



IOWA STATE UNIVERSITY

ALUMNI

TRAVELING CYCLONES. →

MAY 24 - JUNE 3, 2026

with optional

Amsterdam Pre-Tour
and Bergen to Oslo Post-Tour

CRUISE THE NORWEGIAN FJORDS

IN THE PATH OF THE VIKINGS

Orbridge

THE NETHERLANDS, GERMANY AND NORWAY



Dear Traveling Cyclones,

Seize this opportunity to experience the magnitude of Norway's breathtaking fjords in unparalleled luxury and style. Cruising aboard five-star *SH Diana*, ignite your inner explorer with visits to incredible UNESCO World Heritage Sites, immersive hiking adventures, and enriching cultural and historical excursions.

Begin your journey with an inspiring immersion into Dutch art and culture while exploring Amsterdam's world-renowned Rijksmuseum followed by a blissful canal boat ride. Next sail across the North Sea with a rare opportunity to visit Germany's remote Heligoland—an island of dramatic red cliffs, seabird colonies and rich maritime history. Then discover Norway's pristine wilderness during guided excursions and invigorating hikes leading to breathtaking viewpoints and serene landscapes.

Accompanied by a dedicated team of expert guides who will enhance your journey, every moment promises to be one of discovery and delight.

The *SH Diana* luxury cruise ship will be your floating sanctuary of comfort and rejuvenation after enriching days of riveting activities. Bask in the ship's elegant ambiance featuring spacious lounges, panoramic decks and exceptional service. During meals celebrate the flavors of Norway through haute cuisine crafted with fresh, locally sourced ingredients.

With significant savings of more than \$1,000 per couple, we anticipate this tour will fill quickly. To reserve visit iowastate.orbridge.com or call (866) 639-0079.

Sincerely,

A handwritten signature in black ink that reads "Lainey Heck". The script is fluid and cursive, with the first name "Lainey" and last name "Heck" clearly legible.

Lainey Heck
Director of Travel
Life Member

Cruise the Norwegian Fjords | Itinerary Highlights *(subject to change)*

Day EN ROUTE FROM U.S.

1

Day 2 **ARRIVE IN AMSTERDAM, NETHERLANDS – EMBARKATION (R,D)** Upon arriving to Amsterdam Airport Schiphol an Orbridge representative will be waiting to assist with your transfer to the hospitality room. Continue to the Rijksmuseum—the national museum of the Netherlands—before transferring to the ship by canal boat, an iconic experience that captures the essence of Amsterdam. Settle into your stateroom and become acquainted with the ship. This evening gather with fellow travel companions for a special welcome reception and captain's gala dinner.

Day 3 **HELIGOLAND, GERMANY (B,L,D)** Step ashore onto this remote and rugged archipelago in the North Sea about 40 miles off the German coastline. Once a strategic naval base, Heligoland was heavily bombed during World War II. Today the island is a protected nature reserve and a haven for seabirds. During a guided walking tour learn of the area's complex past and witness extraordinary bird colonies within close proximity—as gannets, guillemots and razorbills nest on and soar around the towering sandstone cliffs.

Day 4 **MANDAL, NORWAY (B,L,D)** Become acquainted with past and present life in Norway's southernmost town. Set out on a guided walking tour through Mandal's picturesque Old Town. The town's rich history as a maritime hub and its vibrant artistic community are evident. See one of the largest timber churches in Norway and ascend the charming staircase path to reach the Uranienborg Viewpoint.

Day 5 **STAVANGER (B,L,D)** Disembark in this dynamic city known for charming cobblestone streets and historic landmarks. Take a motor coach ride through Ullandhaug—an area recognized for its reconstructions of Iron Age farms. From here enjoy breathtaking views over Hafsrfjord. Continue to the Sverd i fjell ("Swords in Rock") memorial designed by sculptor Fritz Røed. Take a walking tour of Old Stavanger and visit the iconic Stavanger Cathedral, one of Norway's oldest churches. Enjoy an afternoon at leisure to take advantage of the ship's amenities while cruising towards Olden.



Day 6 **OLDEN (B,L,D)** This picturesque village is nestled at the head of the Nordfjord. A motor coach ride takes you along winding roads surrounded by majestic towering mountains and the still, glacial waters of the fjord. Drive through the village of Stryn arriving to Stryn Lake for photography opportunities. At the village of Loen, journey to the summit of Mount Hoven aboard the Loen Skylift. One of the steepest in the world, this cable car provides an exhilarating ascent from the base station in Loen to the mountain peak, reaching an altitude of more than 3,280 feet in just a few minutes. The spacious gondola's large windows offer stunning panoramic views. At the summit step out onto the viewing platform for 360° views over rugged peaks and pristine valleys. Enjoy leisure time to soak in the panoramic vistas and breathe in the crisp mountain air before the return descent to the base. Before returning to the ship see Olden Church dating back to the 18th century.

OPTIONAL EXCURSIONS

Hike at Leisure: Huaren Hiking Trail is suitable for all skill levels. This approximately five-mile route provides stunning views of Olden, the mountains and the fjord. For a moderately challenging alternative, try Skarsteinsætra—also approximately five miles.

Visit Olden at Leisure: Stroll independently, indulging in the surrounding natural beauty.

Day 7 **GEIRANGER (B,L,D)** After lunch board a motor coach to discover one of the most scenic routes in Europe—The Eagle Road—a remarkable feat of engineering winding through steep mountain terrain with a series of hairpin bends. Stop for photography opportunities at Eagles Bend nearly 2,000 feet above sea level. Continue to Nibbevegen, the road leading to Dalsnibba, considered to be one of the most ambitious road projects in Norwegian history. Arriving at Dalsnibba Skywalk take in the crisp mountaintop air and 360° views of the surrounding UNESCO World Heritage Western Fjords. Afterward return to the ship to relax and unwind before dinner.

OPTIONAL EXCURSIONS

Fjord Safari †: Embark on a guided tour aboard an agile rigid inflatable boat. Hear stories from your guide about the area while admiring the stunning waterways.

Hike at Leisure: For an easy hike try Fossevandring (aka Waterfall Hike)—which is also the starting point to reach longer, more demanding hikes. From there visit the Fjord Center and continue up to the Flydalsjuvet viewpoint. Alternatively from the Fjord Center, set off on the Løsta Trail—a more challenging route with beautiful views over the fjord.

Day 8 **NORDFJORDEID (B,L,D)** Discover the rich cultural heritage and typical daily life in the Norwegian Fjords. A guided walking tour takes you past the classic architecture of the church of Eid, the cultural Opera House and traditional wooden houses. Continue to the Sagstad Viking Center to learn about Norway's Viking history. Explore interactive exhibits showcasing archaeological finds from the region and view the full-scale replica of the largest Viking longship ever discovered—the Myklebust Ship. Later return to the ship for a relaxing afternoon cruising the fjords towards Stavanger. This evening indulge in another culinary masterpiece inspired by the flavors of Norway.

OPTIONAL EXCURSION

Kvalen and Nos Viewpoints †: Board a motor coach for a scenic drive towards the viewpoints situated 1,600 feet above sea level. This panoramic tour continues by Lake Hornidal with additional photography stops of the surrounding snow-capped mountains.

Visit Nordfjordeid at Leisure: Explore Nordfjordeid independently.

Day 9 **FLÅM (B,L,D)** Transfer to the Flåm Railway for the 60-minute ascent to the mountainous town of Myrdal. Along the route admire the panoramic vistas of snow-capped peaks, lush valleys and cascading waterfalls, including the famous Kjosfossen waterfall. Transfer to the Bergen railway towards the village of Voss. Enjoy cake and coffee at the historical Fleischer's Hotel followed by a scenic ride by bus back to Flåm. There will be time to explore Flåm independently before returning to the ship. Later cruise through UNESCO-listed Sognefjord, Norway's longest and deepest fjord. Along the route pass quaint farms perched on the hillsides, charming hamlets at the water's edge and idyllic meadows that have been shaped by generations of life along the fjord.

OPTIONAL EXCURSION

Fjord Safari †: Cruise through the Aurlandsfjord to the entrance of the spectacular Nærøyfjord—a branch of the Sognefjord, continuing to the beautiful Sagfossen waterfall. Your guide will maneuver the vessel to provide up-close views of the shoreline and potential wildlife along the way.

Day 10 **BERGEN (B,L,R,D)** Depart for Bergen by motor coach for a guided tour. Continue to Bryggen, a historic district and UNESCO World Heritage Site that encapsulates the rich maritime heritage and Hanseatic trading history of the city dating back to the 14th century. The final evening on board, gather for a lively farewell reception followed by a convivial gala dinner to commemorate this epic journey.

OPTIONAL EXCURSION

Bergen Touring †: Join a guide to see some of the city's premier highlights. Then ascend Mount Fløyen on the famous funicular. Finally stop at Fantoft Stave Church. This church gained notoriety in 1992 when it was destroyed in a suspected arson attack. The structure was painstakingly reconstructed using traditional methods and materials, ensuring that its historical and architectural integrity were preserved.

Day 11 **BERGEN – DISEMBARKATION | DEPART FOR U.S. (B)** After breakfast guests departing during the suggested times will take a complimentary transfer to the airport for flights home.

(† = Additional fee applies; view full details online)

(B = Breakfast, L = Lunch, D = Dinner, R = Reception)



Loen Skylift

What's Included

- 9 nights aboard the exclusively chartered *SH Diana*
- All onboard hand-crafted meals: 9 breakfasts, 8 lunches and 9 dinners (served with wine, beer or non-alcoholic beverages) plus special welcome and farewell receptions
- Private tours and special small-group excursions as noted in the 11-day itinerary
- Complimentary use of rain gear and ocean kayaks
- Full guiding services of a team of Orbridge Expedition Leaders and expert local guides
- Private motor coach transportation
- Luggage portage
- Gratuities to ship crew, Orbridge Expedition Leaders, local guides, drivers, porters and wait staff for included meals
- Airport transfers for guests arriving and departing during the suggested times

Activity Level: Activities include shore excursions and small boat cruises. Guests should be sure-footed on stairs and ramps, be able to walk or hike at least one mile on uneven and slippery terrain, and be comfortable landing on various terrain and boarding small vessels.



Heligoland



Dalsnibba



Stavanger

Orbridge

Orbridge Standard of Excellence

Orbridge understands travel today can be complicated. From cabin or room selection to airport transfers, dietary requests, or pre- or post-tour details—we are dedicated to making your journey seamless and special from the moment you leave home.

Our curated destinations—featuring outstanding properties and ships, meticulously crafted itineraries, and knowledgeable guides, travel directors and expedition leaders—offer life-changing experiences you'll never forget.

Our Guest Services team is staffed by well-traveled professionals who provide personalized attention, ensuring all your questions are answered and all the details of your trip are explained to you.

Our air partners can make flight arrangements for guests. In the event of flight delays and/or schedule changes, they will provide guests with personalized assistance. To book flight reservations with our air partners, contact (206) 319-5011 and select the option for your destination to discuss flight details with our air colleagues. Upon ticketing, a fee will be charged.

Optional Amsterdam Pre-Tour

Take advantage of additional time in Amsterdam, a city where centuries-old charm meets artistic brilliance. Wander alongside tranquil canals, past historic gabled houses and through vibrant squares brimming with Dutch culture. Stand before Van Gogh's bold brushstrokes at the Van Gogh Museum, step inside a centuries-old windmill at Zaanse Schans and uncover the stories behind masterpieces displayed in the famed Rijksmuseum.



Day +1 EN ROUTE FROM U.S.

Day +2 **ARRIVE IN AMSTERDAM, NETHERLANDS** Upon arrival to Amsterdam Airport Schiphol transfer to the hotel and enjoy the remainder of the day at leisure.
Overnight: DoubleTree by Hilton Amsterdam Centraal Station

Day +3 **AMSTERDAM (B)** Visit the Van Gogh Museum, home to the world's largest collection of Vincent van Gogh's paintings, drawings and letters. Peruse through the museum's thoughtfully curated galleries, interactive exhibits and personal correspondences that provide an intimate glimpse into van Gogh's struggles and genius. Following lunch on your own, join a local guide for a captivating walking tour of the city's historic streets and charming canals. Conclude at Dam Square, a bustling plaza that's home to the Royal Palace, the New Church and the National Monument. Late afternoon and evening are at leisure.
Overnight: DoubleTree by Hilton Amsterdam Centraal Station

Day +4 **AMSTERDAM I MAIN PROGRAM BEGINS (B,L)** Following breakfast at the hotel board a motor coach to Zaanse Schans. This picture-perfect village is dotted with well-preserved 18th- and 19th-century windmills, wooden houses and artisan workshops. Venture inside a working windmill to discover the inner mechanics that once powered the country's economy, then enjoy leisure time in town. Rejoin the group for lunch before returning to the city for an inside visit to the Rijksmuseum. Later this afternoon take a scenic canal cruise to the embarkation point as you join guests arriving for the main program.

What's Included

- 2 nights hotel accommodations
- 2 breakfasts and 1 lunch
- Admission to the Van Gogh Museum and the Rijksmuseum
- Guided city tour
- Guided touring of Zaanse Schans with inside windmill visit
- Canal cruise to the port to join the main program
- Transportation for included tours
- Luggage portorage
- Full guiding services of an Orbridge Travel Director
- Gratuities to Orbridge Travel Director, local guide, driver, porters, hotel staff and wait staff for included meals
- Airport transfers for guests arriving during the suggested times



Optional Bergen to Oslo Post-Tour



Set off on a journey of discovery from Bergen to Oslo highlighted by vibrant cityscapes, breathtaking mountain vistas and a captivating tapestry of past and present. Experience the true essence of Norwegian splendor where charming towns, historic rail routes and towering peaks surrounding the fjords create a picture-perfect backdrop for exploration.

Day 11 **BERGEN | STALHEIM (D)** After disembarkation board your private motor coach for the scenic two-hour drive to Stalheim. Before check-in visit the Stalheim Folk Museum—Tønneberg's collections, adjacent to your hotel. Later gather for dinner at the property. Overnight: Stalheim Hotel

Day 12 **STALHEIM | OSLO (B)** Depart by motor coach through the Nærøydalen Valley, a UNESCO World Heritage site. This route is one of the most picturesque in Norway. At Voss, board the train and settle in for one of Europe's most stunning rail journeys: the Bergensbanen to Oslo. Upon arrival transfer to the National Museum for a welcome drink and private guided tour. Overnight: Sommerro

Day 13 **OSLO (B)** Meet with a local guide for a scenic drive toward Holmenkollen—the site of the 1952 Olympic ski-jumping competition. Returning to Oslo, pass by the Norwegian Parliament, the National Theatre and the magnificent Royal Palace—official residence of the present Norwegian Monarch. Visit Vigeland Park featuring an impressive collection of more than 200 bronze, granite and wrought iron sculptures. Enjoy baked goods at Anne på landet, a charming café situated inside a beautifully restored building over a century old at the heart of Frogner Park. The remainder of the day is open to explore at leisure. Overnight: Sommerro

Day 14 **OSLO (B)** Before check-out delight in a decadent buffet breakfast featuring an assortment of delicious hot and cold options including made-to-order selections prepared by chefs at cooking stations. Guests departing during the suggested time take the complimentary transfer to the airport for flights home.

What's Included

- 3 nights hotel accommodations
- 3 breakfasts and 1 dinner
- Rail tickets between Voss and Oslo
- Guided Oslo city tour
- Admission to Oslo's National Museum
- Motor coach transportation for included transfers and tours
- Luggage portage
- Full guiding services of an Orbridge Travel Director
- Gratuities to Orbridge Travel Director, local guide, driver, porters, hotel staff and wait staff for included meals
- Airport transfers for guests departing during the suggested time



Onboard SH Diana

From the moment you step on board, you'll be enveloped in an atmosphere of opulence and comfort. Refined staterooms, each featuring unobstructed ocean views, offer a serene retreat after the day's adventures. Inviting common spaces foster a sense of warm camaraderie among fellow travelers.

Indulge in gourmet dining that elevates every meal to an extraordinary culinary experience—several dining venues cater to different tastes and preferences. The observation lounge offers floor-to-ceiling windows providing stunning panoramic views of the surrounding landscapes.



Deck 3



Deck 4



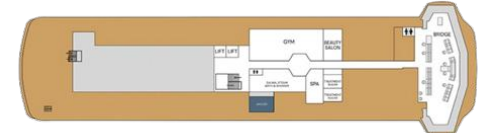
Deck 5



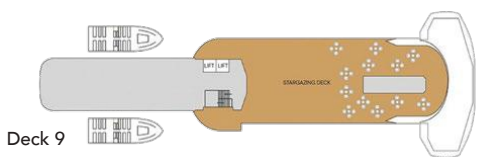
Deck 6



Deck 7

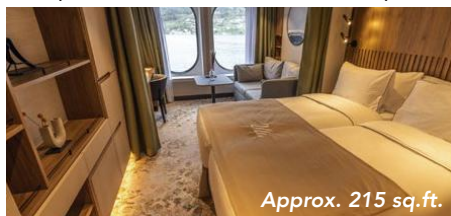


Deck 8



Deck 9

E Oceanview **D Oceanview**
One double or two single beds, living room area, private bathroom, flame-effect fireplace.



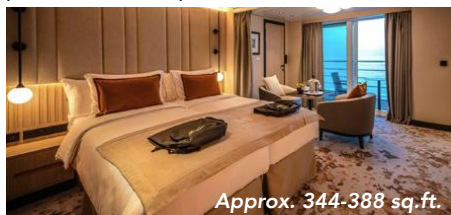
Approx. 215 sq.ft.

C Balcony **B Balcony Plus**
A Balcony Deluxe / One double or two single beds, living room area, private bathroom, flame-effect fireplace, private balcony (approx. 54 sq. ft.).



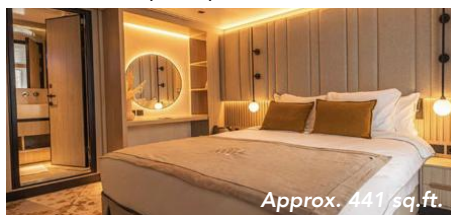
Approx. 269 sq.ft.

Suite / King bed, living room area, private bathroom, private balcony (65 sq. ft.).



Approx. 344-388 sq.ft.

Premium Suite / King bed, living room, private bathroom with separate tub and walk-in shower, flame-effect fireplace, private balcony (54 sq. ft.).



Approx. 441 sq.ft.

Owner's Suite / King bed, walk-in wardrobe, living room, private bathroom with separate tub and walk-in shower, flame-effect fireplace, private balcony (86 sq. ft.).



Approx. 441 sq.ft.



MAY 24 - JUNE 3, 2026

Amsterdam Pre-Tour: May 22-25, 2026

Bergen to Oslo Post-Tour: June 3-6, 2026

RESERVE YOUR SPACE TODAY

Online: [iowastate.orbridge.com](https://www.iowastate.orbridge.com)

Phone: (866) 639-0079

Stateroom Category	Standard Rate	Special Rate*
E Oceanview	\$8,449	\$7,945
D Oceanview	\$9,199	\$8,695
C Balcony	\$12,499	\$11,995
B Balcony Plus	\$13,299	\$12,795
A Balcony Deluxe	\$14,199	\$13,695
Suite	\$20,499	\$19,995
Premium Suite	\$22,499	\$21,995
Owner's Suite	\$24,299	\$23,795
Single E Oceanview	\$12,199	\$11,695
Single D Oceanview	\$14,399	\$13,895
Single C Balcony	\$18,499	\$17,995
Single B Balcony Plus	\$19,399	\$18,895
Single A Balcony Deluxe	\$20,299	\$19,795

Amsterdam Pre-Tour	Standard Rate	Special Rate*
Double	\$2,199	\$1,995
Single	\$2,799	\$2,595
Bergen to Oslo Post-Tour		
	Standard Rate	Special Rate*
Double	\$2,899	\$2,695
Single	\$3,599	\$3,395

DEPOSIT AMOUNT PER PERSON

\$500 pre-tour • \$850 main tour • \$500 post-tour

*Special group rates; limited offer. All rates are per person in U.S. dollars based on double occupancy except where noted as Single. Single availability limited. Unless noted otherwise, airfare is not included. **An exclusive Early Booking Bonus, Expedition Libraries are curated collections of useful resources and background reading tailored to this program. Place your deposit on or before the specified date, and one Expedition Library per room will be sent after receipt of final payment. Libraries may be purchased; call for details. Full Terms & Conditions at [terms.orbridge.com](https://www.terms.orbridge.com). Any payment to Orbridge, LLC constitutes your acceptance of the terms and conditions set out therein, including but not limited to the cancellation and refund terms. CST#2098750-40 WST#602828994

Orbridge takes seriously the responsibility to minimize our global environmental impact. Each year we plant 100,000 trees in U.S. State Forests with afforestation needs as an ongoing initiative among our evolving sustainability efforts. Learn more at [orbridge.com/going-green](https://www.orbridge.com/going-green).





CRUISE THE NORWEGIAN FJORDS

MAY 24 - JUNE 3, 2026

Special Alumni Rate:

Save more than \$1,000 per couple

30-DAY REFUND GUARANTEE

ISU Alumni Center
429 Alumni Lane
Ames, IA 50011-1403

FREE EXPEDITION LIBRARY
AN EXCLUSIVE EARLY
RESERVATION BONUS

Reserve by
November 21, 2025**

The Iowa State University Alumni Association is not the Tour Operator.

The Association is not responsible for changes of flight times, fare changes, dishonor of airline, hotel or car-rental reservations, delays, losses, injuries, inconveniences, cessation of operations, airline or tour operators bankruptcies, actions of government agencies and officials, acts of God, or any other event beyond its control.

The Association acts only as agent for the participants with respect to travel services, and it shall not be responsible for changes of flight times, fare changes, dishonor of airline, hotel or other reservations, injury, damage, loss of baggage, accidents or for the acts or defaults of any person or entity engaged in conveying participants or in carrying out other arrangements of the tour. Further, the Association shall not be responsible for losses or additional expenses of the participant due to sickness, weather, strike, civil unrest, acts of terrorism, actions of government agencies and officials, quarantine, acts of God, or other causes beyond its control.

The Association shall not be responsible for alteration in the itinerary as deemed necessary for carrying out the tour and the right is reserved to substitute hotels of similar quality. The right is further reserved to cancel any tour prior to departure; in which case the entire payment may be refunded without further obligation on its part. The right is also reserved to decline to accept or to retain any person as a member of the tour should such person's health, actions or general deportment impede the operation of the tour or the rights or welfare of the other participants. No refund will be made for the unused portion of any tour.

Applicants for participation on this tour accept in full all of the conditions set forth above.

PRSRT STD
U.S. POSTAGE
PAID
PERMIT NO. 825
SAN DIEGO, CA