



AMC  
ADVENTURE  
TRAVEL

VOLUNTEER-LED EXCURSIONS WORLDWIDE

May 16-25, 2022



## Four Northern Cities Exploring Copenhagen, Stockholm, Helsinki and Krakow

Leader: Joe Thomas Trip #2240 Associate-Leader: Jay Sitkin

This 10-day Scandinavian trip is bursting with history, culture and entertainment! From medieval fortresses to modern art and Viking ships to scenic railways, this all-encompassing tour takes you on a thrilling journey by land and sea through modern Scandinavian kingdoms and their lively capital cities, home to some of Europe's oldest monarchies. Come with us and explore such world-famous attractions as Copenhagen's Christiansborg Palace, Stockholm's Royal Castle and City Hall and Tivoli Gardens, and Helsinki's bustling Market Square.



Our trip concludes with a visit to Kraków, one of those cities you have to explore a little before its true charm becomes apparent. Although Warsaw is the political capital, many consider this southern city the true cultural capital of Poland. Besides enjoying the lively restaurants, shops, cafes and bars lie along the perimeter of the main square, we will take a day tour into the beautiful Tatra Mountain.

This trip is a great opportunity to see a number of northern European cities and to enjoy the wonder and the beauty of them all.

## OUR ITINERARY

(subject to change)

This trip has been rated 2 out of 5 ([AMC Trip Ratings](#)) due to the amount of walking and stairs..

(You may have to depart the US on March 15  
Copenhagen on March 16)

to reach

TRIP  
ITINERARY

**Day 1: May 16 (Monday)** Arrive  
Copenhagen (B)

Arrive Copenhagen. Meet with arrivals assistant and transfer to hotel in city centre (Copenhagen Admiral Hotel)



**Day 2: May 17 (Tuesday)** Copenhagen (B)

You will be met by your guide after breakfast and embark on a half-day guided walking tour, visiting local landmarks including the City Hall Square, Amalienborg Palace, Hans Christian Andersen's statue, and Nyhavn Harbour. Later, visit the Tivoli Gardens, an amusement park located in the heart of Copenhagen. Your tour ends with a guided canal boat trip on Copenhagen's waterways.

The rest of day is at leisure to explore Copenhagen at your own pace. We recommend a visit to Rosenborg Castle and Christiansborg Palace, both located within close proximity to city centre.



**Day 3: May 18 (Wednesday)** Copenhagen – Stockholm (B)

Depart Copenhagen at approx. 8am this morning on the SJ train bound for Stockholm (approx. 5 hours; 2<sup>nd</sup> class fares included). On arrival, meet with your guide and transfer to your hotel in the city centre, the Hotel Haymarket. After dropping off your luggage at the hotel, enjoy an afternoon walking tour, covering sights such as the Royal Palace, the Stockholm Parliament buildings, Riddarholm Church and Stockholm's old town (Gamla Stan).

**Day 4: May 19 (Thursday)** Stockholm (B)

Meet with your guide and driver after breakfast for a half-day tour of Stockholm focusing on two locations.

Your first stop will be at the Vasa Museum, which houses a beautifully preserved 17<sup>th</sup> century warship. Embellished with hundreds of wooden sculptures and bronze features, the Vasa is the striking centerpiece of this museum.

Afterwards, visit Stockholm City Hall. Dating to the early 20<sup>th</sup>-century, Stockholm's city hall is one of the city's most striking buildings, famous for its spire featuring three golden crowns, the city's emblem.

Rest of day at leisure to explore Stockholm independently.

### **Day 5: May 20 (Friday) Stockholm; Silja Line Overnight Cruise (B, D)**

The morning is at leisure to explore Stockholm independently. We advise returning to your hotel at 2pm latest.

At 2:30pm, you will be met at the hotel and transferred to Stockholm Pier to board the Silja Line boat for overnight cruise from Stockholm to Helsinki.

### **Day 6: May 21 (Saturday) Helsinki (B)**

You'll disembark in Helsinki at approx. 10:30 this morning after breakfast onboard the Silja Line. On arrival, meet with your transfer driver and private coach for the short transfer to your hotel in the city centre, the Sokos Hotel Vaakuna Helsinki.



This afternoon, enjoy a 3-hour guided walking tour of Helsinki, visiting such famous sites as Senate Square, Parliament House, and Finlandia Hall. The final stop of tour will be at Temppeliaukio Kirkko, or 'Rock Church'. Though it looks like an amphitheatre from the outside, this striking building is in fact a church, which has been carved directly from solid rock in the heart of Helsinki.

### **Day 7: May 22 (Sunday) Helsinki – Krakow (B, D)**

Early this morning, you will be transferred to Helsinki Airport to catch Finnair flight AY1161 to Krakow (07:30-08:30).

Upon arrival in Krakow, you will be met by our transfer agent and driven to your hotel, the Puro Hotel Stare Miasto, for dinner and overnight.

**Day 8: May 23 (Monday) Krakow (B, L, D)**

You will be met by your local guide after breakfast and embark on a tour of Krakow.

Your tour begins with a visit to the Royal Wawel Hill, where you'll have the opportunity to explore the Wawel Castle and Cathedral. Perhaps the most culturally and historically significant site in Poland, the Wawel Castle has been at the heart of Polish history for centuries. Most of the structures date back to the 14<sup>th</sup> century, and provide a striking example of late medieval Gothic architecture.



After exploring Wawel Castle, continue to Krakow's old town, where you can explore local landmarks centred around Rynek Glowny, the city's main square, including Cloth Hall and St Mary's Church.

In the afternoon, take a tour of Krakow's historic Jewish quarter, Kazimierz, and learn more about the city's long-standing Jewish cultural influence and heritage.

**Day 9: May 24 (Tuesday) Zakopane and the Tatra Mountains (B, D)** Depart Krakow by private coach at 8AM this morning and transfer two hours into the Tatra Mountains. Your destination is Zakopane, a scenic resort town with a stunning location in the foothills of the Tatras.

On arrival in Zakopane, take the funicular railway to the top of Mt. Gubalowka, from where you can enjoy impressive views over Zakopane and to the high Tatra peaks.

Return to Zakopane by chairlift and visit the town's 19<sup>th</sup>-century Parish church and cemetery. Built entirely from wood, Zakopane's oldest church is an example of the region's unique architectural style, despite its distinctly Catholic iconography. Afterwards, learn more about Zakopane's unique culture



with a visit to the Koliba Villa, a 19<sup>th</sup>-century building that has been converted into a museum on Zakopane culture. Later, enjoy a stroll through Zakopane's lively town centre and bustling market before returning to Krakow by coach.

Dinner and overnight in Krakow at the Puro Hotel Stare Miasto. Wed 25 May: Departure (B)

**Day 10: May 25 (Wednesday)** Your tour ends this morning in Krakow. A group transfer to Krakow Airport is included.



NOTE: Your trip leaders will provide some activity suggestions for those days with free time for exploring.



## **TRIP COST:**

Total Trip Cost \$5495:  
\$2000 due with application;  
\$2000 due July 1, 2021  
and \$1495  
due December 1, 2021.

## **TRIP INCLUDES:**

9 nights lodging with most meals (all breakfasts and most dinners); English speaking guides; all activities and tours; basic medical and evacuation insurance (those interested in trip cancellation insurance need to purchase on their own).

Joe has an avid interest in health and fitness which has paved his way to adventure travel. He has participated in bike trips through the Po Valley of Italy and the Camino de Santiago in Spain. After becoming an AMC leader, he has co-led trips to Machu Picchu/ Easter Island, Puglia, Italy, Patagonia, the Dolomites, Tanzania, Vietnam/Cambodia, India/Bhutan, Morocco, France and Portugal.

Jay, from Philadelphia, is a Delaware Valley hiking, biking, and backpacking leader and AMC Adventure Travel Assistant Leader. He has travelled throughout North & South America, Asia-Pacific, the Middle East, and Western & Eastern Europe. Jay has lived in Israel, has had an extended stay in New Zealand. He has hiked, cycled, or backpacked in Patagonia, Croatia, in the Alps. Jay owned an outdoors shop in Blue Bell, PA, selling outdoor clothing and gear, and offered a wide variety of lessons in these activities. Over the years he has organized trips as varied as hiking the Tour Du Mont Blanc, touring Alaska, and to Machu Picchu. He has participated in long distance cycling activities such as the Tour of Colorado, MOOSA, and has backpacked and hiked Yellowstone and the Tetons, and the "W" in Patagonia.

**TRIP DOES NOT INCLUDE:** Airfare of approximately \$1000.

The leaders build a trip based on an approximate 10% higher rate of exchange of the current rate. Foreign currencies such as the euro can fluctuate and we want to advise you that if the exchange rate moves higher than expected, we may have to come to you with a modest price increase. We try to avoid this by budgeting wisely; however, there is always the possibility of rate changes. Anyone who does not want to accept the price increase may withdraw from the trip with a full refund.

## OUR GOALS

As leaders, our goals for the group are to have fun, utilize your skills, and savor a foreign culture at reasonable cost and in the company of other adventurers with similar interests. We encourage your individual contributions, cooperation and good humor to enrich the group's experience. We anticipate each participant's engagement as part of a group, and expect each to abide by the leaders' decisions and work towards the group having a good time. Be prepared to help your fellow riders/hikers and spend time with other participants on the trip. In doing so, you will help ensure each participant's maximum experience and enjoyment of the trip.

## AMC MISSION

AMC Travel Trips are run in a manner supportive of and consistent with the conservation, recreation and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

## DISCLOSURES

AMC Adventure Travel trips are run on a nonprofit basis. Leaders are not compensated except for their travel and administrative costs associated with the trip. A program fee is assessed toward AMC Adventure Travel Excursion program and administrative expenses.

## Cancellation Policy

The AMC Adventure Travel cancellation policy is based on the fact that your cancellation may not raise the cost to the other participants or to the leaders. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed unless they can be applied toward another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced or zero penalty. This will generally not be determined until after the trip. Please refer to insurance information in the section titled "What Trip Price Includes."

## Safety

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips and camps, and transportation in vehicles, on foot, by boat, or on a bike. When you apply for acceptance onto a trip, please carefully read and sign the Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement and call if you have any questions.

Leaders' expectations and rights

When you participate in this activity, you should be in proper condition for the challenges outlined in this prospectus. You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety. Prior to your acceptance as a participant in this trip, you may be asked to discuss your capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities.

This trip is designed so that everyone may experience our adventure in several Scandinavian countries and Russia through shared participation in activities and tasks in an organized group environment. AMC travelers are known for their cooperative efforts, and expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience.

It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it be of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant's being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.



For additional information, contact Joe at [thomasj73@sbcglobal.net](mailto:thomasj73@sbcglobal.net) or Jay at [sitkinj@gmail.com](mailto:sitkinj@gmail.com)



