

Norway and Lapland

MAY 8 – 23, 2026



Presented by

**GLP Worldwide for
Canadian University
Alumni and Friends**

*Travel for
Travellers*

BY GLP WORLDWIDE

Dear Alumni & Friends,

Join us on an adventure to Lapland – home of the Sami; the Indigenous people of northern Scandinavia.

On our journey, we will experience Norway's beautiful fjords, charming ports, rare wildlife, and travel to places no other cruise ships can access before venturing into northern Finland.

Hurtigruten has explored the Norwegian coast since its original voyage in 1893. Go where no one else goes, with a crew and ship that have Scandinavia in their DNA.

Named "the world's most beautiful voyage" by Lonely Planet, we will sail along Norway's stunning coastline, crossing into the Arctic Circle. Cruise past majestic mountains and breathtaking fjords, explore remote but welcoming towns, embark on once-in-a-lifetime excursions and savour 'Norway's Coastal Kitchen' prepared from fresh local produce. Along the route, dedicated expedition leaders have a single mission: to enhance your experience by leading activities and interpreting the cultural and natural treasures you will see during your journey.

Visit cities like Bergen, Alesund, and Trondheim, before we cross the Polar Circle and sail into Tromsø. We continue further north and explore Ivalo in Northern Finland as well as the historic centre of Finland – Helsinki.

I invite you to join us for a voyage filled with spectacular nature and experiences. For more information or to make a reservation, please contact GLP Worldwide at [1-866-760-1987](tel:1-866-760-1987) or alumni@glpworldwide.com.

Sincerely,



Timothy Tsung
Director of Sales and Product Development
GLP Worldwide

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Although considerable care has been taken in preparing the information obtained in this brochure, it is provided on an "as is" basis, without warranty of any kind either express or implied.

ITINERARY

NORWAY AND LAPLAND

MAY 8th – 23rd, 2026



Trondheim, Norway

DAY 1 | MAY 8 | TORONTO – OSLO

Overnight flight from Toronto to Oslo.

DAY 2 | MAY 9 | ARRIVE OSLO (D)

On arrival, transfer to the hotel. The remainder of the day is at leisure. Dinner at hotel.

DAY 3 | MAY 10 | OSLO (B,L)

Enjoy a morning sightseeing tour by private coach, panoramic views of the Karl Johans Gate, Royal Palace, the Parliament Buildings, the Akershus Fortress and City Hall. Visit the Kon-tiki Museum and the Fram museum.

DAY 4 | MAY 11 | OSLO – BERGEN (B,L,D)

After breakfast, travel by train to the town of Myrdal then board the scenic Flåm Railway which takes you on a spectacular journey to Flåm. From there, take an awe-inspiring express boat trip along the Sognefjord, Norway's longest and deepest fjord, and into Bergen.



Oslo Opera House

DAY 5 | MAY 12 | BERGEN (B,D)

This morning, enjoy a walking tour of Bergen, the second largest city in Norway. Visit the Fortress, St. Mary's Church, the Fish Market, City Park, and Theatre. We'll focus on the UNESCO-listed Old Wharf and hear about the operations of the Hanseatic League's history. You'll also pass statues of famous Norwegians like Ibsen and Grieg, learning about their lives and work. This leisurely walk offers a great way to enjoy Bergen's atmosphere and rich history.



Flåm Railway

DAY 6 | MAY 13 | BERGEN - EMBARKATION (B,D)

The morning is at leisure, then transfer to the pier to join your expedition ship for an incredible voyage through the Norwegian Fjords. This evening, sail north from Bergen along the Hjeltefjord, the same route the Vikings once plied to the Shetland Islands and beyond. We are heading to the High North. Spend the rest of the evening relaxing as you admire the spectacular landscapes.

DAY 7 | MAY 14 | ICONIC ARCHITECTURE & FANTASTIC FJORDS (B,L,D)

Location: Florø – Molde

Start your day in the stunning Nordfjord near Torvik, then sail past West Cape toward Ålesund. Ålesund is famous for its Art Nouveau architecture and the Atlanterhavsparken aquarium. The fjord surrounded by soaring mountain peaks and far from the crowds, it's no wonder this dramatic fjord is a national treasure. The day ends in Molde, known as the "City of Roses," with views of 222 mountain peaks in the Molde Panorama.

DAY 8 | MAY 15 | CITY OF KINGS AND PALACES (B,L,D)

Location: Kristiansund – Rørvik

Cruise into Trondheim and discover its mystical architecture and surroundings. Included is a tour of the Ringve Museum, featuring musical instruments from several eras, and the Nidaros Cathedral, Norway's largest cathedral.



Sami people in Lapland

DAY 9 | MAY 16 | INTO THE ARCTIC (B,L,D)

Location: Brønnøysund - Svolvær

Today we cross the Arctic Circle. See Norway's second largest glacier, Svartisen, and the beautiful Helgeland coast. The sight of the 1,000 metre-high mountain of Lofotveggen on the horizon marks our arrival into Lofoten.

DAY 10 | MAY 17 | CAPITAL OF THE ARCTIC (B,L,D)

Location: Stokmarknes - Skjervøy

Today we approach Tromsø, the capital of the Arctic. During our sightseeing tour, we pass the Arctic Cathedral with its magnificent stained glass window, then ascend a nearby mountain by cable car to enjoy the spectacular view from the top.

DAY 11 | MAY 18 | NORWAYS NORTHERN FRONTIER (B,L,D)

Location: Øksfjord - Berlevåg

Our excursion in Honningsvåg takes you on a cultural walk through the town. Later, sail to the port of Kjøllefjord before our ship continues past the North Cape – one of the northernmost points on the European continent.

DAY 12 | MAY 19 | KIRKENES - DISEMBARKATION - IVALO (B,L,D)

The vistas become more dramatic as we approach Kirkenes to disembark. Then transfer to the hotel in Ivalo by coach.

DAY 13 | MAY 20 | IVALO (B,L,D)

This morning travel to a reindeer farm where you'll experience reindeer feeding, learn about Sami culture from a local guide, and have time to take photos with the reindeer. The journey continues at Siida Sami Museum, located in the heart of the village of Inari. The museum focuses on Sami and the northern Lapland culture and nature.

DAY 14 | MAY 21 | IVALO - HELSINKI (B,D)

After breakfast, transfer to the airport for our flight to Helsinki.

DAY 15 | MAY 22 | HELSINKI (B,L,D)

During a morning tour of the Finnish capital, admire the major sights such as the Rock Church, the Senate Square surrounded by the Lutheran Cathedral of Helsinki, the Senate, the University and Library of Helsinki, the Sibelius monument, the Olympic stadium, and the new Opera House.



Helsinki, Finland

DAY 16 | MAY 23 | HELSINKI – TORONTO

Transfer to the airport for the return flight (B) home.

*****END OF TOUR*****

B – breakfast

L – lunch

D – dinner



SHIP INFORMATION



MS POLARLYS

MS Polarlys was refurbished in 2016 to include a modern, Arctic-inspired interior. On board are three different restaurants, the Multe bakery and ice cream bar, a sauna and fitness room. Out on deck you can enjoy the view from one of our two hot tubs.

- Year built 1996
- Year of refurbishment 2016/2023
- Passenger capacity 650
- Length 123.0 m
- Gross tonnage 11,341



Explorer Lounge & Panorama Bar



Torget Main Restaurant



Expedition Suite

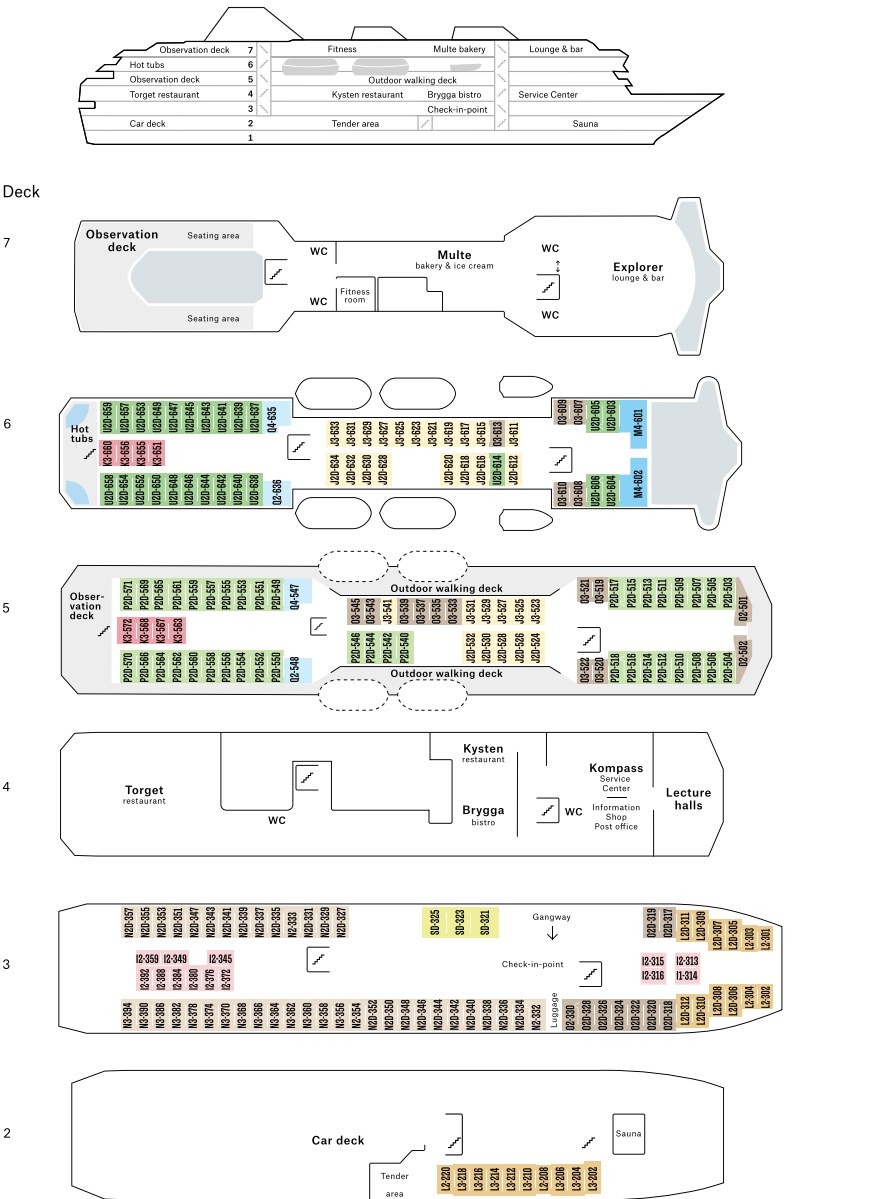


Coastal Experience Team

LECTURE ON BOARD

- History: Polar history, Pomor-trade, fisheries, Vikings, etc.
- Geology: Fjords, landscape and glaciers
- Natural phenomena: Aurora Borealis, climate, etc.
- Culture: Sami culture, cultural history, myths and legends, literature.
- Norway Today: Industry, settlements, "friluftsliv" traditions, flora & fauna, etc.
- Various other topics based on each expedition member's specialty.

DECKPLAN



	CATEGORY	DECK	SIZE (ft²)	DESCRIPTION
EXPEDITION SUITES	M Suite	6	320 ft²	Two-room suite with queen bed, seating area, TV, kettle.
	Q Mini suite	5, 6	178-202 ft²	One-room suite, queen bed, seating area, TV, kettle.
ARCTIC SUPERIOR	U Outside cabin	6	114 ft²	Queen bed, TV, kettle.
	P Outside cabin	5	114 ft²	Queen bed, TV, kettle.
POLAR OUTSIDE	O Outside cabin	3, 5, 6	90-118 ft²	O2D cabins with queen bed, O2 cabins with separate beds, O3 cabins with separate beds, and an additional upper berth.
	N Outside cabin	3	118 ft²	N2D cabins with queen bed, N2 cabins with separate beds, N3 cabins with separate beds, and an additional upper berth.
	SD Outside cabin	3	183 ft²	Separate beds, one bed can be turned into a sofa. Adapted for guests with limited mobility.
	L Outside cabin	2, 3	94-118 ft²	With portholes, L2D cabins with queen bed, L2 cabins with separate beds, where one bed can be turned into a sofa. Some with limited/no view.
	J Outside cabin	5, 6	90-121 ft²	With limited/no view, J2D cabins with queen bed, J3 cabins with separate beds, and an additional upper berth.
POLAR INSIDE	K Inside cabin	5, 6	91 ft²	Three-berth cabins with separate beds, and an additional upper berth.
	I Inside cabin	3	97 ft²	Separate beds, one bed can be turned into a sofa.

Cabin category O – Please note that some outside cabins on upper decks can have obstructed views due to lifeboats.
Cabin category P – Please note that these cabins have views of the promenade deck.
All information is subject to change.

PRICING & TERMS

CABIN CATEGORY	DOUBLE OCCUPANCY	SINGLE OCCUPANCY
Category I	CAD 9,390 per person	CAD 13,130 per person
Category L*	CAD 9,800 per person	CAD 13,840 per person
Category N*	CAD 10,360 per person	CAD 14,790 per person
Category O	CAD 10,530 per person	CAD 15,110 per person
Category P*	CAD 11,100 per person	CAD 16,110 per person
Category U*	CAD 11,660 per person	CAD 17,090 per person

* These cabins have double beds instead of two separate beds. This bed cannot be separated. All twin bed cabins are by request only and cannot be confirmed without passenger names.

INCLUSIONS

- 6 nights cruise in a comfortable cabin with ensuite bathroom
- Full board and complimentary tea and coffee on board the MS Polarlys
- Complimentary Wi-Fi throughout the ship and in your cabin
- Domestic flight from Ivalo to Helsinki
- Two nights hotel in Oslo
- Two nights hotel in Bergen
- Two nights hotel in Ivalo
- Two nights hotel in Helsinki
- Transfers, tours and meals as indicated in the itinerary
- Gratuities for included guides, drivers and meals

EXCLUSIONS:

- International flights
- Meals not included in the itinerary
- Optional cruise shore excursions not mentioned as included
- Optional travel insurance

ESTIMATED INTERNATIONAL AIR:

- Roundtrip airfare in economy class from Toronto to Oslo and return from Helsinki to Toronto including applicable air taxes and fees at approximately CAD 1,600 per person.
- Additional cost to be applied for other departure cities.
- Please contact us for air deviation, premium economy or business class upgrade surcharges.

SPECIAL NOTES:

- Names provided at time of booking MUST match exactly your passport.
- You must have a passport valid for at least 6 months after your return date.
- If you wish to purchase optional travel insurance with us, it MUST be purchase prior to final payment date. Please contact us for a quotation.

DEPOSIT AND PAYMENT

FIRST DEPOSIT: CAD 1,500 per guest for double occupancy at the time of booking
CAD 3,000 per guest for single occupancy at the time of booking

SECOND DEPOSIT: CAD 1,500 per guest for double occupancy due on Oct 8, 2025
CAD 3,000 per guest for single occupancy due on Oct 8, 2025

FINAL PAYMENT: Due on January 8, 2026

CANCELLATION CHARGES

From time of booking - Oct 7, 2025: CAD 3,000 per cabin
Oct 8, 2025 – Jan 7, 2026: CAD 6,000 per cabin
Jan 8, 2026 – Mar 7, 2026: 50% of tour price
Mar 8, 2026 – April 7, 2026: 90% of tour price
April 8, 2026 - date of departure: 100% of tour price

Air cancellation penalties are subject to airline regulations.

We strongly recommend the purchase of trip cancellation or comprehensive travel insurance at the time of booking. Please contact us for a quotation.

Prices above are in Canadian Dollars. The program and all related travel services described herein are subject to the detailed terms & conditions of GLP Worldwide which are available at any time upon request and which will be provided with your booking confirmation.

Any booking resulting out of the information in this brochure is subject to the complete terms & conditions found on our website www.travelfortravellers.com/alumni-travel/

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UPCOMING INFO SESSION! CALL IN TODAY TO REGISTER NOW! 1-866-760-1987



BRAZILLIAN AMAZON ADVENTURE

APR 25 – MAY 10, 2026
MAY 30 – JUN 14, 2026



HONG KONG WINE AND DINE

OCT 20 – 26, 2025



SOUTH KOREA AND JAPAN

MAY 11 – 29, 2026



ECUADOR AND GALAPAGOS

MAY 15 – 22, 2025



GOLF CRUISE ON DANUBE

MAY 18 – 26, 2026



THE BEST OF INDIA & BRAHMAPUTRA RIVER

OCT 3 – 19, 2025

*Travel for
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BY GLP WORLDWIDE

CONTACT GLP WORLDWIDE AT

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