

CAU Select

# HIGHLANDS, ISLANDS & FJORDS

From the Scottish Highlands and Orkney Islands  
to Norwegian Fjords and Lofoten Islands

MAY 30-JUNE 9, 2026



Aboard the  
72-cabin  
*Exploris One*



## Dear CAU Friends,

**CAU RECOMMENDS** Highlands, Islands & Fjords: From the Scottish Highlands and Orkney Islands to Norwegian Fjords & Lofoten Islands, because it is produced by one of CAU's trusted partners and features esteemed faculty from Cornell's peers. In other words, it's an opportunity we didn't want you to miss!

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 Inverness 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; Bronnøysund 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.

Delight in cruising for eight nights aboard the elegantly appointed and newly renovated *Exploris One*, designed to navigate demanding waters safely while offering the highest level of service and comfort. Each of its 72 suites and spacious staterooms offers breathtaking ocean views, with select accommodations boasting private balconies. While on board indulge in relaxation at the sauna, steam bath, and outdoor Jacuzzis, or treat yourself to a rejuvenating massage. Enjoy complimentary alcoholic and non-alcoholic beverages and Wi-Fi access throughout the cruise. Onboard dining experiences showcase regional cuisines, rivaling the culinary delights you'll encounter. The ship also boasts spacious deck areas and a Panoramic Salon, with a forward-facing view from where you can watch for passing wildlife and admire the beautiful scenery.

Warmly,  
CAU (Cornell's Adult University)  
Alumni Affairs



**SCAN ME**  
with your smart phone  
or tablet to  
register online.

**Puffins on  
the island of  
Runde, Norway**





## 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.



Skara  
Brae



Reine,  
Lofoten



## HIGHLIGHTS

**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 along the cliffs of Runde**, one of the largest nesting cliffs in Norway and 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 Å and Reine—which have inspired artists and photographers for over a century.

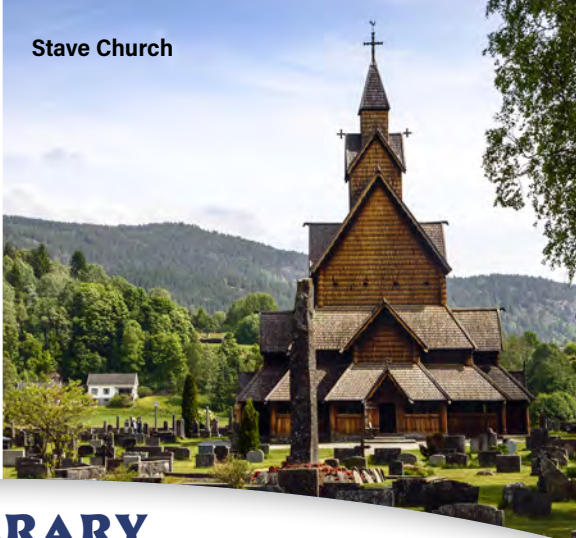
**TRAVEL** back in time at the **Lofotr Viking Museum**, boasting the largest Viking longhouse ever excavated.



Sognefjord



Stave Church



## ITINERARY

### Saturday & Sunday, May 30 & 31

#### DEPART U.S. / INVERNESS, SCOTLAND

Depart home on overnight flights to Inverness. Upon arrival on May 31st, relax before dinner. DORNOCH STATION (D)

### Monday, June 1

#### INVERNESS / EMBARK EXPLORIS ONE

Explore Inverness Old Town and its indoor Victorian market, with lunch on your own during free time in town before boarding *Exploris One* this afternoon. *EXPLORIS ONE* (B,D)

### Tuesday, June 2

#### 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 embark on one of two afternoon options: **1.** Take a guided tour of Kirkwall, including the medieval St. Magnus Cathedral, with free time in the vibrant and pretty downtown; or **2.** Visit The Quoy of Houton, listed as one of the top 10 UK coastal gardens, with the owner, a renowned horticulturalist, before returning on the coach by ship. *EXPLORIS ONE* (B,L,D)

### Wednesday, June 3

#### SGNEFJORD 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.

*EXPLORIS ONE* (B,L,D)

### Thursday, June 4

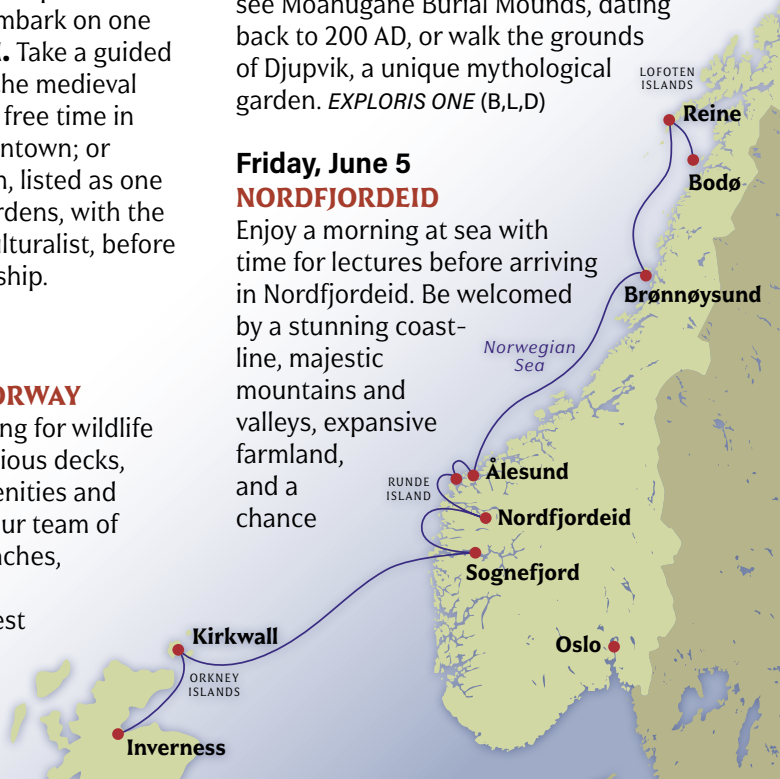
#### VIK & NAEROYFJORD

Join a private fjord cruise of the UNESCO World Heritage Nærøysfjord, narrowest and best known of the many arms of the Sognefjord. This fjord stands out as Norway's premier natural wonder, boasting steep mountainsides, hanging valleys, majestic peaks, snowfields, cascading waterfalls, and quaint hamlets. Visit one such hamlet, Gudvangen, an historic Viking village, nestled deep within Naerfjord, 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,' see Moahugane Burial Mounds, dating back to 200 AD, or walk the grounds of Djupvik, a unique mythological garden. *EXPLORIS ONE* (B,L,D)

### Friday, June 5

#### NORDFJORDEID

Enjoy a morning at sea with time for lectures before arriving in Nordfjordeid. Be welcomed by a stunning coast-line, 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 and walk the Loen Skylift, or visiting with a local family in their private home to learn about the Norwegian way of life and culture followed by a trip to the Norwegian Fjord Horse Center. *EXPLORIS ONE (B,L,D)*

**Saturday, June 6**

**RUNDE & ÅLESUND**

Get up early this morning to look for birds on the cliffs at Runde, a nesting site of over 240 species including puffins, followed by a visit to beautiful Ålesund. Known for its Art Nouveau buildings and islands stretching out into the ocean, Ålesund offers three optional excursions including: **1.** the medieval village of Sunmøre, an open-air museum; **2.** Viking’s Island; 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. *EXPLORIS ONE (B,L,D)*

**Sunday, June 7**

**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 Torgghatten, 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. *EXPLORIS ONE (B,L,D)*

**Monday, June 8**

**REINE (LOFOTEN ISLANDS)**

Enjoy a full day exploring the picturesque Lofoten Islands, where you’ll visit charming fishing villages like Å, 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 local farm indulging in a lunch ashore where you’ll learn about the islands’ efforts in sustainable farming. Conclude the day with the Captain’s farewell reception and dinner. *EXPLORIS ONE (B,L,D)*

**Tuesday, June 9**

**DISEMBARK / HOME**

Transfer to Bodø airport, or those with late flights may take an optional morning tour in Bodø, or you may begin the optional post-voyage extension. (B)



**OPTIONAL EXTENSIONS**

**PRE-VOYAGE May 27-31, 2026**

**EDINBURGH & THE SCOTTISH HIGHLANDS**

Fly from home to Edinburgh, Scotland. Spend the next few days exploring the highlights of Edinburgh and the Scottish Highlands. Enjoy two nights at Cheval Old Town Chambers, located in Edinburgh’s Old Town, a UNESCO World Heritage site. Continue with a private tasting and tour at one of Scotland’s top malt whisky distilleries. Unwind with a night at Dornoch Station and, if desired, play a round at the historic Royal Dornoch Golf Club—advance tee time reservations are strongly recommended.

**POST-VOYAGE June 9-12, 2026**

**ART & GARDENS OF OSLO**

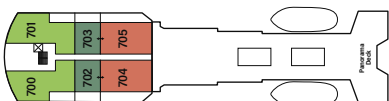
After exploring Bodø, fly to Oslo for a three-night stay at the elegant and historic Grand Hotel, opened in 1874, and for over 140 years the host to international guests, world leaders, celebrities and the Nobel Peace Prize laureates. Highlights include the Vigeland Sculpture Park, the world’s largest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



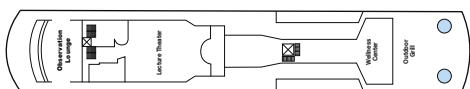
## Exploris One

Previously known as the *Silver Explorer* and owned by Silversea Cruises, *Exploris One* began her new life with French company Exploris Expeditions after a full renovation in 2023. Having known this vessel for many years, we know her to be ideal for small ship cruising. Her shallow draft allows us to access remote areas larger ships can't reach, and guests enjoy spacious deck areas perfect for spotting wildlife and soaking in the scenery. *Exploris One* combines adventure with exceptional comfort. All 60 staterooms and 12 suites are outside and finished to high standards. Le Grand Restaurant and the Outdoor Grill offer refined French and international cuisine. The Grand Salon and Panoramic Lounge provide breathtaking views. Onboard amenities include a conference room for lectures, hair salon, fitness center, massage room, sauna, and two hot tubs.

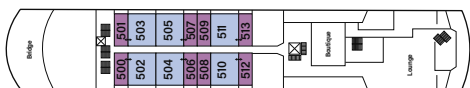
PROGRAM RATES (per person):		DOUBLE	SINGLE
1	<b>PREMIUM STATEROOM Deck 3</b> 156–168 sq ft two portholes, shower	\$8,990	\$13,900
2	<b>OCEAN STATEROOM Deck 3</b> 194 sq ft picture window, shower	\$9,990	\$15,990
3	<b>SUPERIOR STATEROOM Deck 4</b> 173–190 sq ft picture window, shower	\$10,990	\$17,610
4	<b>DELUXE STATEROOM Deck 4</b> 194 sq ft large picture window, shower	\$11,990	—
5	<b>BALCONY STATEROOM Deck 5</b> 171–180 sq ft floor to ceiling glass door / French balcony, shower	\$13,490	—
6	<b>NAVIGATOR SUITE Deck 7</b> 312 sq ft floor to ceiling glass door, 86 sq ft private balcony, tub & separate shower	\$14,990	—
7	<b>DISCOVERY SUITE Deck 5</b> 388 sq ft bedroom, living room with sitting area, floor to ceiling glass doors / two French balconies, tub & separate shower	\$16,990	—
8	<b>GRAND SUITE Deck 7</b> 527 sq ft bedroom, living room with sitting area, floor to ceiling glass door, 86 sq ft private balcony, tub & separate shower, walk-in closet	\$18,490	—
9	<b>OWNER'S SUITE Deck 7</b> 560 sq ft bedroom, living room with sitting area, floor to ceiling glass door, large 160 sq ft private terrace, tub & separate shower, walk-in closet	\$19,990	—



DECK 7



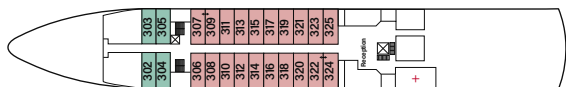
DECK 6



DECK 5



DECK 4



DECK 3

## GENERAL INFORMATION

### PROGRAM RATES INCLUDE

All accommodations, meals, and excursions as specified in the itinerary, including nine breakfasts, seven lunches, nine dinners, one hotel night and eight nights aboard *Exploris One* ■ Comprehensive program of briefings, lectures and presentations ■ Group transfers for all participants on group arrival and departure dates ■ Baggage handling ■ Gratuities to porters, waitstaff, guides and drivers ■ Gratuities to shipboard personnel ■ Port charges ■ Entrance fees ■ Welcome and farewell wine receptions ■ House wine, beer, and soft drinks with all group lunches and dinners ■ Filtered water for water bottles on motorcoaches ■ Complete packet of predeparture information ■ Professional tour managers throughout the program

### 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.

**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. Limited medical facilities are available on board *Exploris One*. All participants will be required to follow safety protocols set forth by Criterion Travel, local staff, and host country laws.

**GROUP SIZE** This program can accommodate 114 participants, including travelers from Cornell's Adult University, Harvard Alumni Travels, Archaeological Institute of America, Colorado College and National Trust Tours.

**PROGRAM RATES DO NOT INCLUDE** U.S. domestic and international airfare ■ Passport/visa expenses ■ Medical expenses and immunizations ■ Private airport transfers or airport transfers outside of group arrival and departure days ■ Travel and

trip cancellation insurance ■ 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, fax, internet, and email charges ■ Room service ■ Other items of a personal nature

**TRAVEL INSURANCE** Travel insurance for trip cancellation and interruption, medical problems, baggage loss and delay, etc., is highly recommended. Trip cancellation policies that apply to this expedition are included in this brochure. Information about travel insurance will be sent to confirmed participants.

**A NOTE ABOUT RATES** Program rates are based upon current fuel prices, taxes, tariffs, and a minimum number of participants. While we will do everything possible to maintain the listed prices, they are subject to change. If there are significant changes, details and costs will be advised prior to departure. Complete Terms and Conditions including Statement of Responsibility will be made available to you 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.

**RESERVATIONS & PAYMENTS** An initial deposit of \$1,000 per person is required to reserve space on this program. Reserve your space online at [https://account.criteriontravel.com/Booking/RefStart/CAUS/260530\\_SNE/tour](https://account.criteriontravel.com/Booking/RefStart/CAUS/260530_SNE/tour) or complete the reservation form included in this brochure and mail it with your check or credit card information to: Criterion Travel, 4250 SW Hall Blvd., Beaverton, OR 97005, or fax to (650) 560-6400. Balance of payment is due **January 30, 2026**. After January 30, 2026, full payment is due upon registration. Final payment may be made by check, bank transfer, or credit card (credit card payments will incur a 2% fee).

**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 Criterion Travel. Deposits are refundable (less a \$250 per person admin fee) if written notice of cancellation is received within 30 days of booking; after that, deposits are 100% nonrefundable. For cancellations after final payment deadline: All payments are 100% nonrefundable, regardless of booking date. Trip cancellation insurance is strongly recommended. **NOTE:** Neither Cornell University nor Criterion Travel, the tour operator, accepts liability for any airline cancellation penalties incurred with the purchase of non-refundable tickets.

**TRAVEL SAFETY POLICY** While Cornell is pleased to facilitate travel opportunities for its alumni and friends with tour operators that specialize in high-quality educational travel, please be aware that Cornell does not conduct, manage, or operate these travel experiences, or act as an agent for travelers interested in tours. Tour operators and travelers are responsible for making their own safety decisions concerning this travel, and, as a facilitator between travelers and the tour operators with whom travelers make arrangements for completing travel, Cornell's role and liability are strictly limited. Specific tour operator and national health and safety protocols will apply to each trip, and travelers should review all protocols and trip terms and conditions, including terms and conditions regarding cancellations, refunds, health and safety, and insurance prior to making a reservation. Cornell is not responsible for changes to trips or travel arrangements or for losses, expenses, damages, or injuries resulting from travel.

**ITINERARY CHANGES** The itinerary presented for this tour is subject to modification and change by Cornell University 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, Cornell University 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.

California Seller of Travel  
Program CST #2088800-40

# HIGHLANDS, ISLANDS & FJORDS

MAY 30-JUNE 9, 2026



RESERVE  
ONLINE

## RESERVATIONS

Please use the link above to reserve your space online. You may also complete and return this reservation form with your deposit of \$1,000 per person, payable to Criterion Travel, to: Criterion Travel, 4250 SW Hall Blvd., Beaverton, OR 97005, or email the completed form to **res@criteriontravel.com**. For questions or more information please call **1-888-328-2089** or email us at [res@criteriontravel.com](mailto:res@criteriontravel.com).

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

*We understand that final payment is due January 30, 2026. After January 30, 2026 full payment is due at registration.*

NAME #1 (as on passport) \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

NAME #2 (as on passport) \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY / STATE / ZIP \_\_\_\_\_

MOBILE PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

**SINGLE TRAVELERS** (choose one)  
☐ I prefer single accommodations  
☐ I plan to share accommodations with:

\_\_\_\_\_  
☐ I'd like to know about roommates.  
I am a ☐ non-smoker ☐ smoker

*I understand that if a roommate cannot be found by the final payment deadline of January 30, 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 General Information section of the brochure and agree to the Terms and Conditions stated therein.*

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



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MAY 30-  
JUNE 9, 2026

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[alumni.cornell.edu/LEARN-AND-TRAVEL/](https://alumni.cornell.edu/LEARN-AND-TRAVEL/)