve muscle tension, reduce stress, induce a deeper sleep and cleanse the pores in your skin for a softer, more radiant appearance. The best benefit may be that relaxing in a sauna just feels good. Whenever you want a break from the heat inside, just step out on the deck or jump into the fjord for a refreshing dip.

HIGHLIGHTS

- Cruise Oslo Fjord in a small boat with an enclosed sauna that covers most of the deck.
- Reap the benefits of the sauna’s warmth and emerge feeling relaxed and rejuvenated.
- Pause for a dip in the fjord while admiring the city from a water perspective.
- Enjoy the camaraderie and conversation from this small-group experience.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Bring a swimsuit and towel.
- Wear flat comfortable water shoes.

PLEASE NOTE

This tour requires a moderate amount of activity and participants should be in good physical condition and be able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions, or pregnant women. Drinking water available to buy on floating sauna.

OSL-018 OSLO EVENING CARRIAGE RIDE

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 1.00 Hrs Price: \$259.00



OVERVIEW

Ride through downtown Oslo in the early evening in the comfort of an open, horse-drawn carriage that offers uninterrupted views of the city. The capital will be beautifully illuminated and simply aglow as you travel behind a team of horses as they clip-clop their way along the cobbled streets. The experience is a wonderfully nostalgic way to see Oslo, which looks all the more atmospheric at night. While passing through the heart of the city, you will view landmarks such the 19th-century Royal Palace – just one of the royal family’s homes – and medieval Akershus Castle, where the rulers of Norway once lived, protected by the fortress’ thick earth-and-stone walls. You will also see the distinctive city hall, whose towering carillon with 49 bells plays music every evening. The play list ranges from Norwegian composer Edvard Grieg’s “Watchman’s Song” to “Summer Nights” from the musical “Grease.”

HIGHLIGHTS

- See Oslo’s highlights at night while riding in a horse-drawn carriage.
- Pass landmark after landmark, all beautifully illuminated for dramatic effect.
- See the Royal Palace and the castle where the royals lived centuries ago.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable water shoes.

PLEASE NOTE

This tour is primarily scenic in nature with walking at the guest’s discretion during stops. Tour is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

OSL-019 AN EVENING IN ROSESLOTTET PARK

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 3.00 Hrs Price: \$169.00



OVERVIEW

Gain an appreciation for the beauty of nature and the values of freedom by walking through an outdoor art installation at night, when the monumental works of art are dramatically illuminated. Roseslottet – meaning Rose Castle – isn’t a fortification but rather a thought-provoking collection of outdoor paintings, sculptures and creative projects that depict how society can fight back against tyrannical rule to ensure a free future. It is a story that Norway knows well as Nazi Germany occupied the country during World War II. The five golden constellations that you will see at Roseslottet symbolize those five years of occupation. While meandering the boardwalk, you will view nearly 300 pieces of art that express the horrors of totalitarianism, ways to combat subservience to the state and the merits of a free society. Two Norwegian artist brothers created Rose Castle to celebrate the people and ideals that helped Norway survive the war years.

HIGHLIGHTS

- Walk through a deeply moving outdoor art installation in the evening.
- Feel inspired by its message of how tyranny must be fought to ensure a free future.
- Gain insight into how Norway survived the horrors of occupation during World War II.
- Reflect on the profound meaning of the art while enjoying a cup of coffee afterwards.

HELPFUL HINTS

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

- Dress in weather-appropriate clothing.
- Wear flat comfortable water shoes.

PLEASE NOTE

This tour includes a moderate amount of walking mainly at the guest's discretion. Tour is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

OSL-AC1 ACCESSIBLE OSLO AND OPEN AIR MUSEUM

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 4.00 Hrs Price: \$499.00



OVERVIEW

OVERVIEW OSL-AC1 COMPANION This excursion is for guests that use a cane/walker, have limited mobility issues or for companions of those guest that have booked mobility equipment tour. Those guests that are fully dependent on their mobility device please book: OSL-AC2 ACCESSIBLE OSLO AND OPEN AIR MUSEUM - Mobility Equipment Become surprisingly familiar with Oslo in a relatively short time by visiting the premier attractions that present a historical and cultural perspective of Norway's exuberant capital. The first highlight will be the magnificent Royal Palace, home to the royal family since the mid-19th century. The surrounding parkland and gardens reflect European horticulture of that time period, making for a spectacularly serene setting. You will also see the Oslo Opera House, a contemporary marble-and-glass structure that is a work of art itself, and the city hall where the Nobel Peace Prize is awarded annually. Brief stops at the medieval Akershus Fortress, Holmenskollen ski jump and Vigeland sculpture park add more texture to your understanding of Oslo. A collection of historical buildings from the Middle Ages to the 20th century are on display at the Norsk Folkemuseum. You will find everything from sod-roofed farmhouses to a stave church from the 1200s.

HIGHLIGHTS

- See the palace where Norway's royal family has lived since the mid-19th century.
- Pass iconic buildings such as city hall, where the annual Nobel Peace Prize is awarded.
- Visit diverse attractions ranging from a medieval fortress to a modern ski jump.
- Explore an open-air museum with houses from the Middle Ages to the 20th century.

HELPFUL HINTS

- Dress in weather-appropriate clothing.

PLEASE NOTE

PLEASE NOTES: Tour includes step-free routes, shorter distances and no stairs. Accessible restrooms with wide doors for wheelchairs are present along the tour route. Vehicles are adapted with an access ramp (or lift where available) to accommodate a limited number of wheelchairs and/or mobility scooters. Guides are not allowed to push wheelchairs; therefore, guests needing special assistance must be accompanied by an able-bodied.

OSL-AC2 ACCESSIBLE OSLO AND OPEN-AIR MUSEUM

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 4.00 Hrs Price: \$499.00



OVERVIEW

OVERVIEW OSL-AC2 MOBILITY EQUIPMENT This excursion is for guests who are fully dependent on their mobility device. You will be required to supply your own wheelchair/scooter. Your mobility equipment (manual or electric) must not exceed the following dimensions: W 74", L 78", H 70". Those guests that are companions, use a cane or walker, or have limited

mobility issues must book the companion tour code OSL-AC1 ACCESSIBLE OSLO AND OPEN-AIR MUSEUM - COMPANION Become surprisingly familiar with Oslo in a relatively short time by visiting the premier attractions that present a historical and cultural perspective of Norway's exuberant capital. The first highlight will be the magnificent Royal Palace, home to the royal family since the mid-19th century. The surrounding parkland and gardens reflect European horticulture of that time period, making for a spectacularly serene setting. You will also see the Oslo Opera House, a contemporary marble-and-glass structure that is a work of art itself, and the city hall where the Nobel Peace Prize is awarded annually. Brief stops at the medieval Akershus Fortress, Holmenskollen ski jump and Vigeland sculpture park add more texture to your understanding of Oslo. A collection of historical buildings from the Middle Ages to the 20th century are on display at the Norsk Folkemuseum. You will find everything from sod-roofed farmhouses to a stave church from the 1200s.

HIGHLIGHTS

- See the palace where Norway's royal family has lived since the mid-19th century.
- Pass iconic buildings such as city hall, where the annual Nobel Peace Prize is awarded.
- Visit diverse attractions ranging from a medieval fortress to a modern ski jump.
- Explore an open-air museum with houses from the Middle Ages to the 20th century.

HELPFUL HINTS

- Dress in weather-appropriate clothing.

PLEASE NOTE

PLEASE NOTES: Tour includes step-free routes, shorter distances and no stairs. Accessible restrooms with wide doors for wheelchairs are present along the tour route. Vehicles are adapted with an access ramp (or lift where available) to accommodate a limited number of wheelchairs and/or mobility scooters. Guides are not allowed to push wheelchairs; therefore, guests needing special assistance must be accompanied by an able-bodied.

OSL-BB1 BEYOND BLUEPRINTS - OSLO

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 4.00 Hrs Price: \$269.00



OVERVIEW

Discover how two extraordinarily modern buildings have transformed Oslo's skyline and pushed the boundaries of design. An architectural historian guide will elaborate on the buildings' advanced technologies and present a rare insider's perspective of their construction. The iconic Equinor office building consists of five separate rectangular modules stacked on top of each other at different angles, all in an effort to optimize daylight and views. You may also learn fascinating details about how the atrium's propeller-shaped glass roof was designed to withstand months of extra weight from snow. Similarly, climate conditions influenced the design of the Munchmusset, a 13-story museum dedicated to the works of Norwegian artist Edvard Munch. It is constructed with low-carbon concrete and aluminum cladding that reflects harsh sunlight and is cooled with seawater. You will notice that there are no parking spaces to encourage visitors to use public transportation. The top of the building intentionally tips forward as if bowing to Oslo in homage.

HIGHLIGHTS

- Follow an architectural historian through two cutting-edge buildings for an insider's perspective.
- Discover how architects overcame the design challenges in a building with five stacked modules.

Minimal activity	Moderate activity	Oceania Exclusive	Beyond Blueprints	Go Green
Easy activity	Strenuous activity	Oceania Select	Culinary Discovery	Go Local
Evening excursion	Meal included	ADA Accessible	Food & Wine Trails	Wellness Tour

- Learn the design secrets behind a towering, aluminum-clad art museum.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

PLEASE NOTE

This tour includes approximately 3 hours of walking over mainly flat and even surfaces. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.

OSL-CM1 CAPTURE THE MOMENT-OSLO

Date: Jun 12, 2025 Time: 08:00 AM
Duration: 4.50 Hrs Price: \$159.00



OVERVIEW

OVERVIEW Snap selfies at the most photogenic spots in and around Oslo, many of them iconic attractions that define the city. To ensure the best possible results, a selfie expert guide will offer tips so you can capture just the right angle, lighting and composition for every shot. Your pictures will be ideal for posting on social media and sharing in other ways. As you walk and ride through Oslo, you will pause at designated selfie stops that include: • Damstredet & Telthusbakken streets • Royal Palace • City Hall • Akershus Castle • Opera House

HIGHLIGHTS

- Take inspiring selfies at the most photogenic attractions in Oslo.
- Follow tips from your selfie expert guide to ensure the very best pictures.
- Learn the historical significance of the locales while enjoying their dramatic settings.
- Stroll past the 17th- and 18th-century homes on Damstredet & Telthusbakken streets.
- Stop at landmarks such as the Royal Palace and the medieval Akershus Castle.
- Spend free time around City Hall, which was inaugurated for Oslo's 900th anniversary.

HELPFUL HINTS

- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.
- Be sure your phone or camera is fully charged.

PLEASE NOTE

PLEASE NOTE This tour will only include external visits. The tour is not recommended for guests who utilize a wheelchair, scooter, or who have any walking limitations. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of sites visited may vary. Wear comfortable shoes, sunglasses, and comfortable clothing. Bring your own fully charged cellphone or camera. A limited number of selfie sticks will be available to share. Guests who go ashore do so with the understanding that they will be mixing with members of the general public. Guests who miss the return transportation will be responsible for getting back to the ship. The tour is sensitive to weather conditions (rain, wind, and sun).

Helsingborg, Sweden

HLG-001 WALKING TOUR OF HELSINGBORG

Date: Jun 13, 2025 Time: 12:30 PM
Duration: 1.50 Hrs Price: \$59.00



OVERVIEW

Experience central Helsingborg's picturesque mix of medieval and contemporary landmarks from street level on a guided city stroll. From the pier, you'll walk the beautiful Norra Hamnen, or North Harbor, a former wharf that's been redeveloped to include a vibrant shopping and dining esplanade. Soon you'll pass the Dunkers Culture Center, a modern complex with two curving roofs evocative of ocean waves. Inside are an array of museums, galleries and performance venues that make this one of Scandinavia's premier cultural centers. At the foot of cobbled Stortorget square, you'll come upon a more whimsical landmark: Helsingborg's Town Hall, built in 1870 around a 215-foot bell tower and renowned for its stained-glass windows depicting historical events. At 13th-century St. Mary's Church, you'll have a chance to inspect the stained-glass from the inside; it's at its full glory on a bright day. Further along and up a flight of terraced steps is a building synonymous with Helsingborg: its medieval castle keep – or Kärnan – standing on a high ridge, last remnant of a once-impenetrable bastion that endured long periods of siege during long conflicts between the Swedes and Danes. The tour concludes with half-timbered houses along Kullagatan, Helsingborg's oldest pedestrianized street.

HIGHLIGHTS

- Walk the cobbled streets of Helsingborg with a guide and encounter some of its many landmarks.
- Stroll the rejuvenated North Harbor wharf, admire the turrets of neo-Gothic Town Hall, and be dazzled by the medieval stained-glass of St. Mary's.
- Ascend a broad stairway to stand before the enduring symbol of the city – the Keep, all that remains of once-invincible Helsingborg Castle.
- At tour's end, consider remaining in town to explore further on your own, or walk back to the ship.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light sweater or jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes 90 minutes of easy-to-moderate walking. The tour is not available to wheelchair guests or those with mobility concerns. The tour sequence may vary.

HLG-002 BEST OF HELSINGBORG & SOFIERO

Date: Jun 13, 2025 Time: 12:30 PM
Duration: 3.00 Hrs Price: \$149.00



OVERVIEW

Take in the architectural beauty of Helsingborg's downtown, then visit nearby Sofiero gardens for a heaping dose of natural beauty. Depart from the pier for a brief city drive that brings you past landmarks like neo-Gothic Town Hall, all turrets and towers; long, cobbled Stortorget market square; and a handsome half-timbered house that dates to 1641. In town center, off to visit the iconic Kärnan, the 14th-century keep and last tower standing from once-impenetrable Helsingborg Castle. Tall enough to serve as a navigation landmark for centuries, it's also the enduring emblem of the city. From the keep's terraced steps, you'll have excellent views of Denmark barely four miles across the Öresund strait. Your next stop: Sofiero Castle, once the summer getaway of Sweden's royal family. The neo-Renaissance building itself is indeed impressive, but it's the grounds here that are the star. These lush gardens have actually been cited the most splendid park in Europe. Most famous of the plantings are the 10,000 rhododendron bushes, which explode into bloom each summer. After some delightful time spent touring on foot here, the return drive will include

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

a photo stop in the quaint former fishing village of Raa.

HIGHLIGHTS

- Enjoy a guided, rolling survey of central Helsingborg’s many architectural and cultural landmarks.
- Stand before the icon of the city – the Kärnan, all that remains of once-invincible Helsingborg Castle.
- Tour the amazing gardens of Sofiero Castle, where the royal family used to get away from it all.
- Discover why these grounds are top contender for most beautiful park in Europe.
- If your timing is right, see more rhododendrons in bloom than you ever imagined possible.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light sweater or jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 1 hour of easy-to-moderate walking. The tour is not available to wheelchair guests, and those with mobility concerns are cautioned only to participate to the extent of their personal stamina and ability. Arrangements can be made with the guide to skip participation in various walking portions of the excursion. The tour sequence may vary.

HLG-003 HELSINGBORG, SOFIERO & LUND

Date: Jun 13, 2025 Time: 12:30 PM
Duration: 7.00 Hrs Price: \$259.00



OVERVIEW

Join us on all-encompassing excursion that travels to three vastly different Swedish cities and finds notable landmarks to wonder at in each. You’ll first head southward, traversing fertile farmland and rolling hills to Lund, founded over 1,000 years ago. In this university town of plentiful cobblestones, you’ll pay a visit to its most prominent building: twin-towered Lund Cathedral, known for its intricate 15th-century clock that keeps track of celestial bodies as well as time. Driving further on, you’ll catch sight of the Öresund Bridge, modern 10-mile span linking Sweden with Denmark. Once in Malmö, you’ll walk the resurgent Western Harbor waterfront district. Here you’ll have to crane your neck to admire the Turning Torso residential tower – its white marble silhouette twists a full 90 degrees on its way up to the 54th floor. Other highlights seen in Malmö include St. Peter’s Church, an early Brick Gothic stunner, and Malmöhus Castle – a Renaissance fortress that’s been a royal party palace, a prison, and is today a museum. Following a typical Swedish lunch, you’ll head back to Helsingborg for a stop at Sofiero Castle. Once the royal summer residence, it’s revered for its park-like gardens, which include over 10,000 rhododendrons.

HIGHLIGHTS

- Enjoy a guided coach and walking survey of three distinctive Swedish cities in a single day.
- Visit Lund Cathedral, brimming with artifacts including an early precursor to the smartwatch.
- Walk the waterfront district in Malmö where the Turning Tower is turning heads.
- Take a break to and replenish your energy over a typical Swedish lunch.
- See Sofiero Castle in Helsingborg, whose elaborate gardens are one of Europe’s favorite parks.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light sweater or jacket.
- Flat, comfortable walking shoes are recommended.

- Bring a hat and sunglasses as needed.

PLEASE NOTE

This tour includes approximately 3 hours of easy-to-moderate walking that includes some cobblestone surfaces. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. Guests should bring local currency or credit cards for any purchases. The tour sequence may vary.

HLG-004 HELSINGBORG & COASTAL DRIVE

Date: Jun 13, 2025 Time: 12:30 PM
Duration: 4.00 Hrs Price: \$149.00



OVERVIEW

Take in southern Sweden’s immense natural beauty on a drive along its rugged coastline, marveling at Helsingborg landmarks along the way. Departing from the pier, settle in for a brief but enlightening spin through Helsingborg, taking in architectural gems such as its neo-Gothic Town Hall, all turrets and towers, and Sofiero Castle, where Swedish royals once spent their summers – now known more for its spectacular summer-blooming rhododendrons. Once out of the city and headed along the coast, the landscape grows increasingly dramatic as you enter Kullaberg nature reserve, sprawling across a rocky peninsula of steep sea cliffs and rare flora and fauna. Be on the lookout for the longhaired, long-horned Scottish Highland cows that thrive in this wild environment. You may also catch sight of Kullen light, whose powerful beacon guides ships past the mouth of Oresund strait, one of the world’s busiest waterways. On an inside visit to medieval Brunnby Church, built of unusual whitewashed granite, you’ll admire magnificent frescoes that made it one of the region’s top places to worship. Before the scenic return journey, a refreshing beverage stop at a local café will hit the spot.

HIGHLIGHTS

- Journey by coach past foremost Helsingborg sights and out along the rugged Swedish coast.
- Drive through wild and majestic Kullaberg Nature Reserve on the tip of a seaward peninsula.
- Catch sightings of longhaired cows and Scandinavia’s most powerful lighthouse.
- Visit a remote church that learned centuries ago that better frescoes keep the parishioners coming.
- Enjoy a mid-excursion beverage break at a local café.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light sweater or jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 1 hour of easy-to-moderate walking that includes uneven and natural surfaces in the Kullaberg reserve. The tour is not available to wheelchair guests and those with mobility concerns are cautioned only to participate to the extent of their personal stamina and ability. Arrangements can be made with the guide to skip participation in various walking portions of the excursion. The tour sequence may vary.

HLG-005 DENMARK & HAMLETS CASTLE

Date: Jun 13, 2025 Time: 12:30 PM
Duration: 5.00 Hrs Price: \$179.00



OVERVIEW

Enjoy a short ferry ride to Denmark for a visit to the town of Elsinore and the über-famous castle where Shakespeare’s Hamlet is set. Crossing the Öresund strait takes just 20 very scenic minutes. Waiting at the other side is UNESCO World Heritage-listed Kronborg Castle, better known as

Minimal activity

Moderate activity

Oceania Exclusive

Beyond Blueprints

Go Green

Easy activity

Strenuous activity

Oceania Select

Culinary Discovery

Go Local

Evening excursion

Meal included

ADA Accessible

Food & Wine Trails

Wellness Tour

Hamlet's Castle. While it's not known if the Bard ever visited this 16th-century stronghold, many players in his retinue had, so Shakespeare surely knew its colorful history. As you stroll the Knight's Hall, longest room in Northern Europe, and walk the cannon-lined ramparts, it's easy to conjure up images from the play. But you don't have to be a literary scholar to appreciate the significant role this Renaissance masterpiece has played in the history of Denmark. The town of Elsinore has its own well-preserved medieval character to be explored. Walking its cobbled town center, you'll see Gothic churches and ancient timber-framed from 1577, and even older buildings tied to its long maritime history. After re-crossing the Öresund back to Helsingborg, a brief driving tour brings you past top landmarks like the turreted Town Hall and the iconic Keep that is all that remains of 14th-century Helsingborg Castle.

HIGHLIGHTS
















- Take a short ferry ride across the Öresund strait to Elsinore, also known as Helsingør in Danish.
- Tour this cobbled city's most famous building, and indeed one known round the world: Hamlet's Castle.
- Stroll the lengthy Knight's Hall and walk the ramparts surrounding this 16th-century stronghold steeped in real-life legend.
- Enjoy a guided ramble in central Elsinore, a town with plenty of its own medieval character.
- Return by ferry, then a brief sightseeing drive through Helsingborg.

HELPFUL HINTS

- Wear weather-appropriate clothing; include a light sweater or jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

PLEASE NOTE

This tour includes approximately 2 hours of easy-to-moderate walking that includes some cobblestone surfaces. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. As a ferry ride is involved, anyone prone to motion sickness may wish to take preventative measures. Guests should bring local currency or credit cards for any purchases. The tour sequence may vary.

 Minimal activity	 Moderate activity	 Oceania Exclusive	 Beyond Blueprints	 Go Green
 Easy activity	 Strenuous activity	 Oceania Select	 Culinary Discovery	 Go Local
 Evening excursion	 Meal included	 ADA Accessible	 Food & Wine Trails	 Wellness Tour

General Information

WHAT'S INCLUDED

Transportation - Licensed and insured late-model coaches, mini-vans, automobiles, watercraft and other modes of transportation are utilized.

Guides - Licensed, English-speaking local guides accompany all tours.

Admission Fees - Shore excursions include all required admission fees, where applicable.

Meals & Refreshments - Meals and/or refreshments are included only when indicated in the shore excursion description.

CANCELLATIONS & REFUNDS

- Shore excursions operate rain or shine.
- Minimum participation levels are required to operate shore excursions, so please sign up as early as possible. Excursions may be cancelled if minimum participation levels are not met. To ensure quality guides and sufficient transportation, we must provide the tour operator with passenger counts at least 36 hours in advance.
- Shore excursion packages are fully refundable prior to embarkation of your cruise. Packages cancelled after embarkation will incur a 100% cancellation fee.
- À la carte excursions are fully refundable until 36 hours in advance of the excursion. Excursions cancelled less than 36 hours in advance will incur a 100% cancellation fee.
- In the event of a port cancellation, guests who have purchased a shore excursion package will receive a pro rata refund for that port based on the price paid. Guests who have purchased an à la carte excursion for a cancelled port will receive a full refund.
- For guests with the Simply More Shore Excursion Package, no refunds or credits will be given if the excursion is not taken, unless the excursion is cancelled by Oceania Cruises.

PRICES, ITINERARIES & GENERAL INFORMATION

- All pre-reserved shore excursions receive priority confirmation over those booked on board.
- In order to receive maximum pre-cruise savings, you may pre-purchase shore excursions up until 7 days prior to your sail date.
- The discount of 25% off à la carte excursion prices that is offered with the Simply More Shore Excursion Package is subject to a minimum number of excursions that must be purchased. This minimum is based on the number of port days on your cruise.
- Shore excursion prices are subject to change to meet unexpected cost increases or currency fluctuations. Once excursions have been purchased, pricing is guaranteed and not subject to change.
- During local or national holidays, access to certain facilities (such as museums or archaeological sites) may be limited or denied. In such instances, adjustments in the shore excursion itinerary will be made to minimize inconvenience to guests.
- Some shore excursions have limited availability; reserve your excursions early to avoid disappointment.
- Oceania Cruises reserves the right to require guests to complete a liability waiver for select shore excursions. For more information, please consult the Destination Services Desk on board.

PLEASE NOTE

While the greatest care has been taken to offer the finest services available, Oceania Cruises will not be held responsible for any event or omission during the time that guests are not on board the ship or its tenders. All arrangements for certain optional off-board activities, including air transportation, hotel accommodations, ground transfers and shore excursions, are made by Oceania Cruises with the suppliers of the services for the convenience of our guests. Each guest agrees not to hold Oceania Cruises, its owners, employees, agents or representatives liable, in the absence of its own negligence, for any loss, injury, expense or damage which results directly or indirectly from any act or omission, whether negligent or otherwise, of any person or firm which provides any goods or services in connection with any optional travel component or any other option that is available for purchase. Arrangements with independent contractors include but are not limited to services, products and transportation provided elsewhere than on board an Oceania Cruises vessel in connection with tours, whether arranged or organized by tour operators, travel agents or Oceania Cruises. Tours, including hotel accommodations and transportation by any vessel not owned or operated by Oceania Cruises or by air, rail or land, are not under the supervision and control of Oceania Cruises.

Notwithstanding that Oceania Cruises, at the guest's option, arranges air transportation, hotel accommodations, group transfers, shore excursions and other services with independent suppliers of the services, it should be understood that Oceania Cruises, being a "for profit entity," earns a fee on the sale of the optional services.

All Oceania Cruises shore excursion fares are per person, are subject to change and are subject to availability. Some tours are capacity controlled and may be withdrawn at any time without prior notice. While Oceania Cruises makes every effort to adhere to the specifics mentioned in each shore excursion description, circumstances may require otherwise. All shore excursion descriptions and information are subject to change without notice at Oceania Cruises' discretion. Oceania Cruises is not responsible or liable for typographical errors, omissions or misprints.

 Minimal activity

 Moderate activity

 Oceania Exclusive

 Beyond Blueprints

 Go Green

 Easy activity


 Strenuous activity

 Oceania Select

 Culinary Discovery

 Go Local

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 Food & Wine Trails

 Wellness Tour