



Presents...

*Icelandic & Norwegian Fjords
On the Island Princess
September 9 - 27, 2022*

A region where Viking customs flourish and rugged terrain knows no perimeter other than the icy waters of the Norwegian Sea, Iceland and Norway echo with the promise of adventure. Discover Iceland, from its blue-tinged hot springs to black sand beaches, and trace the curvature of deep fjords that contour Norway's landscape.



Friday, September 9 - Motorcoach transfer from our pick-up points to the San Francisco Airport. We have an overnight flight from SFO to Copenhagen, Denmark.. Main cabin seating is included in the price. Premium economy or Business Class is available for an additional charge.

Saturday, September 10 - We arrive in Copenhagen, Denmark, where we will have hotel accommodations for the night. The rest of the day is free to start exploring this interesting city. From its famed Tivoli Gardens to its colorful waterfront and Viking heritage, Denmark's capital city has more sights than one can cover in a day. Don't miss the Little Mermaid statue that presides over the harbor, visit the museums, and enjoy some people-watching on the Strøget, the world's longest pedestrian mall.

Sunday, September 11 - This morning you will have time to explore more of the city before we board the Island Princess, our home for the next 16 nights, for a cruise of Iceland, Norway & Northern Isles. You can fill your days with activities or do nothing. Take a personal enrichment class, do yoga, do some duty-free shopping, or just relax with a dip in one of the pools or spas. Nights are always abuzz with activity, and it's up to you to choose your pleasure - from live theater and the big screen, to plush lounges, swanky casinos and dance clubs. Our ship departs at 10 pm.

Monday, September 12 - Today we arrive in Fredericia, Denmark, where we will be in port from 8 am to 5 pm. Founded as a fortress town in 1650 by Frederick III, the town's namesake, Fredericia is home to one of the most well preserved ramparts in Northern Europe. Nestled in the southeastern part of Denmark's Jutland peninsula, Fredericia charms with a historic core showcasing military remnants and monuments, stately old houses with memorial plaques and quaint shops, and a marketplace.

Tuesday, September 13 - Today we arrive in Kristiansand, Norway, where we will be in port from 9 am to 6 pm. Norway's fifth largest city was founded by Christian IV in the year 1641 as a market town and administrative center on Norway's then-strategic southern coast. The city is separated from Denmark by the Skagerrak, the long strait that connects the Baltic and North Seas. Today the capital of the Aust-Agder region is one of Norway's most popular vacation destinations: the city and the surrounding countryside boast the sunniest summer weather in Norway.

Wednesday, September 14 - Today we arrive at Haugesund, Norway where we will be in port from 8 am to 5 pm. This quaint town perched on the North Sea boasts dual personalities. While renowned as the site where Viking king Harald Hårfagre united Norway as a kingdom in the 9th century, it's also one of the country's most popular destinations for the annual Sildajazz Festival and Norwegian Film Festival. Add in a thriving town center with hundreds of shops and cultural diversions to jaw-dropping scenery and thrilling excursions, your stay in Haugesund promises to be an enthralling experience you won't soon forget.

Thursday, September 15 - Today we arrive in Ålesund, Norway where we will be in port from 8 am to 6 pm. In 1904, a massive fire destroyed 800 buildings in this fishing port. Germany's Kaiser Wilhelm II responded with immediate aid, and Ålesund was reborn. Not surprisingly, the town was rebuilt in the then-popular Art Nouveau style known as Jugendstil. The result is one of the prettiest ports in Norway. Buildings with elegant turrets and spires can be seen lining the streets of the city center.

Friday, September 16 - Today we will arrive at Shetland Islands (Lerwick), Scotland where we will be in port from 9 am to 6 pm. The Shetlands are the most northerly of the British Isles and consist of over one hundred islands, of which a mere 16 are inhabited. Lerwick is the capital of the archipelago. Located on the eastern shore of Mainland, the largest Shetland Island, the town was largely developed by Dutch herring fisherman in the 17th century. The islands are renowned for their superb crafts ranging from woolen and cashmere knitwear to intricate lace shawls and fine jewelry.

Saturday, September 17 - Today we are at sea.

Sunday, September 18 - Today we arrive at Seydisfjörður, Iceland where we will be in port from 9 am to 6 pm. Considered the cultural capital of Eastern Iceland, Seydisfjörður lies at the head of a narrow fjord flanked by high mountains.

Seydisfjordur is your gateway to the wild and isolated scenery of the Eastern Fjords. In myth, these narrow bays and towering mountains were once the home of trolls, elves and ogres. Seydisfjordur boasts a wealth of well-preserved 19th century homes and buildings. In the summer the small town can take on a cosmopolitan air as visitors flock to town aboard the ferry.

Monday, September 19 - Today we arrive Akureyri, Iceland where we will be in port from 8 am to 5 pm. The town is your gateway to the famous "Land of Fire and Ice" - Iceland's dramatic landscape of volcanic craters, extinct lava lakes and majestic waterfalls. Visitors to Akureyri have a hard time grasping the fact that the town lies just below the Arctic Circle. The climate here is temperate: flower boxes fill the windows of houses, and trees line the neat, well-tended avenues. Thanks to that mild climate, Akureyri's Botanical Gardens provide a home for over 2,000 species of flora from around the world - all surviving without greenhouses. No wonder Icelanders refer to Akureyri as the most pleasant town on the entire island.

Tuesday, September 20 - Today we arrive at Grundarfjordur, Iceland where we will be in port from 9 am to 7 pm. Sailing into Grundarfjordur, one travels into Iceland's heroic past, for this township - village really - is one of the oldest settlements on the island. The imposing landscape with its austere mountains, volcanoes and lava fields provided the dramatic setting for one of Iceland's cultural treasures, the sagas. Composed in the 10 and 11th centuries, the Icelandic sagas represent one of the oldest literary traditions in Western Europe. They are tales of migration and settlement, war and blood feud, Christianity versus the old dark gods of Norse mythology. In Grundarfjordur, the world of the saga is still present. One can tread the "Berserkers' Path" or climb the hillock called Helgafell, the "Holy Hill" mentioned in the Laxdæla saga where Vikings once worshiped Thor. Much of the Snæfellsnes Peninsula is a national park. The park's centerpiece is the mighty Snæfellsjokull, an imposing stratovolcano with flanks buried beneath a glacial flow. The mountain is a frequent setting in Icelandic myth. The peninsula is also a birdwatcher's paradise.

Wednesday, September 21 - Today we arrive at Reykjavik, Iceland where we will be in port from 7 am to 10 pm. Iceland is a land of volcanoes and glaciers, lava fields and green pastures, boiling thermal springs and ice-cold rivers teeming with salmon. This unspoiled demi-paradise is also home to a very old and sophisticated culture. The northernmost capital in the world, Reykjavik was founded in 874 when Ingolfur Arnarson threw wood pillars into the sea, vowing to settle where the pillars washed ashore. Today, Iceland is an international center of commerce and home to one of the most technologically sophisticated societies in the world. Reykjavik is the gateway to Iceland's natural wonders, which range from ice fields to thermal pools. The island is in a continual process of transformation much like its society, which blends Nordic tradition with sophisticated technology.

Thursday & Friday, September 22 & 23 - Today we are at sea all day.

Saturday, September 24 - Today we arrive at Invergordon, Scotland where we are in port from 7 am to 5 pm. In 1933, an enterprising editor in Inverness enlivened a slow news week with the story of an odd sighting in Loch Ness. The legend grew overnight - and today individuals still scan the dark waters of the Loch for a sight of Nessie, the Loch Ness Monster. Legend goes back as far as the 6th century and insists that the celebrated Loch Ness Monster inhabits a cave beneath the picturesque ruins of Urquhart Castle. Welcome to Invergordon, your gateway to Loch Ness and that area of the Highlands known as the "Great Glen."

Sunday, September 25 - Today we arrive at our last port, Newcastle, England where we will be in port from 10 am to 10 pm. Newcastle takes its name from a wooden Norman fort built on the banks of the Tyne in 1080 by a son of William the Conqueror. Originally a major port for England's wool trade, Newcastle and Northumberland were transformed by the Industrial Revolution, which was powered in large part by the vast deposits of coal surrounding the city. Today Newcastle on Tyne is renowned as a cultural center and the gateway to Northumberland, a region particularly rich in history.

Monday, September 26 - Today we are sea all day.

Tuesday, September 27 - Today we arrive in South Hampton, England where we will say goodbye to the Island Princess and fly home from London. Our motorcoach will be waiting for us at SFO to take you back to your original pick-up locations.

*Price Includes: One night lodging in Copenhagen, all meals on ship except for specialty restaurants, luggage handling to and from the ship, transfers from pick-up points to airport, transfers to and from hotel and ship, air flight to and from Bay Area, all air and port taxes, Princess Vacation Protection insurance and **All Standard Dining And Hotel Gratuities On The Ship Except Alcohol.***

Mini Suite w/Balcony:	\$9525.00 per person, dbl.	\$8225.00 per person, tpl.	\$15335.00 single
Outside Cabin w/Balcony:	\$8515.00 per person, dbl.	\$7625.00 per person, tpl.	\$13350.00 single
Outside Cabin w/o Balcony :	\$7420.00 per person, dbl.	\$5975.00 per person, tpl.	\$11750.00 single
Inside Cabin:	\$7220.00 per person, dbl.	\$6310.00 per person, tpl.	\$11400.00 single

Deposit: \$1200.00 Per Person, Double. Balance Due No Later Than May 27, 2022

You may cancel up to May 27, 2022. After May 27, 2022 there is no refund. Accommodations are arranged by Princess Cruises. We will be sailing on the Bermudan registered Island Princess. **A passport is required on this trip.** There are three formal evenings on the ship. You do not have to be in a Tux and evening dress. Nice pants outfit for the ladies and shirt, tie and jacket for the gentlemen is fine. You may also choose to eat elsewhere on the ship those nights. If a fuel surcharge is imposed by either the cruise line or airline we will have to pass the cost on to you. If Airline prices go up before final payment we will have to pass the cost on to you.

American Stage Tours Attn: Tours 1488 Soccer Ct. Concord, CA. 94518
 925-687-7705 www.AmericanStageTours.com CST# 2072190-40

 LEGAL NAME(S) _____ TEL# _____

ADDRESS _____ CITY _____ ZIP _____

MY ROOMMATE IS _____ CAPTAIN CIRCLE# _____

ONE BED ___ TWO BEDS ___ 1ST DINING ___ 2ND DINING ___ ANYTIME DINING ___ CABIN TYPE _____

DATE OF BIRTH _____ Icelandic & Norwegian Fjords 9/9 - 27/22