



National Trust for Historic Preservation
National Trust Tours

Highlands, Islands, and Fjords

From the Scottish Highlands and Orkney Islands
to Norwegian Fjords and Lofoten Islands
aboard the all-suite *Sea Spirit* • May 26–June 5, 2026



Dear National Trust Traveler,

Join in an exploration of the magnificent landscapes, remote islands, ancient settlements, and idyllic villages of Norway and northern Scotland, cruising during the peak of spring, with long days of bright green scenery speckled with blooming flowers and rushing waterfalls in the fjords from snow melting in the mountains. This varied and balanced itinerary, from Edinburgh to the Orkney Islands, then along the Norwegian Coast above the Arctic Circle, combines the wonders of the natural world with the historical and cultural highlights of the area.

Among the special features, the cruise is bookended with time in some of the region's most remote and inaccessible island groups—Scotland's Orkney Islands and Norway's Lofoten Islands, both showcasing splendid wild landscapes and fascinating remains of ancient settlements as well as rich opportunities for bird and whale watching. Furthermore, this itinerary provides several days inside Norway's iconic fjords, including the awe-inspiring Sognefjord, Norway's longest, as well as the UNESCO-listed Nærøfjord.

Step ashore at peaceful, picturesque fjord-side towns and fishing villages off the beaten track—splendid Art Nouveau Ålesund, set on myriad islands stretching out into the ocean; Bronnoysund from which one can access Torghatten, a granite mountain that is a famed landmark of the Norwegian coast, and tiny villages on the Lofotens—all of which have inspired artists and photographers for over a century.

This program is co-sponsored by several organizations, so we encourage you to reserve your space by calling our office at (888) 484-8785 today!

With kind regards,



Meg Annacone-Poretz
Director, National Trust Tours

The **NATIONAL TRUST FOR HISTORIC PRESERVATION** is a private, nonprofit membership organization dedicated to saving historic places and revitalizing America's communities. For more information, visit the Trust's website at www.savingplaces.org.

Study Leaders

Elizabeth Pierce of the Archaeological Institute of America and **Anthony Bull** of Colorado College will provide a series of engaging presentations and discussions for travelers.

Highlights

- ◆ Enjoy a history tour of **Edinburgh**, Scotland's culturally rich capital city.
- ◆ Delight in cruising Norway during the **height of spring** when temperatures are mild and flowers carpet the countryside.
- ◆ Discover how the Vikings held a strategic foothold in the Orkney Islands for centuries and marvel at **fascinating Stone Age sites**, including the Ring of Brodgar and the 5,000-year-old stone slab village of Skara Brae, both UNESCO World Heritage Sites.
- ◆ Linger in the dramatic and beautiful landscapes of the **Sognefjord, Norway's longest and deepest fjord**, including its most dramatic and narrow arm, UNESCO-listed Naeroyfjord.
- ◆ Look for **wildlife in the Lofotens**, a prime location in June for orcas, porpoises, and the mighty sperm whale.
- ◆ Step ashore at peaceful, picturesque fjord-side towns and fishing villages off the beaten track—**splendid Art Nouveau Ålesund**, set on myriad islands stretching out into the ocean; and **tiny villages in the Lofotens**—such as Nusfjord and Reine—which have inspired artists and photographers for over a century.
- ◆ Travel back in time at the **Lofotr Viking Museum**, boasting the largest Viking longhouse ever excavated.





Itinerary

Tuesday–Wednesday, May 26–27

Home / Edinburgh, Scotland

Depart home on overnight flights to Edinburgh. Upon arrival on May 27th, relax before a welcome reception and group orientation.

SHERATON GRAND HOTEL AND SPA (R)

Thursday, May 28

Edinburgh / Embark

Enjoy a tour of historic Edinburgh, Scotland's capital since the 14th century, before boarding *Sea Spirit* this afternoon.

SEA SPIRIT (B,D)

Friday, May 29

Kirkwall, Orkney Islands

Disembark in Kirkwall for a morning exploration of the Ring of Brodgar and Skara Brae, part of the UNESCO Heart of Neolithic Orkney, the most important Neolithic sites in western Europe. Return to the ship for lunch and in the afternoon take a guided tour of Kirkwall, including the medieval St. Magnus Cathedral, with free time in the vibrant downtown before returning to the ship.

SEA SPIRIT (B,L,D)

Saturday, May 30

Sognefjord Fjord, Norway

Enjoy a full day at sea looking for wildlife from one of the

ship's spacious decks, indulging in the ship's amenities and listening to lectures from our team of experts. As evening approaches, arrive at the entrance of Sognefjord, Norway's longest and deepest fjord.

SEA SPIRIT (B,L,D)

Sunday, May 31

Vik

Take a scenic drive through the natural wonders of the area. See steep mountainsides, hanging valleys, majestic peaks, snowfields, cascading waterfalls, and quaint hamlets. Visit one such hamlet, Gudvagen, an historic Viking village, nestled deep within Naeroyfjord, where there is free time to explore independently. Also discover the riches of Vik, a picturesque village along the banks of the Sognefjord, including the impressive Hopperstad Stave Church, one of Norway's 28 remaining stave churches and the oldest in the country. And don't miss the opportunity to sample the local 'gamalost cheese,' and see the Moahugane Burial Mounds, dating back to 200 AD.

SEA SPIRIT (B,L,D)

Monday, June 1

Loen

Enjoy a morning at sea with time for lectures before arriving in Loen. Be welcomed by a stunning coastline, majestic mountains and valleys, expansive farmland, and a chance to see the mighty Briksdal Glacier, the largest in Europe. Here choose from various excursion options including kayaking with a guided hike to learn about the local ecosystem, driving to see the Briksdal Glacier, or ride one of the steepest cable cars in the world on the Loen Skylift and marvel at the stunning views of the valley below.

SEA SPIRIT (B,L,D)

Tuesday, June 2

Ålesund

Visit beautiful Ålesund, known for its Art Nouveau buildings and islands stretching out into the ocean, Ålesund offers three optional excursions including: **1.** a historic World War 2 bunker inside the city's mountain; **2.** a coach tour of the Giske islands; or **3.** an in-depth city walk including Mt. Aksla, followed by free time. In the afternoon, enjoy cruising with time for lectures, relaxing on board, and keeping an eye out for whales.

SEA SPIRIT (B,L,D)



HOPPERSTAD STAVE CHURCH



RING OF BRODGAR

Wednesday, June 3

Torghatten & Brønnøysund

Continue cruising north this morning with time for lectures.

After lunch, arrive at the coastal town of Brønnøysund to delve into its history and culture, surrounded by natural landscapes. Choose from optional excursions: **1.** Hike Torghatten, known for its mythical mountain with a distinctive hole; **2.** Enjoy a panoramic drive and visit Hildur's Farm for a taste of Norwegian farm life; or **3.** Explore Norwegian aquaculture at the Norwegian Aquaculture Center. Reboard in the late afternoon and depart for the Lofoten Islands, crossing the Arctic Circle along the way.

SEA SPIRIT (B,L,D)

Thursday, June 4

Reine (Lofoten Islands)

Enjoy a full day exploring the picturesque Lofoten Islands, where you'll visit charming fishing villages like Reine or Nusfjord, each offering unique insights into local life. Discover the rich Viking heritage at the Lofotr Viking Museum, home to the world's largest Viking longhouse, and visit a farm to indulge in a local lunch while learning about the islands'

efforts in sustainable farming. Conclude the day with the captain's farewell reception and dinner on board.

SEA SPIRIT (B,L,D)

Friday, June 5

Disembark / Home

After breakfast, disembark *Sea Spirit* and transfer to Bodø airport (those with late flights may take an optional morning tour in Bodø), or begin the optional post-voyage extension. (B)

Optional Extensions

May 24–27

Edinburgh and the Scottish Highlands

Spend two nights at Cheval Old Town Chambers, located in Edinburgh's Old Town, a UNESCO World Heritage site. Enjoy a private tasting and tour at one of Scotland's top malt whisky distilleries before joining

the main program at the Sheraton Grand Hotel and Spa.

\$2,595 per person, double
\$3,290 per person, single

June 5–8, 2026

Art and Gardens of Oslo

After exploring Bodø, fly to Oslo for a three-night stay at the elegant and historic Grand Hotel, opened in 1874, and for over 140 years the host to international guests, world leaders, celebrities and the Nobel Peace Prize laureates. Highlights include the Vigeland Sculpture Park, the world's largest sculpture park created by a single artist, featuring more than 200 works in bronze, granite, and wrought iron; and the Fram Museum of Polar Exploration, which artfully narrates the story of Norwegian polar exploration.

\$2,595 per person, double
\$3,290 per person, single
+On-tour flight Bodø to Oslo ~\$250 per person (subject to change)

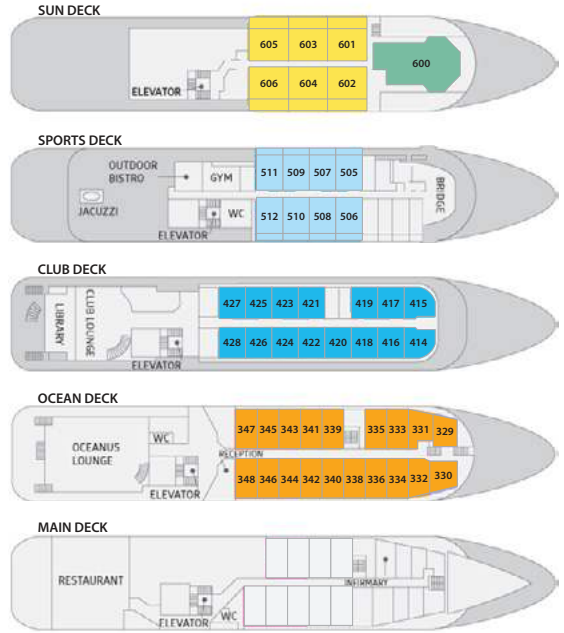


OSLO

Sea Spirit



The all-suite *Sea Spirit* is designed to navigate the most demanding waters in the world, while providing guests with an unparalleled opportunity to view and explore wildlife and scenery in places that larger ships are unable to access. The ship combines adventure-ready features with exceptional comfort and world-class amenities. Spacious suites are complemented by inviting public spaces, including panoramic observation decks, a library and lounge, a gym, and an outdoor hot tub.



Program Rates (per person)

CATEGORY	DOUBLE	SINGLE
CLASSIC SUITES 226 sq ft; twins or king bed; large window	\$10,990	\$17,610
SUPERIOR SUITES 215 sq ft; twins or king bed; large window	\$12,990	—
DELUXE BALCONY SUITES 258 sq ft; twins or king bed; sliding glass door; 43 sq ft balcony	\$14,990	—
PREMIUM BALCONY SUITES 323 sq ft; twins or king bed; sliding glass door; 86 sq ft balcony	\$17,990	—
OWNER'S SUITE 678 sq ft; king bed; sliding glass doors; 101 sq ft private deck	\$19,990	—

General Information

PROGRAM RATES INCLUDE

All accommodations, meals, and excursions as specified in the itinerary, including **one hotel night and eight nights aboard *Sea Spirit*** • Comprehensive program of briefings, lectures, and presentations • Transfers for all participants on group arrival and departure dates • **Gratuities to porters, wait staff, guides, drivers, and shipboard personnel for all group activities** • Entrance fees and port charges • Captain's welcome and farewell wine receptions • **House wine, beer, and soft drinks with all group lunches and dinners** • Complete packet of pre-departure information • Professional tour manager throughout the program • Expert local guides

WHAT TO EXPECT

This is a moderately strenuous program, at times physically demanding and busy, with considerable walking at some sites. Hiking options are available in some ports, with distances of up to three miles. In some instances, elevators are unavailable, and stairs may not

have handrails. You will need to climb into and out of Zodiacs for several excursions ashore—and there may be additional use of the Zodiacs to take advantage of opportunities that arise. Participants should be fit and in active good health.

GROUP SIZE

This program can accommodate 100 participants and is co-sponsored by other organizations.

AIR ARRANGEMENTS

U.S. domestic and international airfare is not included in the program rates. Valerie Wilson Travel, Inc., can help with airline arrangements for this trip and can be reached at 877-376-1754. You are also welcome to book your air transportation through your local travel agent, an online travel site, or the airline of your choice. Further information about making flight arrangements will be sent to confirmed participants.

PROGRAM RATES**DO NOT INCLUDE**

U.S. domestic and international airfare · Passport/visa expenses · Medical expenses and immunizations · Travel and trip cancellation insurance · Private transfers or airport transfers outside of group arrival and departure days · Excursions that deviate from the scheduled tour options · Airline baggage charges · Meals not specified in the itinerary; dishes and beverages not part of the included meals; liquor or soft drinks except as noted · Laundry or dry cleaning · Telephone and internet charges · Room service · Other items of a personal nature

TRAVEL INSURANCE

National Trust Tours strongly recommends the purchase of trip cancellation insurance, which is available for coverage of expenses in conjunction with cancellation due to covered illness or accident. In the event that you must cancel your participation in a travel program, trip cancellation insurance may be the only source of reimbursement. USI Travel Insurance Services offers a plan designed specifically for National Trust Tours travelers, providing coverage for Trip Cancellation, Trip Interruption, Emergency Medical, and more. Plus, you can upgrade your plan with Cancel For Any Reason (CFAR) coverage for the utmost flexibility. CFAR allows you to cancel your trip for ANY reason at all and be reimbursed up to 75% of your pre-paid, non-refundable trip costs (conditions apply, see plan for details). To purchase travel insurance today, call: (800) 937-1387. For additional information, please contact National Trust Tours at (888) 484-8785. Complete Terms and Conditions including a Statement of Responsibility will be made available at time of registration, or in advance upon request. A signed "Terms & Conditions, Release from Liability, Assumption of Risk and Binding Arbitration Clause" is required from each applicant prior to participation on the tour.

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RESERVATIONS & PAYMENTS

A deposit of \$1,000 per person is required to reserve space on this program. If you have questions, or to register using a credit card (preferred method), please call (888) 484-8785 or email info@nationaltrusttours.com. Final payment deadline is January 26, 2026. For those who register on or after January 26, 2026,

full payment is due upon registration. Final payment may be made by check, wire transfer or credit card (credit card payments will incur a processing fee of 2%).

CANCELLATIONS & REFUNDS

Upon payment of the \$1,000 per person deposit, all reservations are subject to the cancellation provisions set forth below and by which the passenger agrees to be bound. Cancellations shall not be in effect until they are received in writing and confirmed by the National Trust for Historic Preservation. Deposits are refundable (less a \$250 per person administration fee) if written notice of cancellation is received within 30 days of reservation; after that, deposits are 100% nonrefundable. After final payment deadline of January 26, 2026 all payments are 100% nonrefundable, regardless of booking date. Trip cancellation insurance is strongly recommended. NOTE: Neither the National Trust for Historic Preservation nor Criterion Travel, the tour operator, accepts liability for any airline cancellation penalties incurred with the purchase of non-refundable tickets.

ITINERARY CHANGES

The itinerary presented for this tour is subject to modification and change by the National Trust for Historic Preservation and Criterion Travel. Every reasonable effort will be made to operate the program as planned; however, should unforeseen world events and conditions require the itinerary to be altered, the National Trust for Historic Preservation and the tour operator reserve the right to do so for the safety and best interest of the group. Any extra expenses incurred in this situation are the responsibility of the participant.

ELIGIBILITY

National Trust for Historic Preservation tours are open to members only. Membership dues for 2025/2026 are \$30 for family and \$20 for individual membership. The minimum age limit for the program is 14. Children must pay the full price, and those under 18 must be accompanied by a parent or guardian. There is no maximum age limit. PLEASE NOTE: Participants must be in excellent health and able to participate in tour activities. Any physical condition that may require special medical attention must be reported at the time of your reservation. If you have any doubt about your ability to participate fully due to health conditions or disabilities, contact the National Trust at (888) 484-8785 or (202) 588-6300. The National Trust for Historic Preservation and Criterion Travel reserve the right to decline to accept or retain any person as a member of this tour at any time. In such case, the refund will be limited to the recoverable cost of unused tour services.

California Seller of Travel Program
CST #2068800-40

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aboard the all-suite *Sea Spirit* · May 26–June 5, 2026

For more information or to register by phone (preferred method of registration), please call **National Trust Tours at (888) 484-8785**. Or, return this form with your deposit of \$1,000 per person, payable to **Criterion Travel**. Mail to: Criterion Travel, 4250 SW Hall Blvd., Beaverton, OR 97005.

NAME #1 BIRTHDATE

NAME #2 BIRTHDATE

MAILING ADDRESS

CITY / STATE / ZIP / POSTAL CODE

HOME PHONE MOBILE PHONE

E-MAIL(s)

PAYMENT

Please charge the deposit to my credit card (circle one):

VISA MC AMEX

NAME ON CREDIT CARD

CARD # EXP. DATE SECURITY CODE

SIGNATURE AS IT APPEARS ON CREDIT CARD DATE

Enclosed is my check for \$_____ (\$1,000 per person, payable to Criterion Travel) to reserve _____ place(s) on **Highlands, Islands, and Fjords**.

NATIONAL TRUST MEMBERSHIP

I am/We are National Trust Members. My/Our membership # is _____

I am/We are not National Trust members. Please enroll me/us as members. (\$20 individual; \$30 family)

SINGLE TRAVELERS

I prefer to have single accommodations.
or I plan to share accommodations with: _____

or I'd like to know about roommates

I understand that if a roommate cannot be found by the final payment deadline of January 26, 2026, I will pay the single rate.

ACCOMMODATIONS

Cabin category preference:

1st Choice _____ 2nd Choice _____

Bed Preference (not guaranteed): One bed Two beds

I/We have read the Terms & Conditions section of this brochure and understand and agree with them as stated herein:

SIGNATURE DATE

SIGNATURE DATE

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to Norwegian Fjords and Lofoten Islands**

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