

# EXPLORE<sup>more</sup>

SEE MORE OF THE WORLD WITH VIKING® / 2018

## NORDIC STYLE

EXPLORING OUR  
SCANDINAVIAN  
HOMELANDS

## NEW FRONTIERS

*Cruise to the  
Far East, Australia  
& New Zealand*

## RECIPES

FROM AROUND  
THE WORLD

## FRANCE'S FINEST

*Sail from Paris  
to Avignon*



VIKING







# Welcome

to our *Explore More* magazine

Dear Traveler,

As with all editions of *Explore More*, we hope to inspire and entertain you with an abundance of articles containing an array of interesting features, traveler insights and useful city guides so you can get more out of your travels.

In this edition, join us as we cruise along the waterways of Russia, absorbing St. Petersburg's dazzling palaces and grand museums, as well as the iconic sites of Moscow—both cities steeped in a rich and colorful history where tales are told around every corner. On our 15-day *Viking Homelands* cruise, we uncover some Baltic stars, such as the beautifully preserved Old Town in Tallinn and the fairy-tale fusion of Renaissance and Gothic architecture in Gdańsk. Taking you farther afield, we discover Australia and New Zealand's do-not-miss sights. Another journey of a lifetime is our magical new winter cruise for 2019, *In Search of the Northern Lights*, where every day brings an incredible Arctic adventure.

Read about the best ways to visit or extend your stay in some fascinating destinations—including Lisbon, Bergen, St. Petersburg, Barcelona, Helsinki, Bordeaux and Rome.

I also reveal some of my favorite recipes of dishes served on board our ocean and river ships around the globe, as well as delving into the world of *hygge* and *fika* in our Scandinavian lifestyle feature.

As always, we invite you to share your photos and the stories behind them on *MyVikingStory.com*. These might include special moments from your cruise, such as your favorite destination, dining experience or contemplation spot. Also, while you are sharing your photos with fellow Instagram, Facebook and Twitter friends, please remember to add #MyVikingStory. For inspiration, you can find some contributions from our guests on their travels in this issue, too.

We hope to explore more of the world together with you, whether you choose to sail by river or ocean, or simply enjoy some virtual exploration from the comfort of your home through our cultural insight videos I host on *ExploringMore.com*.

Bon Voyage, or as we say in Norway, *God Tur!*



Karine Hagen  
Sr. Vice President

Karine in her Dale of Norway sweater;  
a selection available in our onboard boutique





# SHARE YOUR STORY

ON *MYVIKINGSTORY.COM*

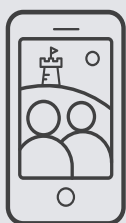
**#MyVikingStory**

We invite you to share your favorite photos from your cruise and the stories behind them on *MyVikingStory.com*. Please be sure to tag your photos #MyVikingStory, and tell your friends.

*So easy:*

1

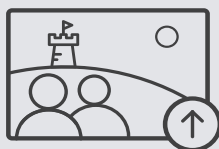
TAKE A PHOTO



Take photos of your favorite travel moments, including yourself or fellow travelers.

2

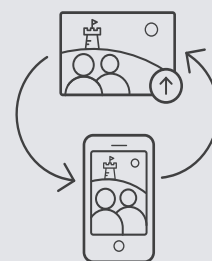
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REPEAT



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PORTUGUESE  
MOMENTS

The Portugal's River of Gold® itinerary is an enchanting sojourn along the Douro

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by Alastair Miller

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*The world beckons.*

## MAKE THE MOST OF EVERY PORT

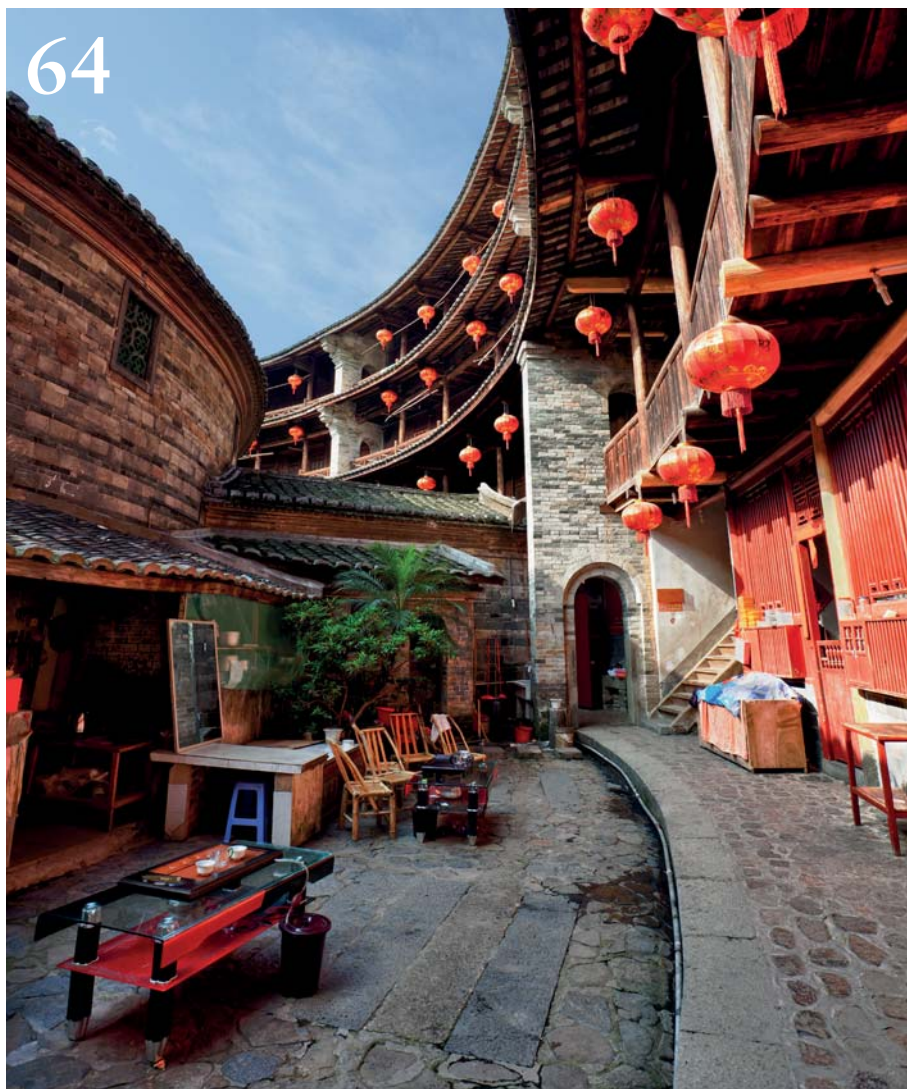


*You may never pass this way again, so take advantage of our shore excursions,* which help you experience your destinations' culture and beauty. Of course, we deliver classic and iconic sights—as well as Local Life and the Working World—during your included excursions in each port. You also can customize and enhance your experience further with our optional excursions—or gain Privileged Access® to the world's treasures on our unique offerings. Depending on schedules, you can join up to three excursions per day, leaving you with a personalized view of the places you have come to see.

Visit [MyVikingJourney.com](https://www.myvikingjourney.com) or ask our staff.



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# TORSTEIN HAGEN

Viking's Chairman explains how he has brought casual elegance back to ocean cruising and reveals his vision for the future

**O**ur cruises are for guests who want to learn. We want to stimulate their minds and their conversations with their experiences both on board and ashore.

**We lead the river cruise industry, and with our ocean sailings, we have transported the intimacy of a river cruise onto the open seas.**

The arrival of our sixth ocean ship in 2019 will make us the largest small ship ocean cruise line, and we look forward to introducing more guests to the Viking way of travel.

**What makes Viking Ocean Cruises® different from other cruise lines is that we include a lot more in the overall price of the cruise.**

We have overnight stays in the ports at the beginning and end of many cruises and every port includes an excursion. So many lines get passengers on board and then fleece them. We want to offer great value. We have free Wi-Fi and the self-service launderette is free. We have also told our spa that we do not want any sales pressure to be put on our guests and we have already had positive comments about this. All the

staterooms on our ocean ships have verandas and there is no casino.

**There is a good variety of dining options on board, but the best food is served in the main dining room, The Restaurant.**

The food in the other venues is complimentary. Dining is very much a part of a destination-oriented experience and we try to convey this through many of our menus by including local delicacies.

**Mamsen's®, the Scandinavian deli on board Viking ocean ships, serves dishes my mother used to cook when I was a little boy.**

There is a picture of her on skis pulling my daughter, Karine, in a traditional *pulk*. A quirky detail is that the dishware in Mamsen's is the same design as the set we used at home when I was growing up; coincidentally, it was called Tor Viking. In the Explorers' Lounge there is a model of the *Stella Polaris*, whose yacht-style bow was the inspiration for both *Viking Star*® and Royal Viking Line ships.

**This year Viking will be sailing the Nile River in Egypt.**

For two decades we have led the industry in river cruising with

our innovative ship design and itineraries that bring our guests closer to the cultures of the world, and Egypt is one of the most intriguing countries in the world. Our Egypt vessel, *Viking Ra*®, has our signature Scandinavian design but with local influences, and has space for 52 guests.

**When we launched our first river cruises in Russia and Europe, what had been a relatively small travel niche became the fastest growing segment of the travel industry.**

Now we have 60-plus river vessels; we carry 300,000 guests every year and sail to more than 100 ports of call. 🍷

**Main picture:** Torstein Hagen is keen to focus on the cultural aspects of ocean and river cruising







## TOR'S FAMILY ALBUM



Ragnhild "Mamsen" Hagen, a humble and hardworking role model



Torstein Hagen grew up in the small town of Nittedal, southeast Norway



Torstein's kind, highly respected father, Torstein Hagen Senior



Sister Marit Hagen wearing the *bunad* (traditional Norwegian national dress) as a young woman

# OUR AWARDS

Viking is proud to have been recognized by some of the world's most prestigious publications for our exceptional onboard offerings

*Viking is the #1 River Cruise Line\**



#1 RIVER CRUISE LINE

## CONDÉ NAST TRAVELER READERS' CHOICE AWARDS

In 2017, Viking River Cruises® was recognized as the #1 River Cruise Line, adding to a long list of 11 recognitions from 2002 to 2016 during these annual awards. *Condé Nast Traveler* stated, "Complimentary Wi-Fi and select shore excursions encourage passengers to share experiences both on land and on the water, and Viking's 'Culture Curriculum' offers experiential learning through events like regional wine tastings and seasonal menus."



## CRUISE CRITIC EDITORS' PICKS AWARDS 2016

Viking River Cruises has been honored for 6 consecutive years with awards including "Best River Cruise Line" and "Best New River Ships" for the Viking Longships® and "Best River Cruise Itineraries." Cruise Critic stated: "In an expanding river market, Viking continues to reign."



## TRAVEL + LEISURE WORLD'S BEST AWARDS 7 YEARS OF RECOGNITION

Viking has been named one of the Best River Cruise Lines by *Travel + Leisure* readers in the 2017 World's Best Awards and has been recognized an additional 7 times since the inception of the award in 2011. In 2015, Viking earned the highest score of all river and ocean cruise lines in the magazine's annual World's Best List, and was also named the #1 River Cruise Line on *Travel + Leisure's* 2012 and 2015 World's Best Lists.

## USA TODAY 10 BEST READERS' CHOICE AWARDS 2017



Viking was named "Best River Cruise Line" in *USA Today's* 10 Best Readers' Choice Awards for the second year in a row. Nominated by travel experts and voted on by travelers, Viking was recognized for its "all-inclusive cruises, outside staterooms, Wi-Fi, wine and beer with meals, shore excursions in every port and signature Culture Curriculum program."



## TOWN & COUNTRY CRUISE AWARDS 2016

In the 2016 *Town & Country* Cruise Awards, Viking Longships were awarded "Best for Suites" and "Best for Design." *Town & Country* editors remarked, "The simple Scandinavian design of Viking's nearly 50 newly built Longships makes the best use of space we've seen."

\*Condé Nast Traveler, 2017 Readers' Choice Awards.



## Viking is the World's Best Ocean Cruise Line



#1 OCEAN CRUISE LINE  
Ship size category:  
600-2,199 guests

### TRAVEL + LEISURE WORLD'S BEST AWARDS 2017

For the second year in a row, and after only two years of ocean operations, Viking was named the #1 Ocean Cruise Line by *Travel + Leisure* readers in the World's Best Awards. This award reinforces our position as an industry leader. Viking won the same Ocean Cruise Line award in 2016, overtaking the spot previously held by a luxury cruise line for 20 years.



### CRUISE CRITIC EDITORS' PICKS AWARDS 2016

In 2016, the international team of Cruise Critic editors honored Viking Ocean Cruises with two awards: "Best Luxury Cruise Line for Value," and "Best Luxury Cruise Line Spa." Cruise Critic editors selected *Viking Star* as the "Best New Ocean Ship" of 2015, noting "the ship is so beautifully designed—with terrific al fresco restaurants, a beautiful pool area, a superb spa and the two-level Explorers' observation lounge—that you'll be hard-pressed to go ashore."



### CRUISE CRITIC CRUISERS' CHOICE AWARDS 2017

In 2017, *Viking Star* and *Viking Sea* received top honors in the Small-Mid Size class of the Cruise Critic 7th Annual Cruisers' Choice Awards. *Viking Sea* earned first place in 6 award categories in its first year of service: "Best Overall," "Best Entertainment," "Best for Fitness & Recreation," "Best Public Rooms," "Best Service" and "Best Shore Excursions." *Viking Star* earned first place in 4 award categories: "Best Dining," "Best for Value" and for the second year in a row, "Best Cabins" and "Best for First-Timers." Cruise Critic's Cruisers' Choice Awards name the best cruise ships in the world, based solely on ratings submitted with member reviews published on the Cruise Critic website.

### ARCHITECTURAL DIGEST BEST NEW LUXURY CRUISES

In a roundup of the most luxurious and design-forward vessels sailing today, *Viking Star* took top billing.



### CRUISING & CRUISE SHIPS GUIDE (BERLITZ) #1 SHIP 2017

In its *Cruising & Cruise Ships 2017* edition, *Berlitz* rated *Viking Sea*® first in her category, noting her "many elegant touches" and "excellent inclusive value." This year, *Viking Star*, which was rated highest in her category in 2016, earned second place behind her sister ship *Viking Sea*.



### TOWN & COUNTRY CRUISE AWARDS 2016

Viking Ocean Cruises received three honors in the 2016 *Town & Country* Cruise Awards. *Viking Star* and *Viking Sea* were awarded "Best Overall Contemporary Luxury Cruise Line" and "Best for Design Contemporary Luxury Cruise Line." *Town & Country* stated: "The Viking ocean design philosophy holds that ships should be elegant and comfortable and never overwhelm the real purpose of cruising: to see the world."



### CRUISE CRITIC EXPERT SCORE: 5 STARS 2017

Cruise Critic's team of expert editors awarded *Viking Sky*®, *Viking Sea* and *Viking Star* with their highest rating: 5 stars. They noted *Viking Star* "one of cruising's most beautiful small ships," while declaring *Viking Sea* "a stunning vessel that seamlessly integrates comfort and modern, Scandinavian style. The ship's small size means it rarely feels busy and is able to get into ports bigger ships can't reach."





# GRAND EUROPEAN TOUR

Our most iconic river cruise traces the Rhine, Main and Danube Rivers between the windmill-dotted waterways of The Netherlands and Hungary's stunning landscapes, with new discoveries at every turn





# GRAND *European Tour*

Imagine 15 magical days on a cruise along the Rhine,  
Main and Danube Rivers, seeing the real gems of  
The Netherlands, Germany, Austria and Hungary







**Left to right:**  
Gutenfels Castle  
and vineyards  
overlook the  
Rhine; a nighttime  
scene of the Old  
Main Bridge in  
Würzburg

## DAY 1 / AMSTERDAM, THE NETHERLANDS

Capital of The Netherlands, Amsterdam is renowned for its museums, colorful gardens, abundance of bicycles and endless lattice of canals.

## DAY 2 / KINDERDIJK, THE NETHERLANDS

The South Holland village community of Kinderdijk includes a set of 19 windmills and other ingenious technologies to control flooding.

## DAY 3 / COLOGNE, GERMANY

An intriguing mix of old and new, Cologne reveals its Roman heritage in the city layout and ancient ruins that lie scattered through the town.

## DAY 4 / KOBLENZ, GERMANY

On a breathtaking stretch of the Rhine that leads from medieval Koblenz to Braubach to Rüdesheim.

## DAY 5 / MILTENBERG, GERMANY

Lively and romantic, the medieval town of Miltenberg on the Main River lies amid one of Germany's fine wine-producing regions.

## DAY 6 / WÜRZBURG, GERMANY

Würzburg is home to the Bishops' Residenz, one of Germany's largest and most ornate palaces and a UNESCO World Heritage Site.

## DAY 7 / BAMBERG, GERMANY

Founded in 902, Bamberg remains a charming medieval-looking city that is pedestrian friendly.

## DAY 8 / NUREMBERG, GERMANY

One of Germany's most renowned and intriguing cities, Nuremberg is surrounded by 13th-century walls that have many fully intact gates and watchtowers.

## DAY 9 / REGENSBURG, GERMANY

Having escaped major damage during World War II, the picturesque town of Regensburg is one of Europe's best preserved medieval cities.

## DAY 10 / PASSAU, GERMANY

Set at the confluence of the Inn, Ilz and Danube Rivers, enchanting Passau is home to elegant colored buildings and graceful arcades.

## DAY 11 / MELK, AUSTRIA

The charming city of Melk is known for its Benedictine abbey.

## DAY 12 / VIENNA, AUSTRIA

The capital city of Austria, Vienna is filled with green parks, upscale stores, theaters and gracious boulevards.

## DAY 13 / VIENNA, AUSTRIA

Strauss and Mozart composed many fine pieces in Vienna, Europe's center of classical music.

## DAY 14 / BUDAPEST, HUNGARY

Budapest is aptly called "Paris of the East" for its beautiful evening illumination in the Danube's waters.

## DAY 15 / BUDAPEST, HUNGARY

Riverside beauty, a vibrant cultural scene and elegant Art Nouveau architecture converge in Budapest. ❶

## PRE- & POST-CRUISE EXTENSIONS

More days means more to discover, with extension packages you can add before or after your Viking cruise or cruisetour. Maximize the value of your overseas flight and enjoy additional days to explore your embarkation or disembarkation city, or see

a new destination altogether with a choice of exciting cities. On the *Grand European Tour*, you could enjoy land extensions in Amsterdam, Budapest, Prague, Edinburgh, and Oxford and Highclere Castle.

# GRAND *Adventure*

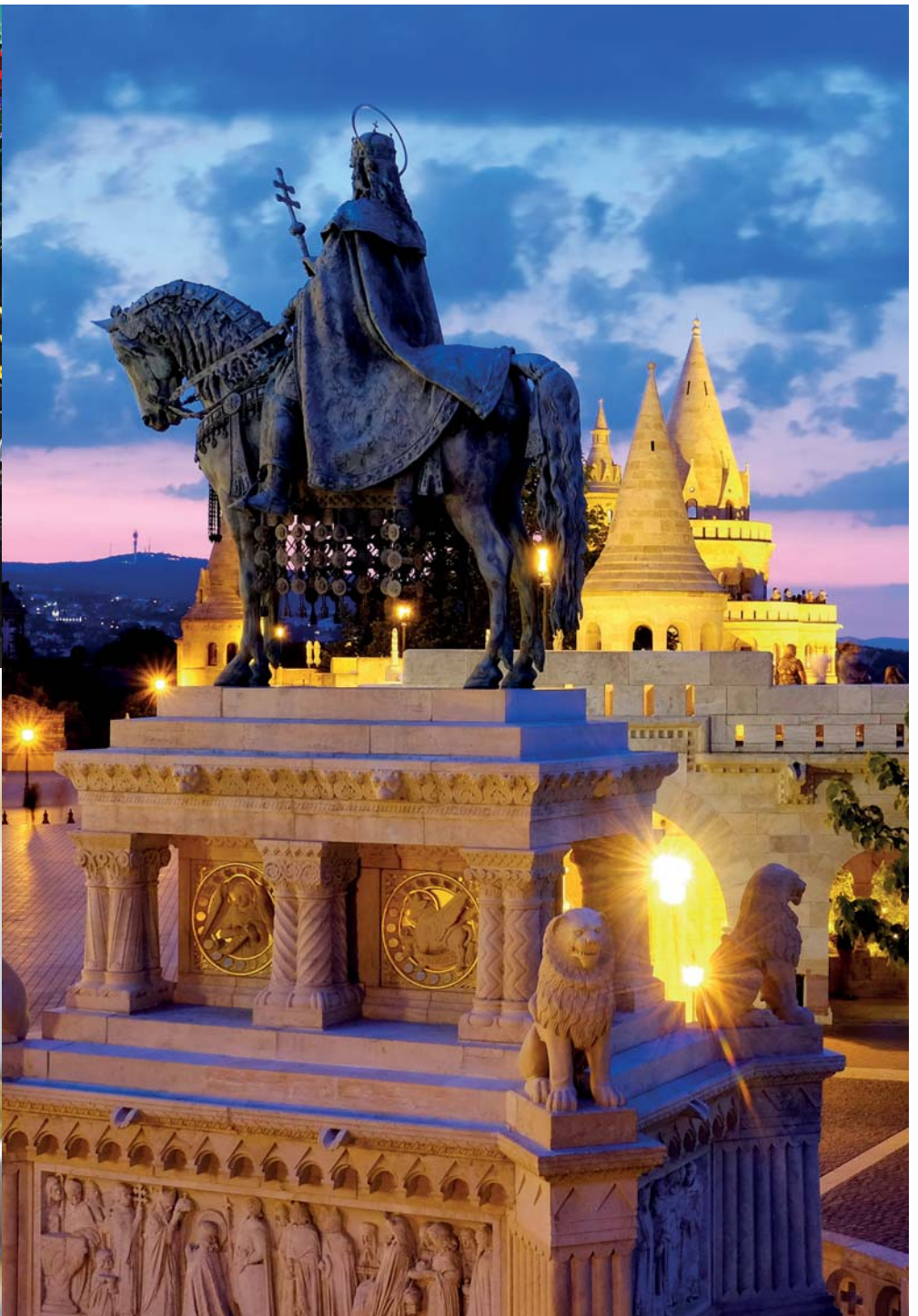
Our *Grand European Tour* takes you through four countries on some of the continent's most famous rivers—and is a feast for the senses, says Jeannine Williamson













Breakfast is only a relatively distant memory, but as the chefs on the spacious Sun Deck of *Viking Longship Embla* carve freshly roasted pork and waiters hand out frothing mugs of beer, it is just too tempting to say no. The al fresco midmorning treat is served against a backdrop of rousing “oompah” music and ahead of us is Cologne’s twin-spired Gothic cathedral.

That afternoon, as we walk below the 141-foot arches, admire the gold craftsmanship in the Shrine to the Three Kings and watch a kaleidoscope of light shine through the stained-glass windows, we discover the cathedral is no less impressive on the inside. We scale the 509 steps in the south tower for the panoramic view of the Rhine, dotted with freight-laden barges and pleasure cruisers, where our *Viking Longship* is moored.

The excursion was just one of the many highlights of our epic 15-day journey from Budapest to Amsterdam on the fittingly named *Grand European Tour*, which takes you on the Rhine, Main and Danube Rivers. Our arrival in Budapest the previous week set the scene for what lay ahead. *Viking* owns many of the docks right in the center of towns and cities, and from the stateroom we had a view of the landmark Chain Bridge spanning the Danube between Buda and Pest, the two distinctive halves of the Hungarian capital.

The voyage of discovery began with a tour of this charming city; we strolled along Pest’s main Andrassy Avenue, where chic designer shops rub shoulders with the opulent Hungarian State Opera House, one of the city’s most stunning buildings, and culminated in a grand finale at Heroes’ Square, lined with towering equestrian statues of Hungarian kings and chieftains. Afterward there was free time, and we went to find the famous Grand Market Hall, an imposing three-story wrought-iron



## IN THE WACHAU VALLEY, A SCENIC STRETCH OF THE DANUBE, THE BENEDICTINE ABBNEY DATES TO 1089

and glass edifice that resembles a railway station. Inside stalls are piled high with meat, dairy and vegetables, including paprika, the essential ingredient of many local dishes, which was featured in that evening’s menu on the ship.

After Budapest it was on to Vienna. Here many guests opted for the city tour taking in such highlights as the Hofburg Palace, St. Stephan’s Cathedral and Vienna State Opera.

Every day we were met by knowledgeable and engaging local guides who led walking and coach excursions, all included in the cruise price. Individual Quietvox® audio sets and ear pieces enabled us to listen to the commentary while also doing a bit of covert window-shopping and people watching.

It is also easy to go on your own, armed with maps available from Reception and helpful suggestions from the excellent onboard Guest Services staff. She booked tickets for me to go on a stable tour at the Spanish Riding

School, home of the famous white Lipizzaner stallions. The horses are put through their paces in the baroque chandeliered building, so you get to see some of the dressage routines they perform at only a fraction of the price.

The next morning heralded my personal highlight on the Danube, the UNESCO-listed Wachau Valley, a dramatic and incredibly scenic stretch of the river between the Austrian towns of Krems and Melk that is lined with steep, vine-clad slopes. Docking at Melk, we visited the vast Benedictine abbey, founded in 1089 and built high on a rocky outcrop. Afterward, we wandered back down to the ship along quaint cobblestone streets.

In the pretty town of Passau we listened to a concert performed on St. Stephen’s 17,000-pipe organ, one of the largest in Europe. As we walked back to the ship, we had become totally acclimated to the tranquil daily routine of life on the river, beginning with a leisurely breakfast served over two hours and the ensuing pattern of meals punctuated by outings, cruising and interesting onboard lectures on local history and culture. The joy of river cruising is that you can just sit back and let the sights come to you.

The following morning I decided to explore medieval



**Facing page, clockwise:** A traditional *rauchbier* brewery in Bamberg, Bavaria; a statue of King Stephen I of Hungary in Budapest; Cologne’s cathedral and Hohenzollern Bridge; St. Stephan’s Cathedral, Vienna; a Lipizzaner stallion; roof detail at Hofburg Palace in Vienna; traditional German fare

**Top to bottom:**  
A windmill  
in Kinderdijk,  
The Netherlands;  
vintage beer kegs



## EXTEND YOUR STAY

More days means more to discover with extension packages you can add before or after your Viking cruise or cruisetour. Maximize the value of your overseas flight and enjoy additional days to explore your embarkation or disembarkation city.

### Amsterdam, The Netherlands

Explore the Van Gogh Museum and the magnificent Rijksmuseum with its collection of Dutch Master paintings, or stroll along the charming canal banks.

### Prague, Czech Republic

Discover the Czech Republic's vibrant capital, the "City of a Hundred Spires." Tour Hradčany Castle and stroll along the beautiful Charles Bridge.

### Budapest, Hungary

Known as the "Paris of the East," Budapest is particularly glorious at night, when its lights are reflected in the Danube's waters.

### Edinburgh, Scotland

From its stalwart edifices to its mile-long, shop-lined Princes Street, immerse yourself in the city's landmarks, its literary past and the countryside of nearby St. Andrews.

### Oxford & Highclere Castle, England

Enjoy the historic University of Oxford, Blenheim Palace and the Cotswolds, and visit Highclere Castle, known to audiences worldwide as the setting of the television series *Downton Abbey*.

Regensburg on my own, stopping to take photos of the 12th-century Old Stone Bridge, and the world's oldest "sausage tavern," an unassuming building nearby.

After exploring the maze of narrow streets in the Old Town, I strolled back to the ship. From my lookout point on the al fresco Aquavit Terrace® I watched some of my shipmates return from the morning's excursion, clutching countless jars of the local sweet mustard, colorful glass ornaments and, impressively, a keg of beer.

We sailed on through the winding Main-Danube Canal. In Nuremberg, there was an optional World War II history excursion including a visit to the Palace of Justice, site of the 1946 Nuremberg trials.

In the beautifully preserved Bavarian town of Bamberg, I sipped my first glass of *rauchbier*, the curious smoke-flavored beer that is something of an acquired taste. This region is also the gateway to the wine-growing region of Germany's Middle Rhine Valley. Meandering through a landscape dotted with fairy-tale castles provided some of the prettiest photo opportunities, and it was interesting to hear about the enduring legend of Lorelei Rock, where a beautiful siren was said to lure passing sailors to their doom with her mesmerizing singing.

Castles made way for windmills as we neared the end of our cruise, arriving in The Netherlands. There we explored the quaint site of Kinderdijk, home to the country's largest concentration of 18th-century windmills.

As we reached Amsterdam, the books I had brought with me lay still unopened. The journey into the heart of Europe was more than enough to fill a wonderful fortnight of highly memorable cruising. ▼



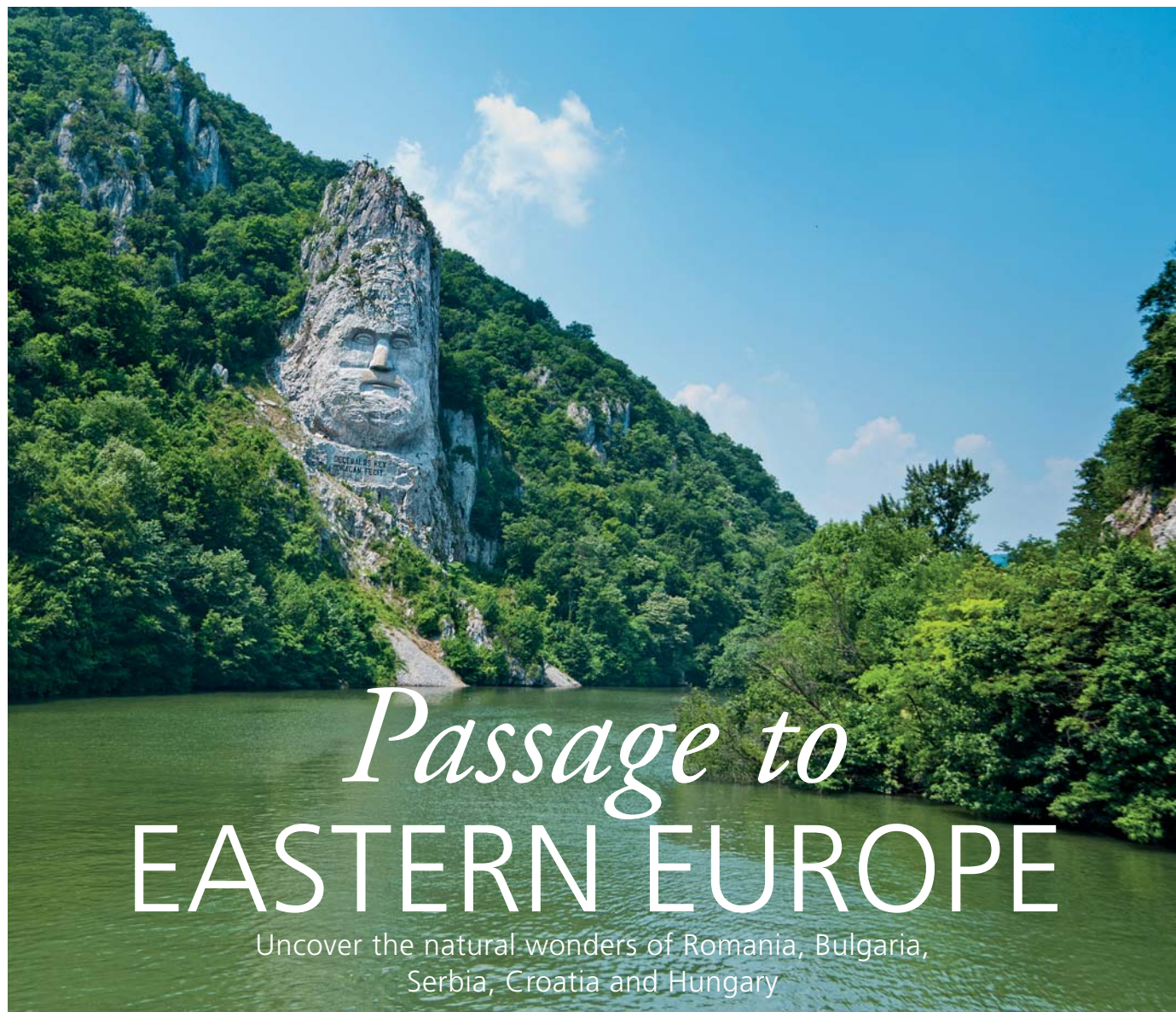
**GETTING THERE:** Embark on a 2018 15-day *Grand European Tour* cruise with Viking from Budapest to Amsterdam or in reverse.



**Go online:** You can watch a video about the *Grand European Tour* itinerary at [vrc.com/videos](http://vrc.com/videos)







Rock sculpture of Decebalus, the last king of Dacia, in Romania

## DAYS 1 & 2 / BUCHAREST, ROMANIA

This vibrant capital city is the center of Romanian culture, art and architecture. The city's original fortress, the first of many, was built to protect the Walachian state from the Turks.

## DAY 3 / VELIKO TARNOVO, BULGARIA

Often referred to as the "City of the Tsars," Veliko Tarnovo is located on the Yantra River and is known for its unique architecture.

## DAY 4 / VIDIN, BULGARIA

The city retains its old-world charm with its fairy-tale minarets, domes and other charming architecture.

## DAY 5 / IRON GATE, SERBIA

Sail through one of Europe's most dramatic natural wonders, the stretch known as the Iron Gate.

## DAY 6 / BELGRADE, SERBIA

Situated at the confluence of the Sava and Danube Rivers, Belgrade is one of the oldest cities in Europe.


## DAY 7 / OSIJEK, CROATIA

Osijek is the largest city and the economic and cultural capital of the eastern Croatian region of Slavonia.

## DAY 8 / KALOCSA, HUNGARY

This quaint town overflows with Hungarian culture and is steeped in the piquant flavor of paprika, the "red gold" that flavors the local goulash.

## DAYS 9, 10 & 11 / BUDAPEST, HUNGARY

Budapest is aptly called "Paris of the East" for its beautiful evening illumination and reflected lights in the Danube's waters. Hungary's enchanting capital straddles the banks of the Danube, the majestic Chain Bridge uniting it all as a dramatic centerpiece. Riverside beauty, a vibrant cultural scene and elegant Art Nouveau architecture converge here, making it a fantastic city to explore. 







# Fairy-tale VOYAGES

The *Rhine Getaway* itinerary travels through The Netherlands, Germany, France and Switzerland—a relaxing cruise on one of Europe's best-loved rivers, the Rhine

**F**rom Amsterdam to Basel and the many ports of call in between, this journey promised to satisfy our wanderlust. We did not have to worry about tickets or timetables or any of the hassle of going it alone—all of which promised a most relaxing time.

We arrived in the Dutch capital and boarded *Viking Longship Tor*, one of the stunning Viking Longships. Having never cruised with Viking before, our stateroom was far more spacious than I anticipated, with lots of special touches, including a heated floor in the bathroom—absolute bliss on a September morning.

The Netherlands is, of course, famous for its windmills, with none as captivating as those we explored at Kinderdijk. Our fascinating tour of these incredible structures gave us a real insight into the spirit of the Dutch people.

Sailing into Cologne, the filigree twin spires of the city's cathedral dominated the skyline. Known locally as the Dom, it is Germany's largest cathedral. Feeling energetic, we climbed the 509 steps up the Dom's south tower to the base of the steeple and were rewarded with incredible views of the city. Our walking tour through Cologne was a stroll through time, with an ancient Roman wall, medieval and Gothic churches, as well as avant-garde structures. From Cologne we sailed to Koblenz

for a tour of Marksburg Castle, the 700-year-old hilltop fortress that towers over the Rhine and from which we were treated to spectacular views of the river and valley below. The vistas along the Middle Rhine are more stunning than any picture you might have seen, with precipitous cliffs, a castle perched on almost every hilltop and pretty villages lining the riverbanks.

Throughout the romantic river valley, we saw vineyards tumbling down to the water—these are the grapes that make the famous Rhine wines. It was incredible to learn that the valley is one of the world's oldest and most magnificent cultural landscapes and was given UNESCO World Heritage Site status in 2002.

One of the things we loved about traveling with Viking was the onboard Culture Curriculum.®

**Facing page, clockwise:**

The intricate facade of Strasbourg Cathedral; colorful tulips in bloom in The Netherlands; Marksburg Castle and the Rhine; Cologne's cathedral and Hohenzollern Bridge; a cuckoo clock in Germany's Black Forest

**Below:** An old French window with pretty flowers

There was always an interesting talk or performance to enrich our understanding of the places we visited. When we were in The Netherlands, we sampled some delicious Dutch cheeses and *jenever*, a juniper-flavored liquor.

No less exciting was our visit to the French city of Strasbourg, bordering Germany in the Alsace region. The city's mesmerizing Gothic cathedral drew us to it like a magnet. Equally beautiful was the Old Town's twisting alleys lined with half-timbered houses that appear to be straight out of a Brothers Grimm fairy tale.

From Strasbourg we sailed to Breisach in Germany's beautiful Black Forest. The region is known for its stunning mountain scenery, as well as its cuckoo clocks—a fact we found all the more endearing after watching a clock-making demonstration.

It seemed it was time for our departure to Basel all too soon. I cannot remember a vacation when we have seen so much and done so much, and yet felt so incredibly relaxed. I guess we have to thank Viking and the Rhine for that. ♥



**GETTING THERE:** Enjoy a 2018 8-day *Rhine Getaway* cruise from Amsterdam to Basel or in reverse.



**Go online:** Watch a video of the *Rhine Getaway* cruise at [vrc.com/videos](http://vrc.com/videos)



# Romantic DANUBE

This voyage from Budapest to Nuremberg is a feast of experiences along the prettiest stretches of Europe's second longest river, discovers Jeannine Williamson

One day I was being swept up in a Viennese whirl as I listened to the unmistakable sounds of the Blue Danube waltz, the next day listening to the resonant tone of a mighty church organ and then a colorful troupe singing folk songs and operatic arias on board. And that was in between visiting wonderful sites in Hungary, Austria and Germany, or simply relaxing and watching the world drift by as we cruised past picture-postcard villages, lush terraced vineyards and dramatic castles perched on high cliffs.

Our *Romantic Danube* voyage of discovery started in the delightful

Hungarian capital, Budapest. One of the beauties of river cruising is that you moor right in the heart of towns and cities so you can make the most of your time as you never have to travel far to see the sights.

Viking owns the best docking locations right next to Budapest's landmark Chain Bridge—which spans the Danube between Buda and Pest, the two halves of the Hungarian capital. Designed by British civil engineer William Tierney Clark, it opened in 1849 and was Budapest's first permanent bridge across the river.

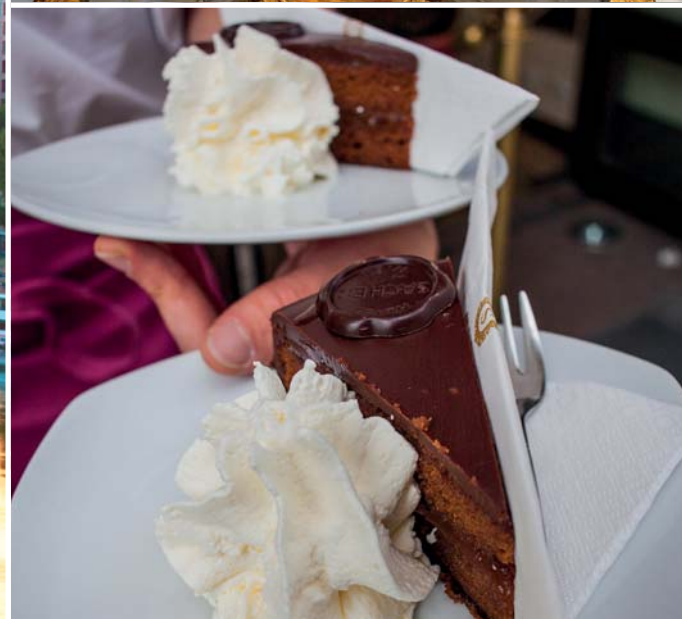
We spent our first afternoon strolling along Budapest's Andrassy Avenue, the main boulevard, and the next day enjoyed a fascinating

guided tour (one of the daily excursions included in the price of the cruise) which took in imposing Heroes' Square and other highlights before crossing the river to the charming Buda side of the city.

Our home for the week was one of the sleek new Viking Longships, decked out in stylish and contemporary Scandinavian style from top to toe, or I should probably say bow to stern. With surprisingly roomy staterooms and plenty of cleverly designed storage to stow all our things, it was an elegant, floating hotel.

Our journey continued to Vienna with an excursion to see its wonderful palaces and grand buildings including Hofburg





Palace, home of the ruling Hapsburgs for more than 600 years. For an afternoon at leisure, we opted to sit in one of the city's renowned coffeehouses and delight in a slice of indulgent chocolate Sachertorte before taking an easy metro ride back to the ship.

In the elegant German town of Passau, situated at the confluence of the Danube, Ilz and Inn Rivers, one of Europe's largest church organs can be found. A visit to St. Stephen's Cathedral is a highlight of the walking tour and includes tickets to the stirring lunchtime organ concert that takes place during select months of the year. It is an unforgettable experience listening to the range of sounds produced

by the organ that has 17,774 pipes and 233 stops.

And who can forget medieval Regensburg, where you can visit the world's oldest "sausage tavern," sample the local sweet mustard and take photos by the quaint 12th-century bridge, the oldest stone bridge in Germany?

Unlike oceangoing cruise ships, Viking is happy for people to buy local wines and drinks to enjoy on board, although with complimentary wine, beer and soft drinks at lunch and dinner there is always an included local offering on board.

Each night we would invariably swap tales of the river with our fellow guests over mouthwatering meals that were often themed to

**Facing page, clockwise:** Budapest's historic Chain Bridge; the church organ inside St. Stephen's Cathedral, Passau; the best Sachertorte in Vienna

our destination, such as schnitzel and apple strudel in Austria, and local sausages washed down with regional beer in Germany.

While it is undeniably steeped in romance, the Danube is also a major historic working waterway that has shaped its adjoining countries socially and economically, making this cruise a wonderfully scenic journey and a captivating cultural experience. **V**

**GETTING THERE:** Enjoy the 8-day *Romantic Danube* itinerary in 2018.

**Go online:** Watch a video of the *Romantic Danube* cruise at [vrc.com/videos](http://vrc.com/videos)







A breathtaking landscape photograph of a Norwegian fjord. The water is a deep, vibrant blue, reflecting the sky. The fjord is flanked by steep, dark mountains with patches of snow and green vegetation. The sky is a clear, bright blue with scattered white clouds. The overall scene is one of natural beauty and tranquility.

# SCANDINAVIA

Immerse yourself in the rich cultural heritage of the land of the fjords and Vikings. From tranquil old fishing villages to scenic mountains and glaciers, Nordic beauty abounds in this fascinating part of the world





# *Scandinavian* HISTORY

The intrepid spirit of the Vikings has led to fascinating unions and breakups of what are now today's modern prosperous nations—Denmark, Sweden and Norway





**F**rom 793 until 1066, Scandinavian Norsemen explored Europe by its seas and rivers for trade, raids and conquest. The Viking Age began in 793 AD, with a landing near the abbey of Lindisfarne, off the northeast coast of England. The Vikings were not just warriors, traders and craftsmen, they were also the ultimate explorers; the Old Norse verb “to viking” means to go on a waterborne journey whether by river or sea.

Their routes stretched from the Arctic north of Norway, along the Atlantic coasts of France and Spain to the Mediterranean. They explored the waterways of Russia and Ukraine to reach Byzantium (now Istanbul) and traveled eastward to Islamic lands.

The 10th to 13th centuries saw numerous Germanic kingdoms and chiefdoms united into three kingdoms: Denmark, Sweden and Norway. The three Scandinavian kingdoms joined in 1397 in the Kalmar Union under Queen Margaret I of Denmark. In 1523,

**Clockwise:**  
An engraving of Vikings on the coast of Frisia (now Germany); the king of Norway, formerly Prince Charles of Denmark, in the 1900s  
**Facing page:**  
A wood carving from a traditional Viking ship

Sweden left the union under King Gustav Vasa, and in the aftermath, civil war broke out in Denmark and Norway. After the Protestant Reformation, Denmark and Norway entered into a union that lasted until 1814.

Norway was ceded to the king of Sweden, while its overseas possessions were retained by Denmark. After widespread resistance, the crown prince of Norway, Christian Frederick, called a constituent assembly that drew up a liberal constitution and elected him to the throne, but following a Swedish invasion during the summer, Norway was forced into a union with Sweden.

The Storting dissolved the union between Sweden and Norway in 1905, after which the Norwegians elected Prince Charles of Denmark as king of Norway.

German troops invaded Norway on April 9, 1940, and during the remainder of World War II, around 50,000 Norwegians fled to Sweden, which preserved an armed neutrality during both world wars.

After the war, the country needed to be rebuilt, and Norway was one of the first countries to join the newly created United Nations.

Today, Scandinavian countries are considered some of the most prosperous in the world, with equal-income societies and high living standards. ♣



Norges Historie i 6 bind. Fot. af Karl Anderson.  
KONG HAAKON VII





# THE SCANDINAVIAN *lifestyle*

One of the things that make the Nordic region so special is its wonderful traditions. Here we take a closer look at its people and their customs

Scandinavia boasts extraordinary natural beauty, and appreciation for nature is deeply ingrained in Scandinavian culture. Many natives see being outdoors as the best way to relax and regularly make time to enjoy country walks, canoeing or fishing trips with friends and family.

Being close to nature is enabled partly thanks to the relatively low population density, but in Norway, Finland and Sweden, it is also enshrined in law. The *allemansrätt* (“everyman’s right”) gives anyone access to public and private land (except gardens attached to a home) for recreational activities, including camping and foraging for wild berries or mushrooms.

The Scandinavian love of nature influences its interior design, which favors minimalism, natural light and open spaces furnished with organic materials such as wood and leather. This is reflected in the decor of Viking ocean ships, with the use of natural materials such as limestone, granite and wood throughout,

and in detailing such as the birch tree sculptures and *Hidden Trolls* artwork which appear in the elevators and help create a truly Nordic feel.

Because of their close affinity with nature, conservation and green living are hugely important to many Scandinavians. In fact, Sweden and Norway regularly top the list of the most environmentally friendly countries in the world, with Denmark and Finland also in the top 10.

The Nordic lifestyle is all about balance and healthy living. Cycling to work, hiking, skinny dipping in the summer, eating oily fish, using the sauna, having family time—these are all just a natural part of life, and you fit in just enough of each. It helps that many companies encourage their employees not to work more than 37 hours a week.

Scandinavian life is often said to be governed by *Janteloven* (“Law of Jante”). Despite its name, it is not an actual law, but a poem from a book about a fictional town in Norway called Jante, written in 1933. In essence, its message is “Do not think you are better than anyone else,” and it urges the individual not to stand out from the crowd, to play down personal success and wealth, and to reject opulence in all its forms. However, there are times when the Scandinavians throw modesty out of the window.

The most important day in the Norwegian calendar is May 17, the anniversary of the date in 1814 when Norway signed its own constitution after 400 years of Danish rule. The main event is a parade where

## FIKA

*Fika* means sitting down to have a cup of coffee and something on the side—often a cinnamon bun—and to Swedes this moment is sacred. Coffee is an even holier liquid than aquavit and, apart from the Dutch, Finns, Swedes and Danes drink more coffee per capita than anyone else in the world—the Italians are gallons behind. And while you can, of course, get a latte in Stockholm or Copenhagen, to be true traditional *fika*, it should be proper filter coffee, strong and black. Norwegian Friele filter coffee is served on board Viking ocean ships in Mamsen’s.





## SCANDINAVIAN LIFESTYLE



families wearing the national dress walk through cities and towns waving the Norwegian flag, usually to a marching band.

In Sweden and Finland, Midsummer's Eve, a celebration of the summer solstice in June, is one of the best-loved traditions. Friends and family gather together to dance around a maypole, eat traditional herring and drink aquavit (serenaded with a traditional drinking song, of course). The Norwegians and Danes also celebrate Midsummer, but in these places the pagan roots have been Christianized, and so it is known as St. Hans Aften—St. John's Eve, to honor the birth of St. John the Baptist. This is a more subdued affair, yet it still retains pagan elements, such as the local community gathering around a communal bonfire topped with a witch's effigy to scare off trolls, witches and evil spirits.

Christmastime in Scandinavia is a truly magical event. Mulled wine and gingerbread are essential

## HYGGE AND LAGOM

*Hygge* has become a buzzword for modern Scandinavian-inspired living, prompting millions all over the world to go shopping for knitwear, make blueberry oatmeal and stock up on candles. But the essence of *hygge* is not about consumption, it is about quality of life.


It is best described as the feeling of being content in any particular moment. A gathering of friends can be described as *hygge*, as can a bike ride through fresh fall leaves, reading a book wrapped up nice and warm

in front of a roaring fire, or drinking tea from your favorite cup. *Hygge* is making everyday events special by appreciating them in their simplicity.

A *hygge* home is cozy and homely. But incorporating *hygge* into your lifestyle takes slightly more effort than a trip to IKEA. Start by applying the Swedish concept of *lagom* to the way you eat. It means not too much, and not too little—but just the right amount. Treat yourself to a slice of cake if you want one, and then walk it off on a pretty nature trail.



ingredients—not least on each advent, the four Sundays leading up to Christmas Eve. The weekly countdown is marked by the lighting of a candle on a four-candle candelabra while having *adventsfika*.

The Danes and Swedes enjoy traditional Christmas meals throughout December—often sitting down to one with work colleagues, one with the family and one with friends. And what could be more *hygge* than that? For more inspiration on living a Scandinavian life, see our new *Nordic Style* book (page 48). 

**Facing page, clockwise:** Hiking in the mountains; pretty garden lanterns; a Constitution Day parade; a *fika* break; pine cone decorations; a mug of hot tea



# SCANDINAVIAN *food*

Some of the most delicious and healthy cuisine in the world hails from the fjords of Norway and the Swedish archipelago





The heritage of Scandinavian food dates back to the time of the Vikings, who sourced many of their ingredients from the North Sea, and were particularly fond of mussels, cod, trout and cured salmon.

Their diet was designed to sustain their lifestyle. At sea, they would eat dried or salted meat or fish, washed down with beer or sour milk. At home, they farmed crops and raised animals.

On a typical day, the Viking people would eat two meals. Breakfast, the *dagmal* or “day meal,” was served an hour after rising. They might have some stew left over from the night before, served with bread and milk; porridge with dried fruit, and buttermilk with bread were also popular.

The *nattmal*, or “night meal,” was eaten at the end of the working day, and would be fish or meat stewed with vegetables. For a sweet treat, the Vikings might have had dried fruit with honey. And they drank mead (a strong, fermented drink made from honey), *björr* (a strong fruit wine), and buttermilk daily.

Today, several dishes and ingredients link all the regions of Scandinavia together, bringing the Nordic food experience to life. Scandinavian cooking is all about quality ingredients and simplicity, where the main ingredient flavors the dish. Hearty dishes such as pork and meatballs contrast with exquisitely presented open-faced sandwiches. Cured fish and herring are also popular, as are berries, including lingonberries, cloudberry and blueberries.

A shot of aquavit, a distinct and potent *eau de vie* flavored with caraway, is an important part of Scandinavian culinary culture.



With its spectacular mountains, wilderness and coast, and an abundance of fresh produce including seafood and game, Norwegian cuisine is diverse and usually quite unfussy, letting natural ingredients speak for themselves.

Swedish cuisine is centered around fish, cheese, sourdough bread, meatballs (served with lingonberry jam) and potatoes, usually mashed or boiled.

Whatever they are doing, the Swedes make time to stop for a coffee and sweet roll once or twice daily in a tradition known as *fika*, and they invented smörgåsbord, the delicious buffet of hot and cold dishes popular around the world.

**Facing page, clockwise:** A typical Scandinavian dish is based on fish and potatoes; chefs carefully prepare a dish; game and wild berries add an exotic twist to Scandinavian cuisine

Danish cuisine has its roots in peasant traditions; rustic dishes made with potatoes, fish and pork sausages are always popular, and the country is known worldwide for its excellent cheeses and smørbrød, a piece of buttered rye bread, topped with a slice of fish, meat or cheese.

In Finland, salmon and herring are staple foods, as well as deer and moose. Arctic wild berries, including cloudberry, are often featured in jams and desserts. **V**





## SUKSESSTERTE

This traditional Norwegian tart—comprised of a light, macaron base and rich, buttery custard topping—is often baked for family celebrations and is especially popular during Easter. Naturally gluten-free, suksessterter does not vary much aside from the addition of chocolate and the type of nut used for the base. Its history can be traced back to eastern Finnmark, where it was one of several typical cakes originating from this area. You can try this delicious cake at Mamsen’s deli on board Viking ocean ships, and here is the recipe for you to try at home.

### SERVES 6-8

#### For the macaron base:

- 4 egg whites
- 5 oz (150 g) confectioners’ (icing) sugar
- 5 oz (150 g) almond flour (ground almonds)

#### For the vanilla cream filling:

- 3½ oz (100 g) caster sugar
- 3½ fl oz (100 ml) heavy (double) cream
- 1 tsp vanilla extract
- 4 egg yolks
- 3½ oz (100 g) butter, room temperature

#### To garnish:

- 3½ oz (100 g) sliced almonds, toasted

### METHOD

**1** Preheat the oven to 325°F (170°C). Whisk the egg whites until they form soft peaks, then fold in the sugar and almond flour.

**2** Butter a medium springform tin and spoon in the mixture. Bake for about 30 minutes until the cake is golden. Allow to cool (do not worry if the cake cracks).

**3** For the custard, whisk together the sugar, cream and vanilla in a saucepan over a medium heat. Gently bring to the boil, then strain over the egg yolks, whisking constantly until the mixture is smooth. Allow to cool.

**4** Whisk the butter into the cold custard, then smooth over the macaron base. Garnish with the toasted almonds. 🍴









# BERGEN

Named as one of the secret capitals of Europe by *Time* magazine, the spirit of the Vikings lives on in this ancient Norwegian city known as the “Gateway to the Fjords”

Nestling between mountains and spectacular fjords, Bergen was settled by the Vikings hundreds of years before its official founding in 1070 AD. The capital of Norway until 1300, it flourished as a city of commerce and trade.

For four centuries, merchants of the Hanseatic League worked on the Bryggen wharf, trading cod and herring, and today the timber buildings that remain from the 18th century are a designated UNESCO World Heritage Site.

Protected from the North Sea's winds by a collection of islands, Bergen's climate is never overwhelmingly cold and the views from Mt. Fløyen nearby are breathtaking.

## Must-sees

With 62 original timber-clad cottages painted in ocher, oxblood, mushroom and white, Bryggen is one of Bergen's major attractions, and the Hanseatic Museum provides a fascinating glimpse of medieval life in the days of the Hanseatic League. The museum is located in a building owned by a local merchant during the late 19th century and features a recreation of a trading room, along with the merchant's office and sleeping quarters for sailors and guests.

Opposite Bryggen is Bergen Fortress, once the royal residence and one of the oldest and best preserved castles in Norway. Many of

its buildings date back to the 1240s, and one excavation has revealed structures from 1100, remnants of the Viking Age. The spectacular 13th-century Håkon's Hall is the largest surviving medieval secular building in Norway. It was once the palace of King Håkon IV, one of the most important kings in Norway's history, and is now a museum.

Near the pretty Festplassen is Grieg Hall, a remarkable feat of architecture dedicated to the composer, and the centerpiece of Bergen's cultural district. Just north of the Festplassen are two of Bergen's old churches, built in a style unlike anything elsewhere in Europe—Domkirken, Bergen Cathedral, and Korskirken.

**Clockwise:** Bergen has many colorful wooden houses; Hardangerfjord; the facade of a merchant house in Bryggen; the area's famous seafood





It is well worth exploring the surrounding countryside, too. You can trek over to the city's southern suburbs and see Gamlehaugen, the residence of the Norwegian royal family in Bergen. More of a castle than a palace, the seclusion of the building and the untouched nature around it makes for a spellbinding journey; you really feel as though you have stepped back in time to the Middle Ages.

The majestic Hardangerfjord, located near Bergen, is known for its stunning Vøringsfossen waterfall and the 78-square mile Folgefonna glacier, the third largest on Norway's mainland. Also, just outside Bergen, you can visit Troldhaugen, the garden house where Grieg lived for 22 years and composed many of his most renowned works.

For the best vista of Bergen, take the funicular railway (Fløibanen) up Mt. Fløyen to almost 1,000 feet above sea level. From here, you can see Bryggen, the harbor and the nine-mile-long Byfjorden.

## Shopping

There are a lot of stores in Bergen, including four stylish department stores, but for distinctly Norwegian souvenirs, including trolls, ceramics, knitted sweaters and silver, head for Bryggen. Norway is known for its innovative design, and at Røst (Bryggen 15) you will find collectable design pieces and gifts for the home.

## Eating

From freshly made fish dishes to the cinnamon buns, Bergen is a feast for the taste buds. A glass of aquavit (Scandinavian vodka flavored with herbs) is, of course, a must.

Another delicacy worth trying is *kjøttboller*—meatballs seasoned with ginger and nutmeg, served with mashed or boiled potatoes and drizzled with a cream sauce or gravy. 🍷

 **Go online:** Watch a video of the *Into the Midnight Sun* cruise at [voc.com/videos](http://voc.com/videos)



# *North Stars*

Embark on a Baltic ocean cruise and discover historic cities  
that are making their mark in a modern world



The skyline of  
Tallinn, Estonia





Life is sweet in Stockholm—especially in the city's Old Town, where you can follow the scent of cinnamon to one of the cozy cafés tucked away down the cobblestone lanes. Stockholm oozes charm; its storybook 16th- and 17th-century buildings, palaces and museums are immaculate, its tall historic houses are painted in soft subdued colors. No Mediterranean brights here, it is all ochres and mustards, grays, creams and dusty pinks. Very *hygge*. And I love the small but inviting Berzelii Park in front of the palatial Hallwyl House that looks out across the bay, its manicured trees lined up like lollipops in perfect symmetry.

I discovered this on our *Viking Homelands* cruise, visiting the best of the Baltic cities on the newly launched *Viking Sky*. Like her sister ships, *Viking Star* and *Viking Sea*, the vessel's decor is light, bright and understated, but with plenty to engage your mind in the form of interesting sculptures, paintings and photography. And everywhere, natural materials such as wood, wool and limestone envelop you in a sense of quality and comfort.

That night, we enjoyed our first dinner in Manfredi's,® one of the ship's many restaurants, and soon discovered that dining is one of the highlights on board. Not just because the food is all incredible (and all included, along with wine and beer with lunch and dinner), but because of the sheer variety. Just about every type of cuisine and dining experience is available—from a five-course tasting menu with wine pairings at The Chef's Table, to sushi and all manner of global delights in the World Café to the daily-changing menu in The Restaurant and poolside burgers.

The next day we awoke in Helsinki, the northernmost city on our journey. Finland is all about its bewitching nature. Seventy percent of the country is covered in forest, its wild places even influence its stunning capital, with splendid Art Nouveau buildings on which the Finns' beloved animals of the forest—foxes, squirrels and bears—are sculpted in the stone facades.

The country is also famous for its design, and the first stop on our included tour revealed one of the city's most distinctive attractions, in the form of the underground Rock Church. The unassuming exterior gives little hint of the magic inside. Elemental and mystical, its curved walls are made of thousands of rocks, like a giant dry stone wall, topped with concrete girders and glass leading to a domed roof covered in miles and miles of copper strips, all of which results in exceptional acoustics. You could be in a cave, or a forest. This avant-garde masterpiece is evidence of the Finns' deep connection to their land. In contrast, the elegant 19th-century White Cathedral sits serenely in what was once Helsinki's main square by the harbor. We learned that in winter temperatures fall to -4 degrees Fahrenheit and the sea freezes. These conditions foster a resourcefulness and creativity evident as we strolled through the compact city







center to the Design Museum, where we learned about the history of Finnish textiles, furniture and homeware.

In Helsinki, we were also introduced to the most Finnish of inventions, the sauna. This bathing ritual has formed part of life here for more than 2,000 years and there are more saunas in Finland than cars—we even spotted one on a Ferris wheel. But rather than take a sauna in the sky, I took to the Sauna on *Viking Sky*, in the ship's beautiful Spa, which also has a Thermal Pool, steam room and Snow Grotto open to all. During the Nordic Bathing Night, I discovered the health and beauty benefits of the traditional hot and cold ritual, and even being brushed with a birch twig felt therapeutic.

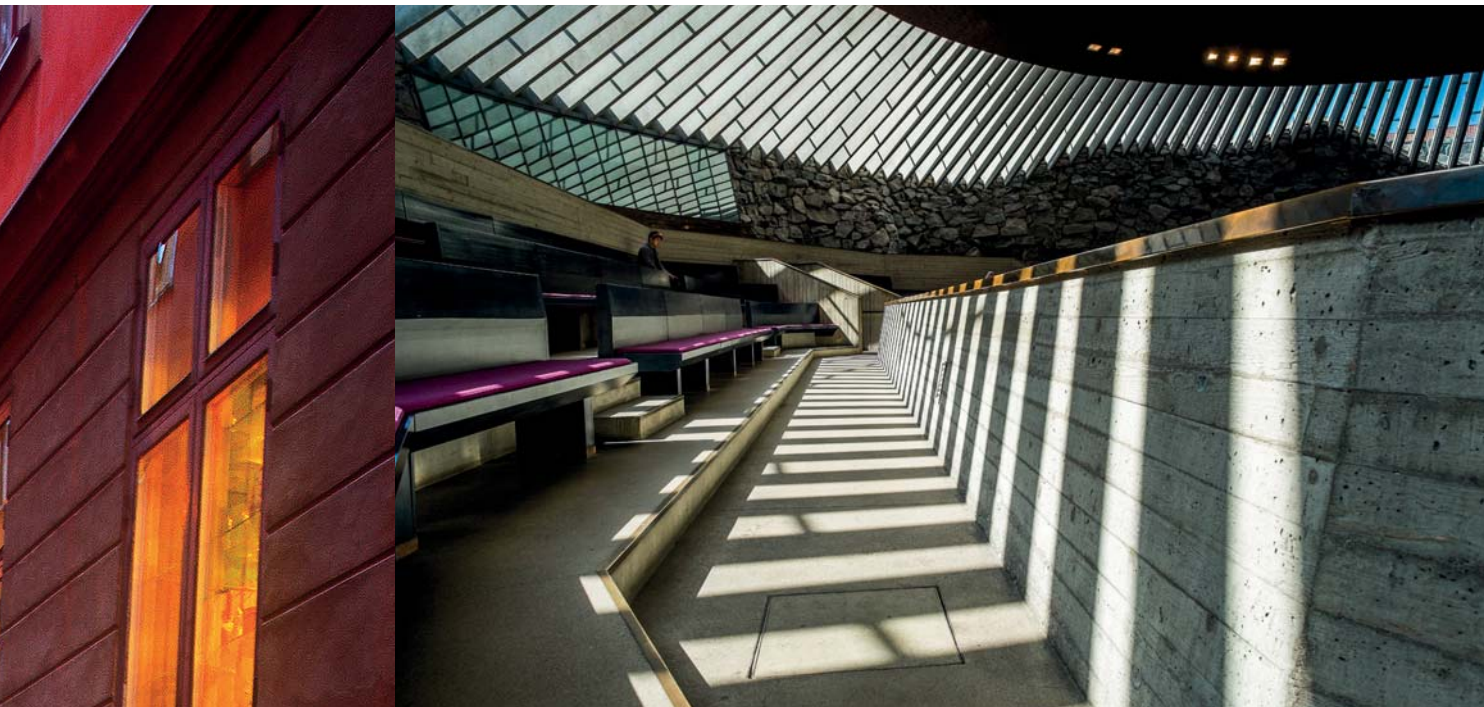
For many, the highlight of this cruise is the two-day stay in St. Petersburg. This glorious city was founded

in 1703 by Peter the Great and was for 200 years the capital of Russia. Today, it is the cultural capital, boasting more than 2,000 UNESCO World Heritage Sites, along with hundreds of museums and galleries, the most famous of which is the Hermitage.

You can explore this colossal museum, housed in five buildings, on a choice of optional excursions. We opted for a tour around the Winter Palace, one-time home of the Russian imperial family. Facing the Neva River, the building was designed inside and out by Rastrelli in the baroque style and is itself a work of art.

You cannot visit Russia without exploring at least one of its churches, and St. Petersburg is home to two of the finest. We spotted St. Isaac's Cathedral from the ship, its gilded cupola glittering in the sunlight, and were thrilled that a tour of its interior was part of our





canal cruise excursion. St. Isaac's is truly majestic. It can hold 10,000 people, and boasts more than 60 colorful mosaics of famous paintings.

Smaller, but no less dazzling is the iconic Church of Our Saviour on Spilled Blood, built on the spot where Alexander II was assassinated. Its interior is covered in 7,000 square feet of exquisite and intricate mosaics made from gold leaf and gemstones.

Having explored the largest country in the world, we moved on to one of the smallest. Like its neighbors, Estonia was for decades occupied by the Soviet Union and was united in the 1980s in what has become known as the Singing Revolution. Waving national flags and singing patriotic songs (both activities were banned), the people of Estonia joined hands with those in Latvia and Lithuania in a vocal and peaceful cry for freedom. We learned this from our guide who led us around the beautifully preserved Old Town in Tallinn and up to its hilltop church where we were rewarded with the best views over the town. Tallinn is one of Northern Europe's oldest cities, but it is also one of the most forward thinking, and it is nicknamed the "Silicon Valley of Europe" because of its tech industry.

Another Baltic country to break the bonds of Soviet—and German—rule is Poland. In Gdańsk, we sailed quite literally into history; just a few yards from where we docked is the Westerplatte on the Vistula River, where the first shots of World War II were fired in September 1939. We also learned about how hard the Polish fought, decades later, to bring about the fall of Communism.

Gdańsk is glorious. One of the richest cities in the Hanseatic League, the Old Town is a fairy-tale fusion of red-brick churches and beautifully restored Renaissance and Gothic gabled houses, once the homes of wealthy merchants. The historic Long Market is an especially lovely cobblestone street, lined with cafés and restaurants, and shops selling every shade of amber

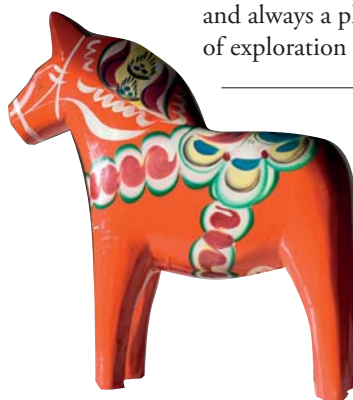


**Clockwise, from facing page:**

An alleyway in Stockholm's old town; Helsinki's Tempeliahaukio Church; a dazzling church interior in St. Petersburg; a Dalecarlian horse ornament

imaginable. Beside the canal, the largest port crane in medieval Europe fronts the Isle of Granaries. Poland was the grain basket of Europe in the 16th and 17th centuries, and in a converted granary we discovered another one of the country's gems—its beer. The microbrewery in the Hotel Gdańsk produces an array of ales, perfect for toasting a memorable trip.

All the Baltic cities are stars in their own right. But the biggest star of all is *Viking Sky*. Bright, beautiful and always a pleasure to come home to after a day of exploration on shore—I cannot wait to return. 📌



**GETTING THERE:** A 15-day *Viking Homelands* voyage travels from Bergen to Stockholm or in reverse from April to September. As you enjoy your travels, we invite you to share your photos and the stories behind them on [MyVikingStory.com](https://myvikingstory.com).





# *Into the* MIDNIGHT SUN

This Nordic cruise is an unparalleled exploration—from the northernmost reaches of Scandinavia to the remote outposts of Scotland's Shetland and Orkney Islands, cruising spectacular fjords

## **Bergen, Norway**

Bergen's location, encircled by majestic mountains, fjords and glaciers, has inspired countless Viking sagas. Here you can discover the UNESCO-listed Bryggen wharf and take a walk along its beautiful waterfront. Head over to the Old Town with its narrow cobblestone lanes and wooden houses for more examples of what makes the city such an enticing place to explore.

## **Geiranger, Norway**

Cruising into the tiny village of Geiranger via the Geirangerfjord, one of Norway's most spectacular fjords, is a feast for the eyes, as it is surrounded by majestic mountain peaks, wild waterfalls and lush

The Lofoten Islands create a dramatic silhouette against the midnight sun

vegetation. If you would like magnificent bird's-eye views of this magical setting, join an included shore excursion to Eagle's Bend, perched 2,000 feet above the village. It is a thrilling drive marked by 11 hairpin turns and incredible panoramas. Learn about local natural history at the Norwegian Fjord Center, then return to the village and its octagonal church.

## **Molde, Norway**

Located on the northern shore of the Romsdalsfjord, Molde is an alluring city with a wealth of natural charms. It is known as the "City of Roses" for its beautiful manicured flower gardens. You may choose to visit the fascinating open-air Romsdal Museum, which

offers 40 examples of old Norwegian architecture, from log houses to a small chapel.

## **Tromsø, Norway**

The gateway to the Arctic, Tromsø is the largest town inside the Arctic Circle and is the ideal destination to explore its region's history. On an included shore excursion, you can take a stroll to marvel at its neoclassical buildings and charming architecture. Visit its famous Arctic Cathedral with its striking triangular shape, then stroll the pathways of the world's northernmost botanical garden. You might also enjoy touring the Polaria Museum and Husky Center to learn about arctic exploration and dogsledding.





## Honningsvåg, Norway

Pay a rare visit to the remote port of Honningsvåg, which has a population of approximately 2,500. From this tiny outpost town on the island of Magerøya, journey to the top of North Cape, or Nordkapp, on an included shore excursion. This dramatic rocky plateau looks over the Barents Sea from a height of 1,000 feet. If you prefer, you can take a hike up the plateau with a guide. Alternately, you might visit a fishing village on the island.

## Lofoten Islands, Norway

Experience the distinctive beauty of the Lofoten Islands, where the

sculpting power of nature comes into sharp focus. This beautiful archipelago boasts excellent fishing, outstanding nature attractions and small villages ripe for exploring.

## Lerwick, Scotland

Lerwick is the main port for the Shetland Islands and is Britain's most northerly town—more than 7,000 people now live in and around here, which makes it an ideal center for touring the islands. After a panoramic drive through, stop at the pretty limestone hamlet of Fladdabister, the crofting town of Aithsetter and a 2,000-year-old castle. Or you can visit the remarkable archaeological site of Jarlshof instead, stunning evidence of a thriving Viking presence.

## Kirkwall, Scotland

Immerse yourself in the rich history of the Orkney Islands, which were ruled by the Vikings from the 9th to 13th century. Explore recent history on an included Kirkwall tour of 17th- and 18th-century houses, the Bishop's Palace, the French Renaissance Earl's Palace and St. Magnus Cathedral. Or opt to explore "Scottish Pompeii," a remarkable Neolithic site.

## Edinburgh, Scotland

From globally renowned festivals to breathtaking architecture, Scotland's capital offers wonderful culture and history. On an included shore excursion, you can browse the National Museum of Scotland and drive the Royal Mile, the famed avenue connecting the hilltop Edinburgh Castle and the Palace of Holyroodhouse. You might elect to explore Edinburgh Castle more closely. Or venture to medieval St. Andrews, birthplace of golf.

## London, England

Exploring London, one of the world's most exciting cities, is a chance to uncover fascinating British history at one of its many museums or to enjoy exhibits of well-known artists from around the world. Discover the celebrated Royal Borough of Greenwich—part of which, Maritime Greenwich, is a UNESCO World Heritage Site. See the Tower of London, Parliament and Big Ben, Westminster Abbey, Buckingham Palace and St. Paul's Cathedral. Or venture into the countryside to visit Windsor Castle, one of the royal residences. 📍

📺 **Go online:** Watch a video of the *Into the Midnight Sun* cruise at [voc.com/videos](http://voc.com/videos)





# HELSINKI

Dynamic, stylish and cosmopolitan, with impressive architecture and a charming harbor, the Finnish capital is an absolute delight and one of the highlights of a Baltic cruise

Originally founded when Finland was under the rule of Sweden in the 16th century, Helsinki did not begin to flourish until the 19th century under Russian rule, after it became the capital of the then autonomous Grand Duchy of Finland in 1812; it did not truly emerge as an independent republic until 1917.

Despite nominally being an ally of Nazi Germany until 1945, Finland was not occupied by the Soviet Union after the war and consequently avoided the fate of a Communist dictatorship.

It rapidly industrialized during the 1950s and developed into a social democracy in much the same manner as

Sweden, Denmark and Norway. In 2011, Helsinki was named the best city to live in in the world by *Monocle* magazine, and in 2015, the Economist Intelligence Unit placed it in the top 10 most liveable cities.



## Must-sees

Helsinki is home to a number of excellent art museums and the Finnish Museum of Natural History, which presents the history of Finland from the Stone Age to the present day.

The majority of Finland is Lutheran, but one of Helsinki's most notable cathedrals is the Uspenski, a Russian Orthodox cathedral, and the largest Orthodox church in Western

Europe. It is open and free to visit except on Mondays.

The Helsinki Cathedral has five beautiful domes in the neoclassical style. The most unique church, however, is Temppeliaukio, a Lutheran

**Clockwise:** the harbor in Helsinki is renowned for its architecture; Helsinki Cathedral; a sign in the Design District; Temppeliaukio Church







## DESIGN DISTRICT HELSINKI



church built in the 1960s directly into solid rock.

It is also worth simply walking around and enjoying Helsinki's breathtaking Art Nouveau architecture and neoclassical buildings.

### Shopping

Check out the Design District for innovative Finnish design, and the high-end stores along the Esplanadi.

This area is also home to a lovely park, ideal for relaxing in the warm summer and listening to live music played on the bandstand.

Helsinki's best shopping is to be found in its markets. The Old Market Hall has stalls for just about everything, while Hakaniemi Market Hall offers a huge selection of food, including seafood, as well as souvenirs.

Kauppatori is a fresh food market where fishermen sell their catch straight off their boats, making it a unique experience. And a visit to fabric store Marimekko is a definite must.

### Eating

No visit to Helsinki would be complete without trying some delicious freshly baked *korvapuusti* (cinnamon rolls).

The Finns have a strong pub culture, and relaxed food and drink with family is preferred over haute cuisine. For an authentic Finnish pub experience, try Cella on Fleminginkatu or Sävel on Hämeentie. Ragu and Passio are probably considered the best fine dining restaurants in Helsinki, but for proper Finnish food (a lot of fish) try Juuri, which has a reputation for its creativity and uniqueness, or Ravintola Kuu.

Finns love sparkling wines and vodka, but they are also fond of *sima*, essentially mead, though the recipe nowadays substitutes fruit sugars for honey, producing different flavors, and the alcohol percentage is very low. 🍷

📺 **Go online:** To watch a video of the *Viking Homelands* cruise, visit [voc.com/videos](http://voc.com/videos)



# *In search of the* NORTHERN LIGHTS

Experience a land where dawn and twilight merge on the edges of the long Arctic night. See snow-dusted landscapes, cities hushed in slumber and the luminous aurora borealis on this ocean cruise with Viking





## London (Tilbury), England

The historic town of Tilbury enjoys a position on the Thames River, and serves as a major port for London and the southeast of England. After embarking, this is the perfect time to settle in to your veranda stateroom and get to know your ship before you set sail for your Norwegian adventure.

## Stavanger, Norway

The best place to begin exploring is in the beautiful old quarter, Gamle Stavanger, which is comprised of 173 wooden buildings from the turn of the 18th century. Another highlight is Preikestolen, or Pulpit Rock, jutting out nearly 2,000 feet above the fjord. One of Norway's most famous natural attractions, it can be visited by a cruise on the Lysefjord. Make sure you do not miss out on the award-winning Norwegian Petroleum Museum, which tells of the dangers of offshore oil drilling—considered an important industry for the local economy.

## Bodø, Norway

Bodø is home to the world's strongest maelstrom, Saltstraumen, the Børvasstinden mountain range and a masterful cathedral. Lying north of the Arctic Circle, the city was rebuilt after its destruction in World War II. You will have the chance to see the majestic Customs House, Norwegian Aviation Museum, opened by King Harald V in 1994, and the Gothic Bodø Cathedral with its detached steeple and 10 tapestries from Nordlund. Rønvikfjellet mountain affords magnificent views over snow-covered roofs.

## Tromsø, Norway

The gateway to the Arctic, Tromsø's historic center is spread over an island surrounded by snowcapped mountains. Its breathtaking scenery offers the perfect backdrop to enjoy

many outdoor activities, including sledding and hiking. On an included tour along heated sidewalks that keep the wintry chill at bay, you can admire its blend of wooden structures and neoclassical buildings. Here you can see the Arctic Cathedral with its striking triangular shape—the city's most recognizable symbol. Tromsø is situated in the middle of the auroral oval, the area with the highest probability of seeing the northern lights, so a visit is a must if you have yet to tick that off your bucket list.

## Alta, Norway

Located on the shores of Altafjord, Alta is the city from which you can experience Sami culture up close by visiting the nearby Sami community of Máze. As part of this tour, you can enjoy an authentic lunch of local dishes and an exciting ride in a reindeer-drawn sleigh. In Alta you can also see rock carvings that have been given UNESCO status owing to the amazing rock art that bears traces of a settlement dating to circa 4200 to 500 BC. Visit the Alta Museum for fascinating exhibits on salmon fishing and the northern lights. You may wish to explore the town independently, perhaps visiting the Northern Lights Cathedral. Marvel at its steeple which is designed to resemble a

### Facing page, clockwise:

The aurora borealis over Tromsø; Bryggen's wooden houses in Bergen; Lysefjord; an Arctic wolf in Narvik; Alta's Northern Lights Cathedral; a whirlpool in the Norwegian seas  
**Below:** The beautiful Arctic Cathedral, Tromsø

flame and enjoy the ethereal strains of its organ. More adventurous travelers might enjoy a trip to Sautso, a canyon carved over millennia by the Alta River. At 7.5 miles long and up to 1,380 feet deep, it is considered the largest in Northern Europe.

## Narvik, Norway

Home to a former Viking settlement, Narvik is an important industrial town in Norway because of its ice-free port, helping the town prosper as an exporter of Swedish iron ore. The city also enjoys clear skies, making it a great destination for observing the northern lights. At the Polar Park, you can view some of the residents of the far north, including Arctic wolves. You might also enjoy the wilderness during a sleigh ride.

## Bergen, Norway

Founded more than 900 years ago, Bergen can trace its roots back to the Viking Age. It is a city famous for its picturesque location surrounded by mountains, the historic Hanseatic Wharf and the fish market. From here you can visit Norway's cosmopolitan capital of Oslo or journey to Iceland. 📺

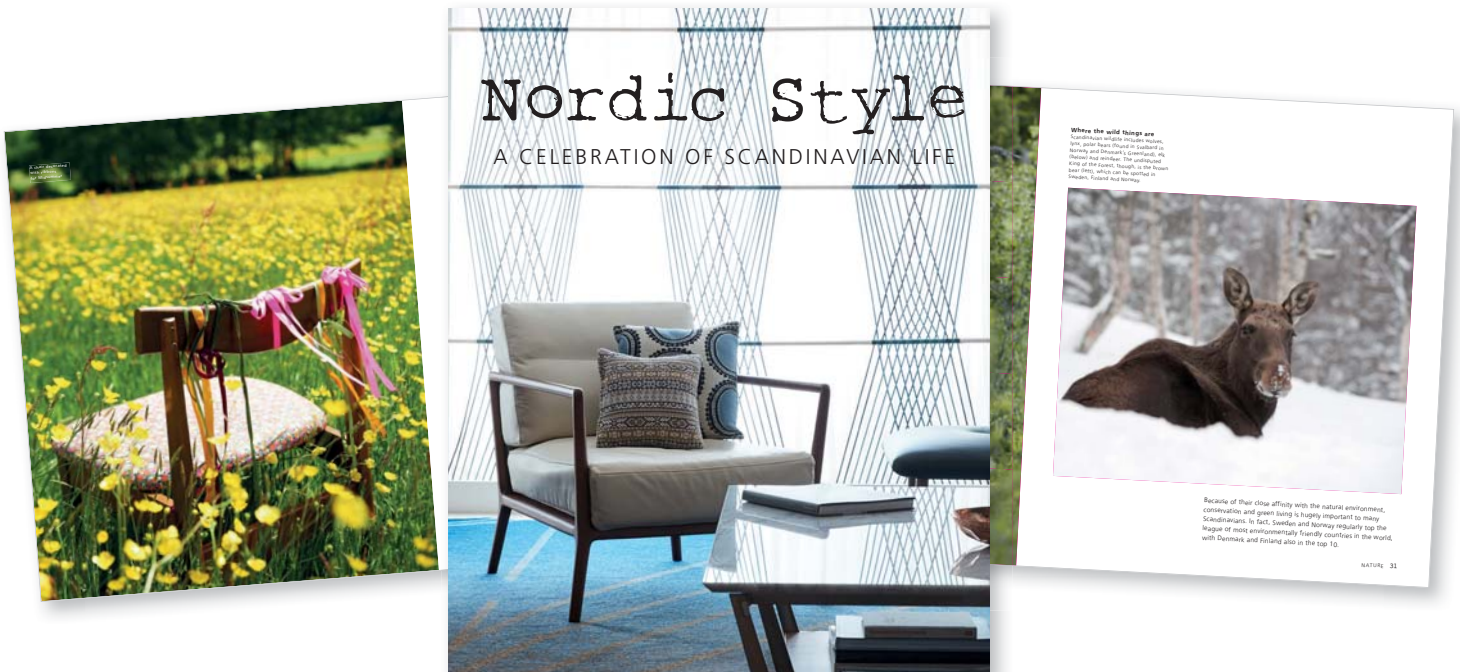
📺 **Go online:** Watch a video of *In Search of the Northern Lights* at [voc.com/videos](http://voc.com/videos)





# NORDIC STYLE

Following the success of our cookbook, *The Kitchen Table*, we are delighted to introduce you to our second book, *Nordic Style*. Karine Hagen shares a preview



The Scandinavian countries were the Vikings' homelands, and also our home. My father, Torstein Hagen, Chairman of Viking, was born in Nittedal, Norway, and though we spend much of our lives traveling the world, we are both passionate about the Nordic region.

Impressions of Scandinavia have influenced the design of both our river and ocean ships, where the themes, colors and textures of nature all contribute to the serene onboard ambience—from the tactile wood, stone and other natural materials used throughout the ships, to the constellation of stars that welcomes you into the Explorers' Lounge on our ocean ships, to the clinker-style bar on the Viking Longships.

In this book, we celebrate Nordic style: its traditions, people, culture and cuisine. It beautifully illustrates what makes Norway, Sweden, Finland and Denmark unique.

I hope you will enjoy this book and that it will find a place on your coffee table, on your bookshelves or in your kitchen, inspiring you to set off on your own voyage of Scandinavian discovery and bring a touch of Viking living into your home.

***Nordic Style*, priced at €25/\$30, is available  
on board our ships**







# DALE OF NORWAY

Famous for its classic designs and supreme quality, this heritage knitwear brand is sold on board Viking ships. The story behind it is an inspiring tale of eco-entrepreneurialism



**Clockwise, from left:** Karine Hagen in a Dale of Norway sweater; the brand has always been popular with skiers; stylish, practical designs for both men and women; spinners at the factory in the early 20th century; the Tor design in the Viking collection



**T**he village of Dale is nestled between beautiful steep mountains, waterfalls and fjords on the west coast of Norway. It was these natural resources that made the Norwegian businessman Peder Jebsen recognize Dale as an ideal place to establish a textile production facility utilizing the valley's potential for natural hydropower—and easy access to the finest Norwegian wool.

He secured the rights for the local waterfalls and, soon afterwards, steamboats loaded with new machines from England arrived. The Dale of Norway textile facility was completed in 1879 and has remained active in Dale ever since.

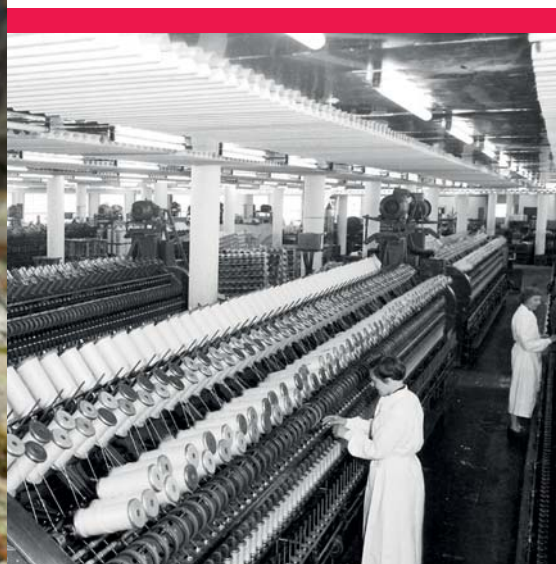
The company grew very quickly, becoming the largest employer in the region. Skilled knitters and

artisans joined the business, and it was not unusual that several family members made their livelihood working for it. Often their expertise were passed on to the next generation, who continued to turn out beautiful garments over the years.

Dale of Norway has long been recognized as the leading Norwegian knitwear brand and is known for its outstanding quality and important innovations.

Based on research with different wool types, in 1912 the brand introduced premium worsted wool that helped create the crisp long-lasting quality and sumptuous feel that has remained synonymous with Dale of Norway until this day. It is this commitment to excellence that has also seen the brand sponsor the Norwegian national ski teams since 1956.





**MADE IN NORWAY**

— — —  
SINCE 1879

Dale of Norway has launched a collection inspired by Viking featuring two special designs—the ladies' Ragnhild jacket and mens' Tor sweater. Both have innovative wool qualities as well as charming details; the zipper pull on the Tor sweater is the same shape as the Thor's hammer jewelry, sold on board Viking ocean and river ships, while the Ragnhild jacket showcases the Viking brooch design on the zipper pull and buttons.

#### **ECO-FRIENDLY AND COMPLETELY NATURAL**

Dale of Norway has a long and proud history of environmentally friendly products and production. Its knitwear is made with 100 percent natural wool, one of the most eco-friendly fibers available. In fact,

it is often called "nature's own high-tech fiber" due to its superior properties. Besides using only natural fibers, Dale of Norway's production is powered by sustainable hydroelectric energy generated by local waterfalls in the Dale Valley, and only environmentally friendly materials are used in the production of all its knitwear range.

Dale of Norway's award-winning Knitshell™ jackets are simply a technical wonder made with wool. Naturally water-repellent yarn is given a soft windproof finish to create comfortable, sporty and elegant jackets for a wide range of uses—perfect for skiing and hiking even in the harshest wet and windy weather conditions. These are striking designs that travel easily from the mountains to the city. 📍







# THE MEDITERRANEAN

Uncover architectural and historic treasures, and sample the delicious cuisine of Italy, Spain, Portugal and France on a culturally enriching trip through these “must-see” areas of the Mediterranean









# Mediterranean HISTORY

Empires have risen and fallen in this fascinating region

**F**or more than 5,000 years, the Mediterranean has been at the center of history (its name literally means “amid land,” or “the center of earth”).

Some of the earliest civilizations were born in the middle of the Mediterranean region, on one of its largest islands, the Greek island of Crete. Crete and Greece as a whole form an integral part of Mediterranean history, as the ancient Greeks set out to establish colonies across modern Europe and North Africa, with settlements everywhere from France to Sicily and even the Crimea.

The birthplace of democracy, Athens's influence spread across the sea, and following Alexander's conquest of the Persian Empire, Athenians established modern-day Greece, the Middle East and Egypt as Greek speaking, which they would remain until their ultimate annexation by the Roman Republic.

This Roman Republic became an empire, which ruled every corner of the Mediterranean, or *mare nostrum* (our sea). The legacy of the Romans can be felt everywhere in Europe, with ruins, roads and of course, aqueducts, but also the more subtle legacy of Latin, the root of the most widely spoken languages in Europe.

The empire split and Rome declined, with the West ultimately falling in 476, but the Roman Empire lived on in the East, centered around the Queen of Cities, Constantinople (now

Istanbul). This was the greatest city in the world until it was besieged in 1204 when the Crusaders arrived, capturing, looting and destroying parts of it. Istanbul was also split by faith—between the Roman Catholic and Greek Orthodox Church, a difference that becomes apparent the farther east you go.

The Holy Land itself is a feature of the Mediterranean, and includes Israel, which became a state in 1948.

You can trace the routes taken by Crusaders who sailed from Europe into what is now modern-day Turkey, Lebanon, Syria and Israel, and fighting against the Islamic world for nearly 200 years.

In 1453, Constantinople fell to the Ottoman Turks, who had formed an empire after being driven east by the Mongol Hordes in the 12th and 13th centuries.

**Facing page:**

A vintage map of Europe

**Below:** The Roman Forum is the site of ancient governmental buildings in Rome, Italy

The Ottomans dominated the eastern Mediterranean for the next 500 years. The remains of the western Roman Empire, meanwhile, would be fought over by Spain, Britain and France, and while the Spanish went into the Atlantic and the French enjoyed their Napoleonic moment of domination and ruled North Africa, it would be the British who took the Suez Canal in the 1800s and established control over Egypt.

British rule over Gibraltar continues to this day, and their control of Malta, Gibraltar and the Suez was instrumental in the defeat of Mussolini's Italy and their German allies in World War II.

Recent history has seen the births of dozens of new countries; and today, the Mediterranean remains a symbol of possibilities and freedom. **V**





A person wearing a vibrant, multi-colored dress with shades of red, orange, green, and purple is captured in motion, dancing on a cobblestone street. The dress is flowing and the background is blurred, suggesting a lively, festive atmosphere.

# *Mediterranean* CULTURE

From Greece and Italy to France and Spain, the countries of the  
Mediterranean have produced a rich and diverse culture





**Clockwise:**  
The Apollo Municipal Theater of Syros, Greece; appreciation of wine is part of the lifestyle; a Venetian mask; getting friends together for tapas; the region has a history for producing great artists and composers  
**Facing page:**  
Flamenco dancers in Cádiz in the Andalusian region of Spain

**W**hile each country of the Mediterranean has its own distinctive traditions, certain traits are common across the region. For example, the balmy climate and long, hot summers means that the people of the Mediterranean tend to rise early in the morning, and eat and socialize late into the evening. And of course, eating together and sharing meals is an important part of the Mediterranean lifestyle, as is an appreciation of local wines.

The countries of the Mediterranean have produced some of the finest art in the world, from the sculptures and mosaics of ancient Greece and Rome, to the paintings of the Renaissance and the impressionists, to the flamenco of southern Spain, and of course theater, opera and cinema.

For example, France boasts Voltaire, Monet, Rodin and Chopin; Italy, Michelangelo, da Vinci, Puccini and Fellini; and Spain has produced Gaudí, Dali and Picasso. The Mediterranean contribution to culture and fine arts is immense and diverse, making the region a veritable treasure chest. ♡



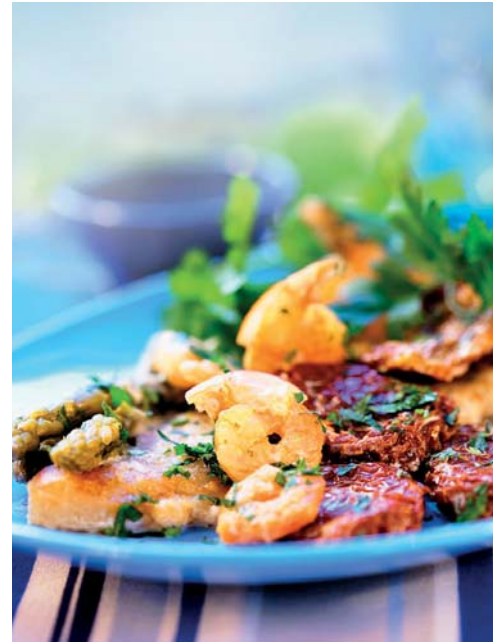


A vibrant outdoor market stall with various fresh produce. In the foreground, there are several large, orange, ribbed tomatoes. Behind them are green cucumbers, red cherry tomatoes, and dark purple grapes. The background is blurred, showing other market stalls and people, creating a sense of a busy, lively market atmosphere.

# MEDITERRANEAN *food*

From the sun-soaked vineyards of Italy to the rich flavors of France, Spain and Greece, Mediterranean cuisine offers an exquisite culinary journey





**T**he Romans had a huge influence on European cuisine, providing a foundation that was further developed during the Middle Ages and into the Renaissance, when meat became the central part of the meal.

In the 18th and 19th century, *cuisine classique*—a mix of aristocratic and French bourgeois cuisine—became the culinary standard in Europe, and in 2010 French gastronomy was added by UNESCO to its list of the world’s “intangible culinary heritage.”

Wine, sauces and dairy products feature heavily in French cooking, while in countries such as Austria, The Netherlands and Germany, smoking, curing, pickling and salting of foods is more common.

In Italy, each region has its own specialty—the best pizza, for example, is found in Naples, while Venice is known for its risotto, and Rome for the spaghetti.

Seafood, olives and olive oil are typical of Greek cuisine. Dishes can be simple—dips, such as taramasalata or tzatziki, for example—or more involved, like those made with filo pastry.

Israel is known as the land of milk and honey and its fabulous climate yields culinary treasures such as figs, citrus fruits, as well as fresh fish, caught in the Mediterranean or Red Seas. Turkish cuisine is justly famous for its juicy grilled meat.

Cheese and wine play a major part in all French cuisine, but each region has its own specialties. In

**Facing page, clockwise:** A visit to a food market is always a treat in Europe; the pretty old marina in Portofino, Italy; delicious seafood platter; Madrid’s Mercado de San Miguel is famous for its charcuterie

Normandy, dishes made with seafood and apples are abundant; Provence and the Côte d’Azur are renowned for their bouillabaisse, ratatouille and aioli; and in Burgundy, specialties include pike, perch, snails and, of course, beef bourguignon.

In Portugal’s coastal cities, including Porto and Lisbon, fresh seafood reigns supreme, but pork and beef are also common. In the lush Douro Valley, renowned for its wine, popular dishes include roast goat, wild boar stew and partridge. Traditional breads, too, are fantastic.

More so perhaps than any other European cuisine, Spanish gastronomy is influenced by the culture, society, geography and climate of its different regions. In Andalusia, home to Seville and the flamenco, Serrano and Iberico ham are both popular. Valencia is the place to try paella, while Barcelona is known for its Catalan dishes such as *canelons* (cannelloni) and *embotits* (cured dry sausages) including *botifarra negra* (blood sausage). **V**









## LASAGNE AL FORNO ALLA BOLOGNESE

Made with a rich, slow-cooked red wine ragù, layered with creamy Béchamel and fresh egg pasta, *lasagne al forno* is classic Italian comfort food. This delicious recipe is served in Manfredi's Italian restaurant on board Viking ocean ships.

### SERVES 6

#### For the Bolognese sauce:

- 2 tbsp olive oil
- 1 large onion, peeled and finely chopped
- 1 carrot, finely chopped
- 1 stick of celery, finely chopped
- Salt and pepper
- 1 lb (450 g) lean minced beef
- 4 fl oz (120 ml) red wine
- 1 pint (475 ml) passata (or one can tomatoes, sieved)
- 5 fl oz (150 ml) water

#### For the Béchamel:

- 3 tbsp butter
- 3 tbsp all purpose (plain) flour
- 1 pint (475 ml) whole milk
- 3½ oz (100 g) parmesan, grated
- Salt and pepper
- 7 oz (200 g) package fresh egg lasagne noodles

#### To garnish:

- Fresh basil

### METHOD

**1** Heat the oil in a large, heavy-bottomed frying pan on medium and add the onion, carrot and celery. Season with salt and pepper and fry gently for 6-8 minutes until softened.

**2** Add in minced beef, breaking it up with a spoon and allowing it to brown all over.

**3** Stir in the wine and passata, then rinse the can out with 4 fl oz water and add to the pan. Cook until the liquid reaches a slow simmer. Turn the heat down, cover and allow to cook for an hour, stirring occasionally.


**4** To make the Béchamel, gently melt the butter in a saucepan then, with a wooden spoon, mix in the flour. Continue to stir and cook the flour for a few minutes until pale and bubbling, then change to a whisk and slowly pour in the milk, whisking constantly. Turn up the heat to medium and continue

to gently whisk the Béchamel as it thickens. Once thickened, turn off the heat and stir in ¾ of the grated parmesan. Season to taste.

**5** Meanwhile, bring a large pan of salted water to boil for the lasagne and preheat the oven to 400°F (200°C).

**6** Cook the pasta according to instructions, then drain (a drizzle of olive oil will prevent them sticking).

**7** Assemble the lasagne in a large, deep dish, spreading a third of the Bolognese in a thin layer across the bottom of the dish, then gently top with about a quarter of the Béchamel, then a layer of noodles. Repeat the layers twice more, then top the last layer with the remaining Béchamel, and sprinkle with the reserved parmesan.

**8** Bake in the oven for around 45 minutes until golden and bubbling. Allow to rest before slicing into portions. Serve garnished with fresh basil leaves. 



Park Güell offers  
great city views



# BARCELONA

With its coastal location and fantastic architecture, Barcelona is a vibrant and unforgettable stop on a Mediterranean cruise



The pride of Catalonia, home to 1.6 million people and one of the world's largest football clubs, Barcelona is Spain's cultural hub.

## Must-sees

Barcelona is dominated by the extraordinary architecture of Antoni Gaudí, whose most iconic work is the unfinished La Sagrada Família Cathedral. You can take a guided tour through its labyrinthine corridors and head nearly to the top, accessed by lifts.

Other famous Gaudí creations include Casa Batlló (a formerly private house on Passeig de Gràcia now open to the public) and Park Güell, a wonderful public space with exquisite multicolored mosaics,

tropical plants and stunning city views.

Hospital de Sant Pau and Palau de la Música Catalana are both UNESCO World Heritage Sites. Take guided tours, marvel at the architectural brilliance and bask in the scent of lavender and citrus trees.

The other biggest attraction of Barcelona is La Barceloneta beach with its spectacular sweep of golden sand.

## Eating

The Spanish eat late, so you can always find tapas and *pintxo* (snack) bars open until the early hours—it is the best way to enjoy fresh and diverse local food.

Most cafés close in the afternoon for siesta.

## Shopping

Barcelona is Spain's fashion center, so you can find designer outlets as well as local boutiques, and it is worth taking a stroll down the city's smaller streets for the local antique shops.



# ROME

This Italian capital offers a wealth of cultural treasures, extraordinary art and amazing food, making it a fantastic destination

**F**ounded more than 2,600 years ago, and nearly as old as civilization itself, it is no wonder Rome is nicknamed "The Eternal City."

It is one of the world's most enthralling and historically significant cities, home to nearly three million people and a place where the ancient world mixes seamlessly with the contemporary.

## Must-sees

It is fairly easy to walk around the center of Rome and there is something to look at around every corner.

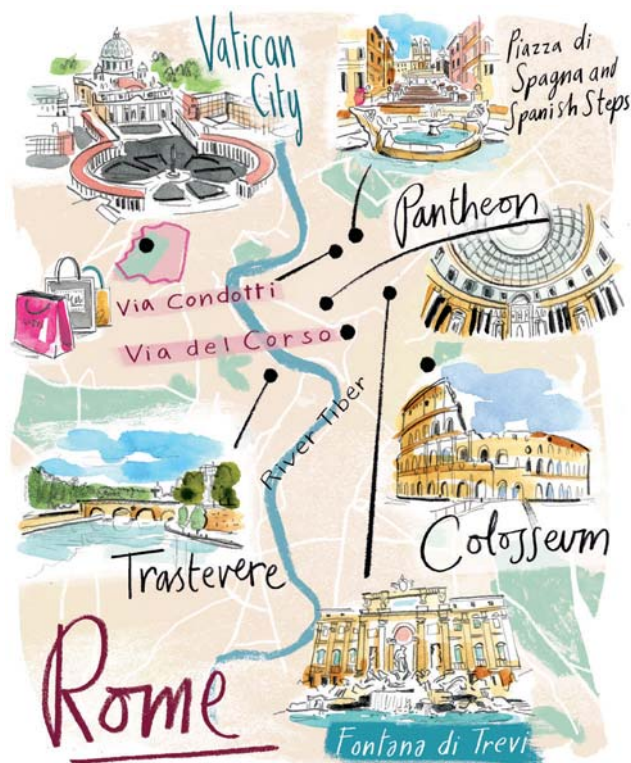
Do not miss the Colosseum, which during its heyday was capable of hosting more than 60,000 spectators, or the Pantheon, also one of the most impressive monuments

of ancient Rome and one of the best preserved. Nearby are the world-famous Spanish Steps and the baroque Trevi Fountain. Turn away from the fountain and throw three coins in over your shoulder—one to find love, one to keep love and one to return to Rome.

For many visitors, though, the pinnacle will be exploring the magnificent Vatican City, home to the Sistine Chapel and St. Peter's Basilica.

## Eating

For the most authentic Roman food, head to the Trastevere neighborhood. The pizza is thinner and crispier than the Neapolitan style, although both are available in spades. Roman pasta tends to be very salty, but delicious. Try Sforno




**Below:**  
Historic Piazza  
Navona

for the southern style or Da Remo for Roman. For wine, head to Il Piccolo—some of the world's finest varieties can be found right here.

Gregory's is a stylish late-night cocktail bar if you want to explore the city by night, and no visit to Rome would be complete without a coffee or something stronger at the Antico Caffè Greco on Via Condotti. It opened in 1760, and over the centuries has played host to luminaries including Byron, Keats and Hans Christian Andersen.

## Shopping

Glamorous designer boutiques and malls line Via Condotti and Via del Corso, making Rome a shopper's paradise. One of the best malls has to be the Art Nouveau Galleria Alberto Sordi, with its wonderful stained-glass ceiling. It is the perfect place to enjoy a coffee while people watching. ▼

 **Go online:** Watch a video of the *Mediterranean Odyssey*® cruise at [voc.com/videos](http://voc.com/videos)





# *Far East* DISCOVERY

Our East Asia itinerary offers the chance to experience the rich cultural history of this intriguing region, with rare visits to Taipei and Seoul, and overnight stays in five ports for complete immersion





## Hong Kong, China

Home to long-cherished Eastern traditions amid modern Western sensibilities, Hong Kong's glittering forest of skyscrapers stands between mountains, a bustling harbor and offshore islands. Visit Victoria Peak for sweeping views of the city, before continuing to the former fishing village of Aberdeen, now a dense and fascinating cluster of residential towers. Or perhaps you will venture to nearby Lantau Island or visit the casino-laden port of Macau, the famous former Portuguese outpost.

## Xiamen, China

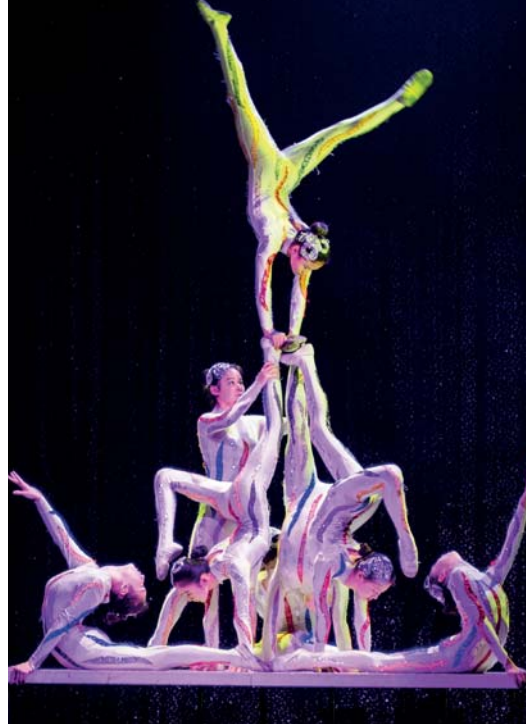
Built on islands at the mouth of the Jiulong River, Xiamen boasts picturesque colonial architecture and modern, gleaming glass towers. The venerable Xiamen University, with perhaps the most beautiful campus in China, actually has its own beach. On a panoramic tour of the city, you will see the university campus, the Baicheng Beach boardwalk and the impressive Nanputuo Temple complex, perched on a hillside overlooking the city and central to the city's Fujian community.

## Ishigaki Island, Japan

The second largest island of the Yaeyama archipelago, Ishigaki Island boasts many incredible natural wonders. The island was once home to the Ryukyu Kingdom, an important participant in the region's maritime trade before being annexed by Japan in 1879. Thanks to the island and much of its surrounding waters being situated in the protected Iriomote-Ishigaki National Park, Ishigaki is renowned for its pristine beaches, such as the emerald-green waters of Kabira Bay and the Yonehara bleached coral beach.

## Okinawa (Naha), Japan

In Naha, the capital city of Okinawa Prefecture, you can learn about the Ryukyu Kingdom. The island is home to nine properties comprising



a UNESCO World Heritage Site described as "Gusuku Sites and Related Properties of the Kingdom of Ryukyu." This includes Shuri Castle, the former royal palace of the Ryukyu Kingdom. The castle was used by the Japanese as a command base during World War II and was heavily damaged by shelling during the Battle of Okinawa in 1945.

## Shanghai, China

Once a tiny fishing village, today Shanghai is China's largest city, and its elegant waterfront promenade, the Bund, is one of the world's most iconic pedestrian boulevards. Explore the excellent cultural and artistic collections at the Shanghai Museum, attend a dazzling Chinese acrobatic show, enjoy tea in tranquil Suzhou, the nearby "Garden City" known for its silk production. Or learn about traditional medicine and more from residents during an outing to the Caoyang community.

## Qingdao, China

Once known as the "German Hong Kong," Qingdao is rich in German and Japanese colonial mansions and half-timbered houses. You can even sample a beer-brewing tradition that dates back to the days of German emperor Wilhelm II, and delve more deeply into this unique past during a panoramic tour featuring the Eight Great Passes and Wusi Square. Alternately, enjoy

### Facing page, clockwise:

The Great Wall of China; Qingdao New Town; a bustling street scene in Hong Kong; Dalian's cityscape; a pristine beach on Ishigaki Island, Japan; dim sum at a Shanghai restaurant

**This page, left to right:** Acrobats perform at a show in Shanghai; inside a rural dwelling in the Fujian province of Xiamen

a walking tour into the heart of Qingdao's Old Town and take in some of the area's heritage.

## Dalian, China

With its rich history and many parks, Dalian is known as one of China's most livable cities. Under Soviet rule for a decade after World War II, the city today enjoys a picturesque setting, with a friendly, welcoming atmosphere. Enjoy a city tour featuring a stop at Labor Park with its lovely gardens, modern architecture, peaceful walkways and floral displays.

## Beijing, China

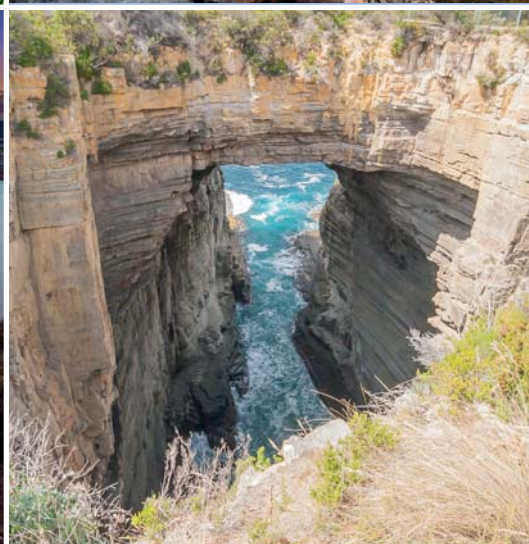
From the Forbidden City to the Great Wall, Beijing holds over 3,000 years of history. Quiet warrens of courtyard homes reveal Beijing at its most authentic, recalling the Peking of old. Highlights include Tianjin, located on the Haihe River, and famous for its stretch of the Grand Canal, the longest and possibly oldest existing manmade waterway on earth. But the Great Wall—13,000 miles of walls, towers and trenches that were begun 2,200 years ago—is the big draw. You may wish to venture to Beijing for an overnight excursion, with visits to the Forbidden City and Tiananmen Square. 📌

📺 **Go online:** Watch a video of the *Far East Discovery* cruise at [voc.com/videos](http://voc.com/videos)



# AUSTRALIA & NEW ZEALAND

A cruise to the "Land Down Under" gives you the chance to see spectacular scenery and wildlife, explore vibrant cities and experience amazing cultures





## Sydney, Australia

There are plenty of famous sites you can explore in Sydney, one of Australia's largest cities. Visit the historic waterside Rocks area, built by convicts, and gaze across that magnificent harbor. Nature lovers can head out of town to the beautiful Blue Mountains. Relax on the many beaches or visit the shops for retail therapy. Sydney is your oyster—and Sydney rock oysters are delicious.

## Melbourne, Australia

Melbourne is renowned as Australia's cultural capital, boasting chic shops, rooftop bars and trendy cafés. You can also find old trams and majestic European architecture. Highlights include Fitzroy Gardens and Cook's Cottage, which you can visit on your included tour. Or get close to the wildlife, including kangaroos and koalas.

## Hobart, Australia

You will have plenty of time to explore independently following a guided tour of Tasmania's waterfront. Its historic streets hold plenty of charm while its sandstone warehouses and pretty cottages hint at its colonial past. To learn more about Australia's history you can visit UNESCO-listed Port Arthur. First a timber camp, then a penal colony from 1830 to 1877, Hobart's heritage center now houses a museum charting Hobart's convict history.

## Dunedin, New Zealand

Known for its Scottish and Māori heritage, Dunedin—called the

“Edinburgh of the South”—even has its own tartan. A tour around this historic city uncovers charming weatherboard houses, smart Victorian buildings and the Octagon, the civic center of the city. To discover New Zealand's stunning scenery and wild animals, including penguins and fur seals, you can take an optional cruise along the Otago Peninsula.

## Christchurch, New Zealand

Christchurch is known as the “Garden City” for good reason; at its heart is Christchurch Botanic Gardens, a beautiful and elegant park founded in 1863 that is home to a collection of plants from all over the world. Take an optional excursion to the International Antarctic Center where you can meet Little Blue Penguins, cuddle huskies in the Husky Zone, learn how to survive an Antarctic storm and discover what it is like to live in modern-day Antarctica.

## Wellington, New Zealand

Located on New Zealand's North Island, Wellington is a fantastic city to explore. View panoramic sights and watch ferries sail in and out of the harbor from the top of Mt. Victoria; then visit some of the locations made famous in *The Lord of the Rings*. Wellington's cafés offer plenty of opportunities to relax and admire the architecture.

## Napier, New Zealand

The coastal city of Napier boasts beautifully preserved 1930s buildings, offering a charm all its

### Facing page, clockwise:

The sun bathes Wellington harbor with light; Napier's Sound Shell, an entertainment venue; a buzzing street scene in Melbourne; the distinctive Sydney Opera House; Christchurch Botanic Gardens; the Tasman Arch, found in the Tasman National Park; Tauranga's Mount Maunganui at sunset; vineyards on Waiheke Island, near Auckland; wildlife in New Zealand including yellow-eyed penguins


own. Highlights include the many vineyards that surround the city, and you can take an optional excursion to sample some of its vintages—pinot gris and Syrah are the region's signature styles.


## Rotorua (Tauranga), New Zealand

A glittering waterfront with great restaurants and bars, beaches and marine adventures awaits in the sunny harborside city of Tauranga. Settled by Māori in the late 13th century, Tauranga means “the place of rest or anchorage.” Explore its growing arts scene, then get to know about fascinating Māori history. You can also sample the Māori feast, the hangi, where food is cooked in an “earthen oven” of hot rocks, resulting in a distinct smoky flavor.

## Auckland, New Zealand

As New Zealand's largest city, there is so much to see and do in and around Auckland—nicknamed the “City of Sails”—from dining to shopping and hiking. You can take an optional tour to visit Waiheke Island, with its emerald waters and sandy beaches. Here you can enjoy scenic nature walks, but Waiheke is also home to some of the country's world-class wineries. 🍷

 **GETTING THERE:** You can embark on a 2018 15-day *Australia & New Zealand* cruise from Sydney to Auckland or in reverse.

 **Go online:** Find out more and watch a video about our *Australia & New Zealand* cruise at [voc.com/videos](http://voc.com/videos)



# TOP 10 MUST-SEES

## AUSTRALIA & NEW ZEALAND

Gain deep insight into the native and European cultures as you uncover the treasures of the "Land Down Under"

### 1 Soak up Melbourne's café culture

In a city famous for its restaurants, coffee lovers also find a diversity of bars and cafés that take coffee (and tea) drinking to new heights. From large coffee palaces to boutique cafés, there will always be somewhere to please your palate.



### 2 Taste wine from Marlborough

The center of New Zealand's wine sector is home to esteemed winery Cloudy Bay. Since introducing their first sauvignon blanc in 1985, it has been a key player in elevating New Zealand wine to the world stage. Prepare to indulge on an excursion to this celebrated wine region.



### 3 Explore the Shire

In 1998, Sir Peter Jackson's scouting team sought the perfect location to film their movies based on J.R.R. Tolkien's classic fantasy trilogy, *The Lord of the Rings*. An aerial search led them to Alexander Farm, a stunning 1,250-acre sheep farm in the heart of Waikato.



### 4

**Climb Sydney Bridge**  
*Get up close to one of the world's most iconic landmark bridges. At the summit, you can see the harbor 400 feet below in all its glory. Then pause to celebrate your ascent and take in the unrivaled views.*



### 5 Witness innovative restoration

In February 2011 a 6.3-magnitude earthquake struck Christchurch, causing severe damage. Today the city is preserving its rich heritage with innovative restoration plans. Do not miss the Container Mall, a post-earthquake shopping center made up of colorful shipping containers.



***Learn about  
Māori history***

*Steeped in myths and legends, there is no better place than New Zealand to immerse yourself in the culture and history of Māori people.*

9

**Spot native wildlife**

Witness two of Australia's most beloved and storied creatures in their natural habitat during a nature walk in the Serendip Open Range Sanctuary. Look out for eastern gray kangaroos, small wallabies and unusual Australian birds while you are on the trail.



6

**Visit a natural phenomenon**

Koekohe Beach on Otago's coast is home to the giant Moeraki Boulders. There are more than 50 spherical boulders and each one weighs several tons and measures up to 12 feet in circumference. Formed in the ancient sea floor sediment, they are estimated to be 60 million years old.

7

**Enjoy the flavors of Auckland**

Nicknamed the "City of Sails," Auckland is renowned for its fresh seafood and lamb. One of the best ways to get a taste of this vibrant city is by touring its eclectic neighborhoods. Head to Auckland's Seafood Market, where you can sample various local specialties such as coffee, cheese, chocolate and premium New Zealand wine.

10

**Uncover Sydney Opera House**

Pull back the curtain as you enjoy an insider's view of Australia's world-class opera house on a tour. One of the world's most recognized buildings and a UNESCO World Heritage Site, it hosts more than 1,500 performances each year.





A full-page background image showing a dense forest of trees with vibrant autumn foliage in shades of orange, yellow, and red, interspersed with evergreen trees. The forest is reflected in a calm body of water in the foreground. The sky is overcast with soft, grey clouds.

# FALL COLORS

Our *Eastern Seaboard Explorer*® ocean cruise itinerary is the perfect way to explore Canada, New England and the Big Apple and see the fall colors



**F**rom the vibrant French-Canadian cities of Montreal, Quebec and Saguenay, sail south around the coast to New York City, the jewel in America's crown. Along the way, discover a feast of culture and fabulous food as you explore Charlottetown, Halifax and Boston; bustling cities that were once tiny settlements forged by pioneers. This voyage along the east coast of North America is rich in natural beauty, history and modern-day triumphs.

## DAYS 1&2/MONTREAL, CANADA

Nestled on an island on St. Lawrence River, Montreal offers French culture in North America.

## DAY 3/QUEBEC CITY, CANADA

Considered the most French city outside France, highlights here include the Old Town and Place Royale.

## DAY 4/SAGUENAY, CANADA

Saguenay, a cosmopolitan Quebec city, was built on fur trading and timber industries.

## DAY 5/CRUISE THE ST. LAWRENCE RIVER

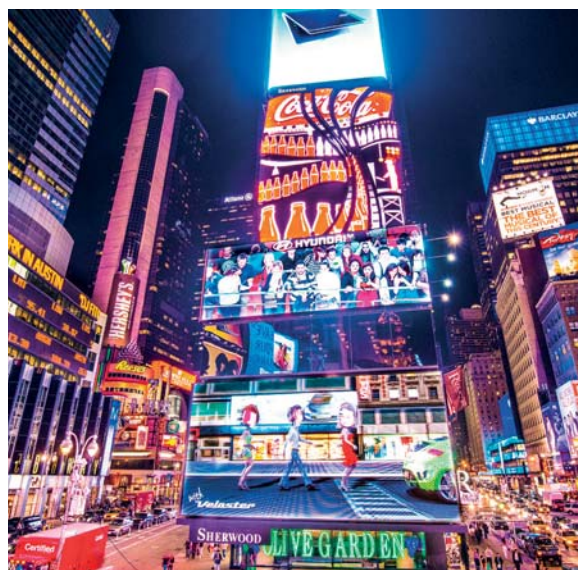
The St. Lawrence River is home to magnificent natural beauty and sophisticated capitals.

## DAY 6/CHARLOTTETOWN, PRINCE EDWARD ISLAND, CANADA

Prince Edward Island is a picturesque patchwork of farms and rolling countryside. Here you can enjoy a Ceilidh Kitchen Party and walking tour.

## DAY 7/CRUISE THE GULF OF ST. LAWRENCE

The waters of the Gulf of St. Lawrence are rich in exploratory history.



## DAY 8/HALIFAX, CANADA

Historic Halifax, the region's permanent European settlement, has a refined air.

## DAY 9/CRUISE THE EASTERN SEABOARD

Sail along the scenic coasts of Nova Scotia and Maine, crossing the Gulf of Maine.

## DAYS 10&11/BOSTON, USA

One of the most charming cities in the US, and the birthplace of the American Revolution. Among the many sites you can visit here are the Old North Church, where Paul Revere hung his telltale lantern, and the Old South Meeting House, where Samuel Adams started the Boston Tea Party. Farther afield, you can tour the famous USS *Constitution*.

## DAYS 12&13/NEW YORK CITY

You will experience the iconic moment of sailing into New York harbor before exploring this exhilarating city, with its astonishing architecture, museums and enticing vibe. Visit the Empire State Building, Central Park, St. Patrick's Cathedral, the Theater District and Times Square, and the powerful 9/11 Memorial. You will stay overnight in the Big Apple—a fantastic chance to enjoy the Harlem jazz and blues tour. 📍

### Clockwise, from facing page:

A forest in Canada shows beautiful fall colors; Boston has plenty of charm; bustling Times Square in New York

▶ **Go online:** Find out more about the *Eastern Seaboard Explorer* itinerary at [vikingcruises.com](http://vikingcruises.com)



# CARIBBEAN *Queen*

The sleek Nordic-style ocean ships of Viking are designed for smooth sailing—so how do they perform on the *West Indies Explorer*® itinerary? Liz Jarvis joined the inaugural sailing from Puerto Rico to find out

The view  
over Deep Bay  
Beach, Antigua









**T**he lilting tones of classic Bob Marley tunes are echoing across the Antigua bay, lobster is sizzling on the barbecue and champagne is being liberally poured. We have just boarded our catamaran after swimming in a sea so clear and warm it was like being in a bathtub, and now we are relaxing and chatting to other guests while the staff prepares our seafood lunch.

Viking certainly does the Caribbean right.

Our cruise began on the island of Puerto Rico, an easy connecting flight from New York. First impressions at night reveal a mini Las Vegas with many casinos and big hotels. But by day in San Juan, we discover a very different island with an irresistible Latin American vibe, prompting several impromptu renditions of “Tonight” and “America” from *West Side Story*.

We joined the included walking tour for an exploration of the Old Town before deciding to wander the winding cobblestone back streets, admiring the pristine stuccoed buildings painted in a

rainbow of pastel colors. We stop for mojitos at a grand hotel with a terrace shaded by giant palms, and it feels wonderful.

While there are small concessions to our *West Indies Explorer* itinerary on *Viking Sea*, including a special island cocktail of the day and menu changes in The Restaurant, the ship still retains its Scandinavian-inspired ambience. And actually, I think this works, because it simply feels as though you are coming home after a day exploring, rather than a contrived Caribbean experience that could seem unnatural on such an elegant, understated ship.

It also means that we can take full advantage of all the highlights of any Viking ocean cruise—dinner at the excellent alternative restaurants Manfredi’s and The Chef’s Table, the Rat Pack tribute show in the Torshavn® cabaret lounge, the splendid pool deck and, of course, the sumptuous comfort of our veranda stateroom, as well as The Spa, which is one of the best at sea. As a big fan of the Caribbean islands and their diversity (it is a myth that they are all the >

**Clockwise, from above:** Colorful houses in San Juan, Puerto Rico; St. Lucia’s Twin Pitons volcanic mountain range; mojito cocktails; Heliconia caribaea; bananas growing in the vegetation



WE WANDER THE WINDING COBBLESTONE  
BACK STREETS, ADMIRING THE  
PRISTINE STUCCOED PASTEL BUILDINGS













## EVERYTHING ABOUT OUR VIKING CARIBBEAN EXPERIENCE FEELS AUTHENTIC BUT ALSO GLAMOROUS

**Clockwise, from above:** Long-finned pilot whales; spot pelicans along the beach; *Viking Sea* sailing in the Caribbean; Tortola's charming waterside houses; Cane Garden Bay, Tortola

same—they each have their own identity and culture), I am delighted to discover that the itinerary features my favorites, Antigua and St. Lucia, as well as islands I have not visited before, such as the Virgin Islands (both British and American).

A definite highlight proves to be the main island of the British Virgin Islands, Tortola, where we take a sailing trip to Cane Garden Bay and zone out on the beach for the day, watching the pelicans, enjoying the beauty of the emerald mountains, basking in the sun, visiting the sand bars and, every so often, wading into the azure water for a swim. When we arrive back on board *Viking Sea*, everyone is chilled and smiling, full of Caribbean spirit.

All the excursions are provided local with welcoming, knowledgeable guides. During our catamaran cruise in Antigua, we are taken to a few of its 365 beaches—a brilliant day out and everything about our experience feels authentic, but also glamorous and sophisticated.

Perhaps my favorite excursion, though, is whale watching in St. Lucia. We set sail on a small

boat and everyone on board scoured the waves enthusiastically for signs of life.

After just 20 minutes we are rewarded with a sighting. At first all we glimpse are fins and ripples under the water. And then suddenly they appear, three pilot whales performing an aquatic ballet right in front of us as they leap across the ocean. They are wonderful, and it is a joy to watch them.

It turns out we peaked slightly too soon, because that is our only whale sighting for the next three hours. The skies turn indigo, the heavens open up and we are all soaked to the skin, but as the rum flows freely and reggae fills the air, nothing can dampen our spirits.

Viking may not be able to control the weather in the Caribbean, or predict the appearance of mammals, but everything else about our cruise is definitely delightful. ♡

▶ **Go online:** Watch a video of the *West Indies Explorer* cruise sailing roundtrip from San Juan in Puerto Rico at [voc.com/videos](http://voc.com/videos)









# Alaskan ADVENTURES

Our spectacular Alaskan voyage offers endless experiences, and the opportunity to see some of the world's most amazing animals in the wild

**B**egin your 11-day Alaskan adventure in Vancouver, with its astonishing mountain backdrop; from here sail north to Alaska, America's Last Frontier, a world of natural wonders including glaciers and, of course, spectacular wildlife. Here are some of the highlights of this incredible journey.

## Glacier Bay

Wild and remote, Glacier Bay National Park is part of a World Heritage Site that includes the ancestral homeland of the Tlingit people. It is a wilderness sanctuary to dozens of land and marine animals, such as harbor seals, porpoises, sea otters and whales, including the majestic orca, as well as breathtaking glaciers.

## Ketchikan

Set against a backdrop of forested hills, the bustling town of Ketchikan, known as the "Salmon Capital of the World," has a lively waterfront buzzing with floatplanes, fishing boats, ferries and barges.

## Sitka

Russians arrived here as early as 1741 and you can explore Sitka's colorful heritage on a walking tour; other attractions include native Tlingit and Haida totem poles.

## Juneau

You can only reach Alaska's capital by boat or plane, and it is well worth it; the city center hugs the sides of Mt. Juneau and Mt. Roberts and is a maze of narrow streets where historic storefronts sit alongside new buildings. You may wish to join an included excursion to pan for gold at Gold Creek, take a tram up Mt. Roberts, or walk on the glacier.

## Skagway

Skagway was once home to 80 saloons filled with prospectors on their way to Canada's Klondike gold fields, and you can explore the city's colorful history on an included tour that also takes you on the White Pass Railroad. From the comfort of your vintage train carriage, you will climb nearly 3,000 feet and enjoy breathtaking panoramas of mountains, glaciers, gorges, waterfalls and forests. Or, you may wish to take part in the local tradition of dog sledding or "mushing" with Alaskan huskies on an optional excursion.

## Icy Strait Point

Before refrigeration, Alaska's canning industry was big business, and one cannery, Icy Strait Point, has been beautifully restored by the Huna, a Tlingit tribe, who have lived along Icy Strait for



**Above:** A bald eagle catches a fish in Alaska  
**Facing page, clockwise:** Seals are common sights on glaciers; a canoe in Ketchikan; grizzly bears in the wild; Ketchikan's colorful waterfront buildings; Glacier Bay, where you might spot orca whales

thousands of years. Optional tours here include the opportunity to go stream fishing and catch your own fish of the day.

## Valdez

Valdez offers dramatic mountain views and, thanks to the "black gold" that flows through the town's oil pipeline, there are fascinating museums and plenty of things to explore here.

## Seward

On the edge of Resurrection Bay where the ocean meets the mountains and the forests, Seward offers great shopping, cafés and restaurants in the historic old town, and the chance to get up close to the wildlife at Resurrection Bay. 🐻

🔗 **Go online:** You can find out more about cruises to Alaska at [vikingcruises.com](http://vikingcruises.com)





# PORTUGUESE





# *moments*

Stunning scenery, *fado* music, custard tarts and good wine—*Portugal's River of Gold* is an enchanting river cruise along the Douro

**Facing page, clockwise:** A view of Lisbon's Alfama district; the map mosaic in the Belém neighborhood; Porto's waterfront; a statue of Vasco da Gama; the Bica Funicular in Lisbon; decorative tiles around a door in Lisbon; ornate street lamps







A

**Facing page, clockwise:**  
Sunset in the Portuguese capital; delicious *pastéis de nata* or Portuguese custard tarts

sleepy warmth hangs in the early afternoon air as we arrive in Lisbon, and the Portuguese capital exudes a relaxed, faded charm. Laundry hangs from exquisitely fashioned wrought iron balconies in ancient quarters crammed with hilly, winding streets shaded from the midday

sun. The “White City,” as it is known, is used to welcoming strangers with open arms and carrying on with its daily business regardless.

Spending a few days in the city before embarking on our river cruise on the Douro gives us the chance to fully appreciate Lisbon’s golden, crumbling beauty. Strolling past smart designer shops and superb art deco buildings on one side of the road, and a dusty flea market full of curiosities on the other, we witness a city oozing radiant and eclectic charm.

Riding on one of the city’s famous yellow trams, we travel up to the Old Quarter (Bairro Alto) to discover a labyrinth of narrow alleyways populated with cozy haunts hosting live *fado* music, traditional restaurants, inviting tapas and wine bars, and disheveled limestone buildings with sweet hand-painted wall tiles.

The following day, our enthusiastic local guide takes us on a drive around the city, pointing out the iconic buildings and important figures that have shaped the country over the centuries. From the Romans to the Spanish and the Moors, the influences on this picturesque part of the Iberian Peninsula have made for a dramatic landscape of impressive architectural styles, all brought together under a very special light that has to be experienced to be appreciated. Lisbon boasts no fewer than 28 hills, so wherever you are in the city you are guaranteed a brilliant vantage point.

Belém, in the city’s western district, is our next stop—the home of *Pastéis de Belém*—Portugal’s best-loved sweet treat. Only custard tarts hailing from the original bakery here (where they have been made to the secret recipe of the monks of Jerónimos Monastery for centuries) can call themselves *Pastéis de Belém*. Elsewhere, in every village, town and city throughout Portugal, they are referred to as *pastéis de nata*, or just *nata*. Making it a personal mission to taste as many as possible throughout our trip, I can tell you that they taste just as good everywhere, especially with a sprinkling of cinnamon and confectioners’ sugar.

Belém benefits from a gorgeous location overlooking the Atlantic Ocean, as well as some of Lisbon’s most iconic structures built in honor of Portugal’s Age of Discovery. Nothing quite prepares you for the gigantic, gleaming white magnificence of the Monument to the Discoveries with its lineup of dazzling, sea-facing statues depicting the country’s most celebrated explorers.

Equally impressive is Jerónimos Monastery, where Portugal’s most famous explorer, Vasco da Gama, is laid to rest in a suitably ornate tomb. The historic attractions are brought to life with brilliant commentary from our guide, accessed via our supplied Quietvox tour earphones. These genius pieces of gadgetry are not only easy to use, but enable you to wander at your own pace—away from the main huddle of the group if you wish—without missing out on any of the facts or fascinating stories.

After two days exploring Lisbon, we make an early start for the most eagerly anticipated part of our trip: joining our ship. Settling in to the most comfortable motor coach I have ever traveled on, we listen to our guide’s stories about the local landscape and people, and exchange tales of our Lisbon discoveries with our fellow travelers. People begin to bond, finding much more in common than current circumstances, and as a result, the atmosphere on the coach is relaxed, convivial and familiar. We are a mixed group: ages, nationalities, groups of friends, couples—even a grandfather traveling with his 20-something granddaughter. ➤







And they are a very lively bunch at that. It is hard to imagine that just 48 hours ago none of us had even seen each other before, let alone shared photographs and laughed together.

The historic city of Coimbra, the first stop on our journey to Porto, is a UNESCO Site and famed as the birthplace of Portugal's oldest university, boasting a huge student population committed to keeping the traditions of the institution alive. Our guide leaves us in the charming company of a becloaked alumnus who regales us with hilarious stories of student antics, from weeklong, ribbon burning ceremonies to spontaneous streakings through the ancient streets.

Rumor has it that J.K. Rowling, who spent time living in Portugal many years ago, based Hogwarts's

school uniform on the one worn by the Coimbra students, and it is easy to spot the resemblance.

*Harry Potter* aside, the most magical part of the whole Coimbra experience is the opportunity to visit the spectacular baroque library.

Built in the 18th century to glorify the magnanimity of King João V—also known as the “Portuguese Sun King”—this treasure chest of ornate gold carvings, fine marquetry and splendid hand-painted ceilings houses some of the oldest and rarest books in the world. We are fascinated to learn that a colony of neutered bats

had been introduced to make their home behind the highest bookshelves and keep any paper-eating insects at bay—a charming anecdote that is as true today as it was in the 1700s.

Having worked up an appetite, our next stop is lunch and another opportunity to get to know each other better over some good food and wine. In a sun-drenched restaurant on the outskirts of Coimbra, we are welcomed by more

students who lay down their cloaks for us to walk over in another time-honored ritual. Over a typical

Portuguese lunch, the wine keeps flowing and we are treated to a mesmerizing live performance of *fado* music. I was not expecting to enjoy Portugal's traditional melancholic folk music, but the beautiful, haunting melodies and heartfelt vocals are completely captivating. Our guide's description of *fado* as “the presence of absence” sums up the songs' style perfectly and it is difficult not to be moved.

*Viking Hemming* is stunning, inside and out. Smaller than the Viking Longships, but built and furnished to the same high standards of comfort and

## PRETTILY PAINTED HOUSES, A BEAUTIFUL CATHEDRAL AND BUSY PLAZAS DEFINE PORTO





**Facing page,  
clockwise:**

The vineyards of the Douro Valley; bottles of port; kegs of wine in a cellar; the regal facade of Mateus Palace, Vila Real



quality, it is one of three ships designed specifically to navigate the valleys and locks of the Douro. The crew comes out in force to welcome us on board with warm smiles, hot towels and a delicious glass of local white port—a welcome that is repeated daily every time we return from our included excursion.

After a good night's sleep—and an even better breakfast on board our stylish ship—our first day on the Douro is spent exploring Porto, the epicenter of port wine production. Prettily painted houses, medieval relics, soaring bell towers, busy plazas and a beautiful baroque cathedral define Portugal's second-largest city, as do the dark, inviting port cellars and tempting shops.

And in the heart of the city is truly one of the most spectacular railway stations in the world, the São Bento Railway Station. Exquisitely tiled in hand-painted blue and white ceramics depicting scenes from the port wine industry, the interiors of the building are more akin to an art gallery. As I gaze in awe at the magnificent murals, I wonder how many locals actually stop to appreciate the beauty of this place as they make their daily commute to work.

Port country is like the wine itself: warm, comforting and distinctive. Once on the Douro, however, we enter another world altogether—one of gently sloping terraces, sheer rock faces and hilly rural villages steeped in history and charm.

One of my favorite places is Vila Real, home of the incredibly opulent Mateus Palace. It resembles a wedding confection, and the palace and its impressive

formal gardens were the inspiration for the famous Mateus Rose wine label. At the Sandeman port wine estate, Quinta do Seixo, we are shown around the cellars by our host, dressed in the long dark cape and wide-brimmed hat of the brand's mysterious hallmark figure, before being led out to a table facing the most spectacular views of the Douro Valley below. Here, we sample some of Sandeman's finest ports as we drink in the extraordinary beauty of our surroundings and raise a glass to a memorable trip.

I had expected to enjoy my river cruise—the service to be impressive, the ship beautiful, the food wonderful and the excursions excellent—after all, I was traveling with Viking.

What I did not expect, however, was just how much fun I would have, how many fascinating people I would meet, how lively the evenings would be and how strong a bond we would all form with the fabulous staff. Everything about my cruise was special, but it was probably the intangible things, such as the laughter, friendship and shared experiences, that made it truly precious. **V**



**GETTING THERE:** Viking offers its 2018 10-day *Portugal's River of Gold* cruise sailing from Lisbon to Porto, which varies slightly from previous sailings.



**Go online:** You can find out more about the destinations visited on the *Portugal's River of Gold* cruise by going to [vikingcruises.com](http://vikingcruises.com)





# LISBON

This Portuguese capital offers visitors an eclectic mix of traditional and modern culture, making it one of the highlights of the Douro River cruise itinerary

From its stunning Praça do Comércio on the Tagus River to the marvelous Jerónimos Monastery with its world-renowned cloisters, Lisbon is a city that moves you.

Founded in Neolithic times by Iberian Celts, Lisbon (meaning “safe harbor”) is set on seven hills. Over the centuries a succession of occupants settled there, including the Romans; it fell to the Moors in 711 AD. Visit their Castelo dos Mouros on an optional tour to Sintra on the outskirts of Lisbon.

By the 1400s, Portugal was a colonial power leading the way in exploration. Lisbon’s turning point came in 1755 when it was destroyed by an epic earthquake. Redesigned by the Marquis de Pombal,

Lisbon was rebuilt most notably in Baixa, with its broad avenues and squares.

Today you can take a walk through the fortified Lisbon Moorish quarters, or *bairros*: Bairro Alto for its nightlife, trendy Chiado on the west, multicultural Mouraria, ancient Alfama and Castelo with the 12th-century São Jorge Castle to the east.



## Must-sees

Tourists flock to the UNESCO World Heritage Site of Belém Tower, while the Museu do Teatro Romano houses the ruined Roman amphitheater, built by Augustus. Visit the Calouste Gulbenkian Museum northeast of Eduardo VII Park,

which houses a magnificent collection of Egyptian, Greek, Roman, Islamic, Asian, and European art including works by Rembrandt and Monet.

In the city’s historic Alfama District, the battlements of Moorish São Jorge (Saint George) Castle give a bird’s-eye view of the capital.

Alfama is the only district that survived the earthquake and a stroll here takes you along cobblestone streets and up soaring hills—there are plenty of cafés en route.

Sé Cathedral, with its two bell towers and a rose window, is Lisbon’s oldest building dating from the 12th century. The capital’s more recent links to Christianity can be seen at the delightful Madre

**Clockwise:** Praça do Comércio; people dancing to *fado* music depicted on tiles; *bacalhau à bras*, a typical Portuguese dish; people gather around the Monument to the Discoveries





de Deus Convent on the city's western edge, now home to the National Azulejo (ceramic tile) Museum.

Santa Justa Lift, inaugurated in 1902, is a major Lisbon attraction. The 148-foot-high (45 m) iron tower, observation platform and walkway connects lower Baixa with Carmo Square.

Another iconic sight is the yellow wooden Tram 28. Start your journey at the foot of the 18th-century bohemian Bairro Alto and pass through Baixa and Chiado before enjoying churches and castles on Alfama's cobblestone hills.

### Shopping

Príncipe Real, an extension of the Bairro Alto, is Lisbon's hip shopping quarter. Embaixada is an 1800s mansion that specializes in Portuguese design pieces. Baixa is the old shopping district where the Conserveira de Lisboa, selling only canned fish, is a must. Also in Baixa is Pelcor, with


its award-winning cork design pieces. Upmarket Chiado has independent shops as well as the Armazéns do Chiado mall, while along Avenida da Liberdade you will find Louis Vuitton and Armani.

### Eating

Settle on a bench at the new food court at Mercado da Ribeira, Lisbon's biggest fresh-food market, where 35 kiosks sell regional specialties.

The city is famed for its seafood and the restaurant Ramiro is a Lisbon institution.

Chandelier-lit gilded-wood and stucco interiors are on display at Tavares, which serves up sole cooked in a champagne sauce and *bacalhau* (cod fish). And visit the family-run Pastéis de Belém cake shop; the secret recipe was sold to them by monks in 1837. ♥

 **Go online:** Watch a video of the Portugal's River of Gold cruise at [vrc.com/videos](http://vrc.com/videos)



## PIRI PIRI CHICKEN

Portuguese settlers in Africa during the 15th century first invented the recipe for a spicy chicken marinade made with garlic, red wine vinegar, paprika and an African bird's eye chili. In fact "piri-piri" is Swahili for "pepper-pepper." Today you will find variations of this traditional dish everywhere in Lisbon. Spatchcocking (flattening out) the chicken allows it to cook quickly and evenly. And, of course, it tastes even better cooked outside over hot coals.

### SERVES 4-6

- 1 large fresh chicken
- 4 red chilies
- 4 cloves garlic
- 1 tsp sea salt
- 1 tsp dried oregano
- 1 tsp paprika
- 3½ fl oz (100 ml) olive oil
- 1¼ fl oz (50 ml) red wine vinegar
- Salt and freshly ground pepper

### METHOD

**1** To spatchcock the chicken, place it breast-side down on a board. Using a sharp knife or poultry shears, cut down either side of the backbone and remove, then turn the chicken over and flatten it out, pressing down gently on the breastbone.

**2** To make the piri piri sauce, deseed and chop the chilies, and peel and crush the garlic. Using a pestle and mortar, crush the chilies, garlic, sea salt, oregano and paprika into a smooth paste.

**3** Stir in the oil and red wine

vinegar, mix well. Reserve a couple of tablespoons of the sauce for basting, then place the spatchcocked chicken on a large tray and smother in the piri piri sauce, rubbing it well into the chicken. Cover and refrigerate for one to two hours.

**4** Preheat the oven to 400°F (200°C), then season the marinated chicken well and roast in the oven (or barbecue) for 30 to 40 minutes, basting occasionally with the remaining piri piri sauce, until completely cooked through. Serve with salad and crusty bread. ❶



PORTUGUESE RECIPE







Pont Alexandre III  
Bridge illuminated  
at sunset, Paris



# *France's* FINEST

This itinerary combining two Viking river cruises gives you  
an authentic taste of the French *joie de vivre*







eram





It is a warm, sunny spring afternoon in Paris and as we stroll along the Champs-Élysées, stopping at a nearby park for an ice cream, we feel lucky to be exploring this glorious city. As total Francophiles, with a serious *fromage* addiction, we could not wait to embark on the *France's Finest* river cruise. The prospect of journeying through Paris and Normandy to Burgundy and Provence all in one trip was far too good for us to miss.

As first-time river cruisers, we loved the relaxing pace as our ship, *Viking Longship Buri*, meandered through the French countryside and the excitement of opening the drapes every morning to breathtaking views. A particular highlight was our visit to Giverny, the former home of French impressionist painter Claude Monet. Seeing the iconic gardens and stone farmhouse where he lived and worked was wonderful, and of course the Japanese bridge and water lilies are instantly recognizable. It is easy to understand why its daffodils and primroses inspired his work.

We felt inspired, too, by the views from our ship. It is not every day you get to glide down the Seine past the charming Île Saint-Louis and Île de la Cité, the grand and imposing Notre Dame Cathedral looming on one side; and we saw many châteaux. My husband and I both fell in love with France on our trip.

Given that the cruise sails through a country known the world over for its fine cuisine, it would be fair to expect the food on board to live up to the local standards—and we were not disappointed. The range of authentic dishes available at lunch and dinner, stylishly presented, was amazing, and we liked the fact that it was not formal—we could both dress casually ➤



**Clockwise, from facing page:** The Great Clock, a 14th-century astronomical clock in Rouen; Château Gaillard overlooks Les Andelys; a Viking Longship is docked; Monet's picturesque garden in Giverny





for dinner if we chose to. In the evenings, onboard entertainment included a talented pianist and cheese and wine tastings. It was the perfect set-up and atmosphere for making new friends—everyone seemed determined to spend as much time socializing as possible, and we stayed up late on a few nights in the Lounge. We also had the chance to practice our French (with mixed results) during a visit to a local market.

The itinerary included an excursion to the beaches of Normandy, the site of the D-Day landings, which was an unforgettable experience.

A visit to the small nearby town of Les Andelys was another delight, with Château Gaillard, which was built in 1196 by Richard the Lionheart, followed by a late evening docking in Conflans-Sainte-Honorine.

In the medieval city of Rouen we took a walking tour through the center of Old Town, marveling at sights such as the Gothic Notre Dame Cathedral and the famous Gros Horloge, a 16th-century astronomical clock. Walking among the half-timbered buildings made me feel as if we were transported back through

## WE FELT INSPIRED BY THE VIEWS FROM OUR SHIP; BOTH OF US FELL IN LOVE WITH FRANCE

time. Rouen is steeped in history—it is here where you can see the 14th-century courthouse where Joan of Arc was sentenced to death and the nearby Market Square where she was martyred.

Back in the capital, we took advantage of the optional tour to the Château de Versailles, the opulent home of Louis XIV. It is difficult not to disapprove as you stare at the gilded decor, manicured gardens, and ceiling frescos knowing the extreme poverty French peasants were plagued by at the time; but it is equally hard not to be impressed by its majestic splendor.

The *France's Finest* itinerary is designed for you to enjoy the sailing experience—weather permitting there is a whole afternoon dedicated to scenic cruising and





there are multiple opportunities to get that perfect picture for the photo album.

Avignon is one of the most spectacular destinations we visited on this trip and there is a leisurely walking tour of the town included in the itinerary, when you can see the iconic Palace of the Popes, and *Viking Buri* is docked a short walk away from Pont d'Avignon, the famous medieval bridge that boasts more fantastic views. There is also an optional tour exploring the Châteauneuf-du-Pape vineyard before returning to the ship for an evening talk about French cheese.

The Festival d'Avignon was in full swing when we visited in July. The meandering roads and squares were blocked off to vehicles and teeming with tourists. We knew we would be back to visit Avignon later in the week, so we took our time to soak up the ambience and watch street performers bring the scene to life.

Another highlight is Lyon. It is such a wonderful bustling city, full of people running, cycling and working out on the wide footpaths alongside the river, creating a lively atmosphere. The Saône River flows

**Facing page:**

Pont d'Avignon is a famous medieval bridge in Avignon

**This page,**

**clockwise:** The opulent Château de Versailles; Lyon's Musée des Confluences, a science center and museum; a bottle of Châteauneuf-du-Pape red wine

parallel to the Rhône and districts are divided by spectacular bridges and beautiful waterfronts. Everywhere you look is a picture-perfect moment.

Famous for its gastronomy, restaurants in Lyon offer everything from local delicacies such as tripe in the *bouchons* to Mediterranean cuisine—you can find anything you want. You can join the walking tour and explore the many passageways and architectural splendors or go it alone and see where the mood takes you. The hill leading up through a botanical garden to the Basilica of Notre Dame is hard work on the legs but worth it as it stands in a prominent position overlooking the city, affording great views.

*France's Finest* includes all meals, and wine and beer with lunch and dinner. For a little extra you can upgrade to the Silver Spirits beverage package where you can sample premium wines from regions visited on the trip. Gin and tonic in hand, we wandered through the Lounge, past the onboard pianist and toward the Aquavit Terrace at the back of the ship, a beautiful open-air deck designed for relaxation with a view. ➤





**Top to bottom:**

The Aquavit  
Terrace on board  
Viking Longships;  
Provence is  
renowned for its  
lavender fields;  
cheese for sale  
at an artisan  
food market

**Facing page:**

Inside the Basilica  
of Notre Dame  
on Fourvière  
Hill, Lyon



One level up is the top deck where you will find sun lounges, putting green and a walking track if you feel inclined to work off those indulgent meals.

Scandinavian style including Nordic blond wood is a theme throughout the ship. From the Atrium, the sleek stairs lead up to an enormous painting of the Nordic god Buri, the ship's namesake. The pride Viking has in its Nordic heritage is evident from the fine details within the decor through to Norwegian classics available each day à la carte, such as Norwegian salmon. The Restaurant itself is perfectly set, showcasing the popular river-view tables; all are decorated with pristine white cloths, timeless glasses and gorgeous blue plates by Iittala. The room glows with natural light and offers a calming and elegant atmosphere in which to dine.

Our stateroom felt surprisingly spacious; the bed was immaculately laid with white Egyptian cotton sheets and the veranda gave us the option of a private al fresco dining experience or just a quiet spot to sit with a glass of wine and watch the picturesque scenes.

In the latter end of our journey we joined the optional Beaujolais and truffles tour, a full day of excursions designed to please the palate and educate about local cuisine and wine trades. Our guide drove us through the region's most stunning scenery, stopping by at Château de Pierreclos so that we could sample the local wine at a private tasting.

Continuing on our journey through the most spectacular countryside, we watched the Provençal world go by; small children carrying their fishing rods to the nearby lake, while a lady was preparing meat for roasting at an upcoming wedding.

Truffle hunting at a local farm was another highlight; watching the relationship between farmer and dog as they scoured the land was just fabulous. We savored the truffle, mixed into butter and spread on bread, before our final stop at a goat cheese farm—the perfect way to end an indulgent gastronomic day and our fabulous French river cruise on *Viking Longship Buri*. 🍷



**GETTING THERE:** Viking offers its 2018 15-day *France's Finest* cruise from Paris to Avignon or in reverse.



**Go online:** You can watch a video of the *France's Finest* cruise by visiting [vrc.com/videos](http://vrc.com/videos)



LYON HAS MANY PASSAGEWAYS  
AND ARCHITECTURAL  
SPLENDORS YOU CAN EXPLORE







# BORDEAUX

With its beautiful boulevards, graceful bridges, historic monuments, churches, museums and parks, Bordeaux is a fabulous destination for a French sojourn

Known as the “Port of the Moon,” and located on the Gironde estuary, Bordeaux is an elegant, gracious city. Its wide squares, including the Place des Quinconces and the Place de la Bourse, with its spectacular reflecting pool, the *Miroir d'eau*, make it a pleasure to explore.

The name Bordeaux comes from a Celtic settlement in the area, Burdigala, circa 300 BC. The city became the capital of Roman Aquitaine, which it remained until 276 AD when it was attacked by the East German tribe known as The Vandals. In the 5th century it was again attacked by Vandals, then by Visigoths and Franks; later there was trouble with

the Andalusian Muslims, the Basques and even the Vikings.

In the 12th century the city’s fortunes improved when the duchess Eleanor of Aquitaine married Henri Plantagenet, who later became King Henry II of England.

Bordeaux flourished, largely due to its wine trade, and was eventually incorporated into the Kingdom of France.

The 18th century was considered a golden age for Bordeaux, and many of the buildings in the downtown area date back to this era. Parts of Paris are said to be modeled after Bordeaux.

Victor Hugo, the poet and author of *Les Misérables*, loved the city and declared “take

Versailles, add Antwerp, and you have Bordeaux.”

During World War II, the city’s port was used as a submarine base for the German and Italian navies; the giant, concrete reinforced pens are still present today and are sometimes used for cultural exhibitions.

## Must-sees

Bordeaux is often called “the City of Art and History,” and has 362 historic monuments, surpassed only by Paris. The most popular museums are probably the Musée des Beaux Arts, the Musée d’Aquitaine and the Musée du Vin et du Négoces—a whole museum

**Clockwise:**  
Place de la Bourse at dusk; the Pont de Pierre; artisan cheese on sale at a market; Bordeaux is famous for its wines





dedicated to wine. Other highlights include the Triangle d'Or (Golden Triangle), with its honey-colored stone architecture, and the Place de la Comédie, where you will find the magnificent neoclassical Grand Théâtre.

Visit the Gothic St. Michel church and the medieval St. Pierre district, where narrow streets and little squares and countless bars and restaurants can be found.

### Shopping

The Rue Sainte Catherine is a pedestrianized area dedicated solely to shopping. The further you move toward Place de la Comédie and the nearby Cours de l'Intendance, the fancier the shops become. Here you will find classic French designers as well as upmarket boutiques. For souvenirs and gifts, stroll along the Quai des Marques.

### Eating

Bordeaux is home to many fine restaurants. Specialties include oysters, fish and steak.

Try La Tupina—voted the second best bistro in the world by the *International Herald Tribune*—which is located in the gastronomic heart of Bordeaux known as La Rue Gourmande.

And for *canelés*, those quintessentially Bordelais rich dark caramel cakes with a delicious center flavored with rum and vanilla, head to local chain Balliadrán.

Of course, as with any part of France, food and wine are equally important, but wine is undoubtedly one of the major attractions of Bordeaux.

The city is renowned as the capital of the world's wine industry, and the Center for Wine Culture and Tourism officially opened its doors two years ago.

Wineries are everywhere and the owners are more than happy to offer samples in an attempt to lure you into buying a bottle from them and not their local competitors. ♥

▶ **Go online:** Watch a video of the *Châteaux, Rivers & Wine* cruise at [vrc.com/videos](http://vrc.com/videos)



## MILLE-FEUILLE (NAPOLEON)

This classic French pastry, which translates literally as “a thousand leaves,” sandwiches delicately layered puff pastry with rich crème pâtissière (pastry cream). It is also known as a Napoleon, not in honor of the French 19th-century emperor, but due to its origins relating to the Italian city of Naples. It was originally called a Napolitain, or a Neapolitan—a sweet treat in the Naples style. On board Viking ships, the mille-feuille is made extra special with the addition of raspberries and decadent gold leaf.

### MAKES ONE SERVING

- 1 pack all-butter puff pastry sheets (two sheets, you will only need one sheet)
- 2½ oz (70 g) confectioners' (icing) sugar
- 7 oz (200 g) frozen raspberries, thawed
- 11 fl oz (325 ml) whole milk
- 3½ oz (100 g) caster sugar
- 2 tbsp flour
- 2 tbsp cornstarch
- Pinch of salt
- 4 large egg yolks
- 1¾ oz (50 g) caster sugar
- 1 lemon, zest only
- 4 fl oz (120 ml) whipping cream
- 2 tbsp sugar
- 2 oz (55 g) mascarpone
- ½ tsp almond extract

### To assemble:

- Fresh raspberries
- Gold leaf

### METHOD

**1** Preheat the oven to 325°F (170°C). Place the puff pastry sheet on a floured surface and cut into three lengthways and then cut each strip in half, leaving six individual rectangles.

**2** Place the pastry rectangles on a baking tray lined with baking paper. Cover with another layer of baking paper, and then another baking sheet to weigh down the pastry. Bake for around 30 minutes, until golden brown. Dust the hot pastry with confectioners' sugar, then allow to cool.

**3** To make the raspberry pastry cream, heat the milk in a saucepan over a medium heat until hot, but do not allow to boil.

**4** Meanwhile, whisk the sugar, flour, cornstarch and egg yolks into a smooth paste. Slowly add the hot milk, whisking all the time. Pour the liquid back into the pan and whisk constantly until

thick and smooth. Allow to cool.

**5** Blend half the thawed raspberries and press through a fine sieve. Stir the juice into the pastry cream, then set aside.

**6** In a saucepan, make a simple raspberry jam—heat the raspberries and sugar. Bring gently to the boil, stirring constantly until thickened. Remove from the heat and stir in the lemon zest. Set aside to cool.

**7** To make crème Chantilly, whisk the whipping cream, sugar and mascarpone until smooth, then stir in the almond extract.

**8** To assemble the mille-feuille, lay three of the pastry rectangles on a board. Spread evenly with the raspberry jam, then add six raspberries. Pipe the raspberry pastry cream in between the raspberries with a star-shaped nozzle. Add the top layers, then pipe the crème Chantilly over each top layer. Finish with a fresh raspberry and some gold leaf. **V**













# WATERWAYS OF THE TSARS

See the swirling onion domes of Moscow's Red Square, soak up the steam in a traditional *banya*, and lose yourself in the opulence of Peterhof Palace on this 13-day cruise through Russia





# *Russian* HISTORY

This enormous country has  
been through some extraordinarily  
turbulent times



The first state of the Rus came into existence in 882, after migrations of Eastern Slavs formed the unified state of the Kievan Rus. This, along with other Russian states, existed alongside one another, sometimes warring, until they were almost wiped out by the Mongol invasion in 1237, culminating in the fall of Kiev in 1240. Muscovy became the dominant Rus state after that, as the others remained under Mongol control until the 15th century.

The Grand Duchy of Muscovy annexed its main rival, Novgorod, in 1478, and broke from being a vassal of the Mongol Golden Horde in 1480, annexing Tver in 1485. Ivan III, who ruled from 1440 to 1505, also took land from Lithuania; under his rule, Muscovite territory was tripled, and the foundations of the Russian state were laid. During his reign, the Moscow Kremlin was renovated, and has since become one of the most iconic images of modern Russia. Ivan married Sophia Palaiologina, the niece of the last (Byzantine) Roman Emperor, and laid the claim that Muscovy was the successor of Rome; the Third Rome, the culmination of Slavic-Byzantine synthesis which saw Orthodox Christianity become the dominant religion in Russia.

Ivan's successor, Vasili III, extended the borders to the Dnieper River, and his son, Ivan IV was crowned in 1547 as the Tsar of all Russia. That Ivan, who would be later known as Ivan the Terrible, would expand the Tsardom of Russia by an average of 35,000 km<sup>2</sup> per year (an area roughly the size of The Netherlands), and he ruled for 27 years, expanding eastward and turning Russia into a multi-ethnic empire.

The Tsardom's foreign policy was not as successful facing west as it was east, however, as their enemies in the Polish-Lithuanian Commonwealth, Sweden and the Ottoman Empire often proved too great a foe. It was only after the ascension of Peter the Great in 1696 that the tables turned. Taking

**Facing page:**  
Towers of the Kremlin in Moscow  
**Below:**  
A depiction of Bloody Sunday in St. Petersburg

inspiration from an incognito tour of Western Europe, he built a new capital, St. Petersburg, and, with victory over Poland-Lithuania, Sweden and the Ottomans in the Great Northern War, founded the Russian Empire in 1721.

Under Peter the Great's rule and that of his daughter, Elizabeth, Russia underwent sweeping social, political and cultural reforms that saw it transformed into a modern continental power.

Catherine the Great, who ruled from 1762 to 1796, continued Russia's expansion, but the elaborate palaces and military campaigns had a negative impact on a people that were still wholly illiterate and agricultural. There was no large scale industrial revolution across Russia's vast steppes in the 19th century like there was in Western Europe; although Russia defeated Napoleon in 1812, its retention of serfdom meant its economic growth was limited. Its territory grew, with the acquiring of Congress Poland, but it was then defeated in 1855 in the Crimean War by a European coalition. Russian rulers did what they could but none of them were willing to implement reform on a huge scale, and discontent and radicalism grew. This came to a head on Bloody Sunday in 1905, following Russia's disastrous defeat against Japan. This

unrest, combined with the losses suffered by the Russian Empire in World War I, led to the February Revolution in 1917; the executions of Tsar Nicholas II and the Russian royal family; and the October Revolution. The subsequent civil war and famine resulted in the deaths of millions.

By 1923, the Soviet Union had emerged from the ashes. Now with an ideological tool, the masses were motivated to fight for mother Russia, and in 1940 Russia invaded the Baltic states, Poland, Romania and Finland.

The German-led Axis invasion in June 1941 resulted in nearly four years of the most destructive warfare the world has seen, and Russia suffered losses of more than 20 million people. During the Cold War that followed World War II and for the next 50 years, the Soviet Union dominated in Eastern Europe and fought proxy wars against the US with millions of lives lost.

Since the USSR's collapse in 1991, modern Russia is smaller, its population declining and its foreign policy less aggressive. It suffers from internal and external issues. But the glittering cities of Moscow and St. Petersburg remain among the most impressive in the world, and throughout it all, Russia has retained its position as a global superpower. ▼





# Russian ART & ARCHITECTURE

Perhaps more so than any other country in the world, Russia's art and architecture has been influenced by its remarkable history



In addition to its intricate handicrafts and icons, Russia has a long tradition of classical painting. The Russian Academy of Arts was created in 1757, aimed at giving Russian artists an international role.

In the early 19th century, Russian artists focused on mythological and Biblical themes, but this gradually gave way to realism, which depicted landscapes as well as social commentary, including the plight of the poor.

By the turn of the 20th century, many Russian artists developed their own unique styles. These include Boris Kustodiev, Kuzma Petrov-Vodkin, Mikhail Vrubel and Nicholas Roerich. Many works by the Peredvizhniki group of artists have been highly sought after by collectors in recent years.

The Russian avant-garde is an umbrella term used to define the

**Clockwise:**  
*Barge Haulers on the Volga* (1870-1873), a painting by Russian realist artist Ilya Repin; *The Fiddler* (1912) by Marc Chagall



large, influential wave of modernist art that flourished between 1890 to 1930. Notable artists from this era include Wassily Kandinsky and Marc Chagall. After the Russian Revolution a new kind of diversity emerged; while artists were free to create whatever they liked, there was a government incentive to create art for the people; officially approved art had to follow the doctrine of Socialist Realism.

Soviet artists produced works that were furiously patriotic and anti-fascist in the 1940s. Following the death of Stalin in 1953, artists felt more free to paint what they liked again, although artistic policy under Khrushchev was not quite as liberal as everyone hoped. But the emergence of Perestroika and Glasnost under Mikhail Gorbachev in the 1980s and the collapse of the Soviet Union meant that Russian artists were once again free to create as they chose.

## BUILDING RUSSIA

Apart from *kremlins* (fortifications), the main buildings of ancient Rus were Orthodox churches with gilded or brightly colored domes. During the late 15th century, Italian architects including Aristotele Fioravanti brought Renaissance trends into Russia, while the





16th century saw the development of the distinctive onion domes and tent-like churches such as St. Basil's Cathedral in Moscow.

In the 17th century the fiery style of ornamentation flourished in Moscow and Yaroslavl. But perhaps the most significant era for Russian architecture began after the reforms of Peter the Great in the 18th century, when architecture styles began to follow those of Western Europe, and the taste for rococo design. During the reigns of Catherine the Great and Alexander I, neoclassical architecture flourished, particularly

in St. Petersburg, while the second half of the 19th century was dominated by neo-Byzantine and Russian Revival styles.

Twentieth-century Russian architecture reflects the changes in rule, with Art Nouveau buildings as well as constructivism and Stalin Empire styles. During the anti-religion campaigns of the late 1920s to the early 1930s, many churches were destroyed. After Khrushchev became leader of the Soviet Union in 1955, architecture became dominated by functionalism, which led to a proliferation of functional but uninspiring



**Clockwise:** The onion-shaped domes of the Orthodox churches in the Kremlin, Moscow; a forgotten wooden church in a forest in Russia; Catherine Palace is an example of rococo architecture in St. Petersburg

buildings, while yet more churches were destroyed.

Today, some of the grandest examples of Russian architecture can still be seen in St. Petersburg, including the Catherine Palace; Peterhof, laid out on the orders of Peter the Great; and the Winter Palace, which houses the magnificent Hermitage Museum, founded by Catherine the Great in 1764. In Moscow, the Kremlin remains one of the world's most significant citadels. 📌



📌 **Go online:** To find out more about our *Waterways of the Tsars* itinerary, go to [vikingcruises.com](http://vikingcruises.com)



# Russian FOOD & TRADITIONS

Exploring Russia with Viking by river or ocean ship is a chance to get a taste for its cuisine and delve into its fascinating ways of life



**R**ussian cuisine is diverse, deriving its varied character from its vast, multicultural expanse.

Russia's harsh winters mean that warming and substantial stews, soups and dumplings are all widely eaten, a legacy from the peasant food of the rural population, whose diet consisted of fish, pork, poultry, caviar, mushrooms, berries and honey. Crops including wheat, barley and millet provided the ingredients for breads, pancakes, pies, cereals, beer and vodka.

As Russia expanded its culture, influence and interest during the 16th to 18th centuries, it developed more sophisticated culinary techniques, but traditional dishes remain popular, and Russian *babushkas* (grandmothers) pride themselves on passing down home cooking skills to the next generations. For example beef stroganoff—pieces of sautéed beef served in a sauce with sour

**Top to bottom:**  
An assortment of typical Russian dishes; blini, pancakes with salmon caviar

cream—actually originated in the 19th century, but is still popular today and eaten all over the world.

Soups have always played an important part in Russian meals. They include chilled soups, light soups and stews based on water and vegetables, noodle soups, soups based on cabbage such as *shchi* (see recipe page 112), thick

soups, fish soups and grain and vegetable-based soups.

Borscht was originally Ukrainian, and like most soups in Russia is traditionally topped with sour cream and chopped dill. Served warm in winter, it is a satiating classic, and served cool in summer it is a refreshing treat. Today must-tries in Russian cuisine







include *pirog*, a traditional pie stuffed with mushroom, meat, fish and fruit, and blinis, little pancakes served with caviar, cheese and ham, or sweet jam, honey and cottage cheese.

## RUSSIAN CUSTOMS

With more than 160 different ethnic groups and indigenous peoples, Russia has some intriguing traditions. These include washing in a *banya*, a hot steam bath similar to a sauna; handicrafts such as Dymkovo toys; and epic fairy tales.

Russia's folk tales derive from Slavic myths and traditions, and include characters such as Baba Yaga, an old woman who lives in a house resting on chicken legs and surrounded by skulls and bones; the Fire Bird, a legendary creature which is almost impossible to catch; and Ruslan and Ludmila, a love story between a princess and a knight. *Matryoshka* nesting dolls are

an instantly recognizable craft from Russia and date back to the 1800s, but were actually inspired by a doll from Honshu in Japan.

The variety of ethnic groups has also contributed to numerous folk music traditions, and typical instruments include the *balalaika*, similar to a guitar.

Family has always been vitally important to Russians, but particularly during the challenges faced under communism, when close relationships and support were vital for survival.

Russians have practiced orthodox Christianity since the 10th century, but under Communist rule it was claimed that religion had been eliminated. Today it is estimated that there are nearly 5,000 registered religious associations in Russia, more than half of these follow the Russia Orthodox church, and about 10 percent to 15 percent of Russians practice Islam. Many religious homes in Russia have

**Top to bottom:**  
*Matryoshka*  
nesting dolls; birch  
stems are used  
in *banyas*

icons, which are typically small paintings on wood, hanging on the wall in the *krasny ugol*, the "red" or "beautiful" corner.

State symbols of Russia include the Byzantine double-headed eagle, but the hammer and sickle can still be found throughout the country on older architecture. ▼





# Music of the MARIINSKY

We are delighted to welcome the exquisite vocal talents of our Mariinsky musicians on board our cruises through Russia. Here we take a look at the history, composers and styles of traditional Russian vocal music

## Russian Folk Music

The roots of Russian folk music can be traced back to Slavic tribes who settled in the European part of the country. The songs, dances and music that defined these tribes were well-documented, appearing in manuscripts from as early as 591 AD. That was just the beginning of a rich tradition of great Russian folk music born out of a myriad of cultures and religions.

Described as an “expression of the Russian soul,” the country’s traditional folk music tends to fall into two distinct categories: ritual songs (incantations, laments, festival, wedding and work songs) and non-ritual songs (folk epics, love songs, lullabies and instrumental music).

Many of the songs originate from pre-Christian Russia and continue to play an important role in the pagan festivals that are still celebrated in some rural areas today. Centuries ago, however, it is believed that hardworking country folk found some light relief in singing these songs while they labored.

Throughout Russian history, there has always been a great divide between the haves and have-nots, and the folk songs of the common people formed part of that distinction. In 1648, Tsar Alexei I banned the use of musical instruments in the name of the Orthodox Church, effectively causing the extinction of many forms of native instrumental music of the era.

For the next 200 years, traditional folk music continued to be dismissed as vulgar by the Russian court, who preferred to hire composers from Europe. Even in Tchaikovsky’s opera *Pique Dame*, Queen of Spades Lisa and her friends are reprimanded for singing and dancing to a cheerful peasant maiden song.

It was only during the late 18th and 19th centuries that noble Russians became interested in discovering the true “Russian soul” for themselves. As interest

in traditional “peasant” and artisan cultures spread throughout Europe, going back to a country’s roots became all the rage. After centuries of ignoring the lyrics and melodies of traditional Russian folk music, Russians now took pride in the songs sung by “happy,” working peasants bearing their daily struggles with cheer—a myth perpetuated and supported wholeheartedly by Catherine the Great.

The pieces you will hear on board our river cruises through Russia are classical arrangements of folk songs that were collected and arranged by famous Russian composers during the 19th century. They would once have been accompanied by a choir, a *bayan* (a type of accordion), folk violin or *balalaika*, but are now accompanied by piano. So although they are interpretations rather than reproductions of the originals, the songs still create a haunting evocation of the melodies, rhythms and soul of Russian folk music.

**Clockwise:**  
A Russian lacquer box depicts a scene from a folk tale; Russian couples in traditional costumes dance







## Russian Classical Music

Classical Russian vocal music did not truly find its voice until the start of the 19th century when Mikhail Glinka wrote the first opera based on a Russian historic event. Like most Russian composers of the time, Glinka had been sent abroad to study the more respected European style of writing music. So although his *A Life for the Tsar* was groundbreaking in terms of subject matter, its composition and songs owe much to the structures of Bellini and Schubert.

Following in the footsteps of Glinka—and declaring him the father of Russian classical music—came a lively group of Russian musicians called collectively the “Mighty Handful.” The group, formed in 1860, had no formal training and were proud of their Russian folk heritage. They broke all the rules of classical European composition and created music based on authentic Russian themes.

The second half of the 19th century began to see a change in Russian music when Anton Rubinstein, a

respected pianist, composer and educator, opened the St. Petersburg Conservatory, a music school devoted to classical training. It is here that Tchaikovsky was tutored and went on to become recognized as the country’s first real professional composer, having both a full-time career in music and a wealthy patron.

The last of the great Russian Romantic composers of the pre-Soviet era was Rachmaninov, who was classically trained under Tchaikovsky. He left Russia in 1917 during the Russian Revolution. This was effectively the end of any further Western influences. The government censored all performances and folk music was institutionalized—a step that took traditional Russian folk music yet further away from its origins.

The classical vocal Romantic pieces you will hear during the performance of the Mariinsky musicians span the whole spectrum of composers, from Glinka to Rachmaninov. It is a brief, but enlightening glimpse into the heart and soul of a country and its people. ♡







## SOUR SHCHI

In Russia, no meal is considered complete without soup. Traditional fresh cabbage soup, *shchi*, is one of Russia's most treasured dishes, dating back to the 9th century; when made with sauerkraut, the soup is referred to as *sour shchi*. Beef stock adds depth of flavor, but use vegetable broth or even water for a tasty vegetarian version, and for a really authentic Russian meal serve with rye bread.

### SERVES 6

- 3 tbsp butter
- 1 large onion, peeled and chopped
- 10½ oz (300 g) sauerkraut, drained and rinsed
- 6 oz (175 g) cabbage, shredded
- 1 carrot, finely chopped
- 1 stick of celery, finely chopped
- 1 bay leaf
- 6 black peppercorns
- 4 pints (1.9 liters) vegetable or beef stock
- 2 large floury potatoes, peeled and chopped
- 2 large tomatoes, peeled and chopped (or 1 can tomatoes)
- Salt and pepper to taste

### To garnish:

- Fresh dill, finely chopped
- Sour cream


### METHOD

**1** Melt the butter in a heavy-based, large saucepan or Dutch oven and cook the onion until soft.

**2** Add in the sauerkraut, cabbage, carrot and celery and continue to fry gently for 6-8 minutes, or until softened.

**3** Add the bay leaf and peppercorns, then pour over the stock. Bring up to a simmer, then reduce the heat, cover and cook for 15 minutes.

**4** Finally, add the potatoes and tomatoes. Cover and simmer for 10 minutes more until the potatoes are cooked through. Season to taste, then set aside to cool.

**5** Serve immediately in warm bowls, garnish generously with sour cream and sprinkle with chopped fresh dill. 





# ST. PETERSBURG

Peter the Great's city is a living, breathing museum of incredible architecture and imperial majesty, where tales of revolution and mystery can be found around every corner

Founded in 1703 by Tsar Peter the Great, St. Petersburg is a young city in comparison to its European and even Russian counterparts. Despite this, it has built up a thrilling story as a center of intrigue, revolution and mystery.

The first of Russia's many revolutions was the Decembrist Revolt of 1825, following the sudden death of Tsar Alexander I. From 1825 onward, St. Petersburg experienced a flourishing of the arts known as the Golden Age of Russian culture.

Rapid industrialization ensued in the second half of the 19th century as peasants poured into the city in search of work after Tsar Alexander II abolished serfdom.

In 1917 Tsar Nicholas II and his family were murdered by the Bolsheviks. Civil war raged across the country until Stalin crushed the rebels and took control. A harsh Soviet period followed; the revival of the city began only in 1991 when voters elected to restore the original name of St. Petersburg.



## Must-sees

Whether you choose to visit in the midst of a romantic and snowy Russian winter or during the long summer months, you will be spellbound by the city's beauty and culture.

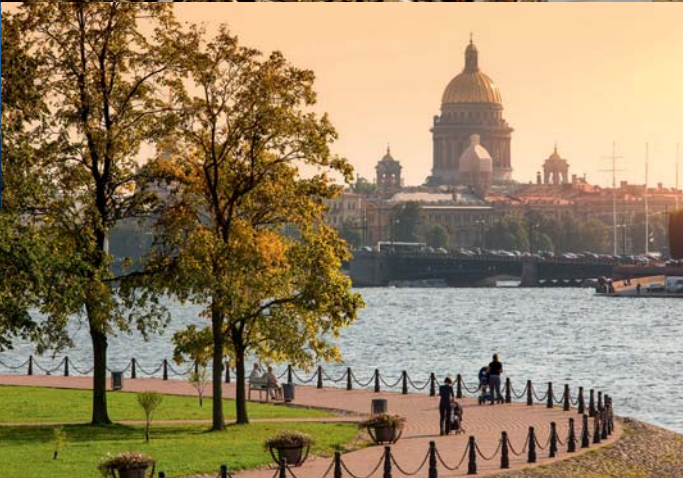
St. Petersburg is known as the "City of 300 Bridges." Peter the Great invited architects and engineers from

**Clockwise, from above:** The Church of Our Saviour on Spilled Blood; the intricate ceiling inside St. Isaac's Cathedral; a view of St. Isaac's Cathedral and the Neva River; a glittering statue at Peterhof Palace; the domes of the Church of Our Saviour on Spilled Blood

all over Europe to build him a new, incredible Western capital. First to be built was the Peter and Paul Fortress on Zayachy Island; its gold-spined cathedral boasts the world's tallest Orthodox bell tower.







Next up is glittering Peterhof Palace, which was created on the Gulf of Finland to rival the Palace of Versailles. It is also a UNESCO World Heritage Site.

In the middle of the 18th century, Peter's daughter Elizabeth commissioned the baroque Winter Palace, situated on the Neva River that flows through the heart of the capital.

Make sure you visit St. Isaac's Cathedral to gaze up at its colossal dome.

And possibly the sight that is most synonymous with St. Petersburg is the Church of Our Saviour on Spilled Blood, with its colorful and swirling decorative onion domes.



## Shopping

Head to the Kuznechny Market, where at the main entrance old ladies in Russian shawls sell woolen socks. Inside, Russian specialties such as caviar and cheeses are arranged in neat aisles

waiting to be snapped up. For high-quality caviar, Yeliseev's Food Hall is the go-to for Russian gourmands.



## Eating

Discard dated stereotypes of flavorless but filling Soviet dishes and look forward to a range of establishments fit for a tsar, as well as cafés serving tasty traditional food.

Quite possibly the best in Russia, the restaurant at the Grand Hotel Europe has a distinct atmosphere, as well as an amazing Art Nouveau interior and classical music performances.

A charming chain of pie cafés known as Stolle exemplify the city's new and relaxed approach to authentic Russian cooking. Do not leave without indulging in a good beef stroganoff or a blini, a thin pancake. 🍷



**Go online:** Watch a video of the *Waterways of the Tsars* cruise at [vrc.com/videos](http://vrc.com/videos)







# FROM RUSSIA *with love*

A recent journey to Russia demonstrates how this magnificent country has changed since the late 1960s

Just outside Leningrad on a hot day in May 1969, during the Cold War, my friend and I found ourselves being berated by an armed and very angry security official. He had stopped us for driving our car on the wrong, unauthorized road. After a lot of gesticulating and shouting, we were made to clean our car with a dry cloth and ordered to keep to our authorized route.

This time, on a leisurely Viking river cruise, we found Russia a lot more agreeable. From the moment we arrived in St. Petersburg, we

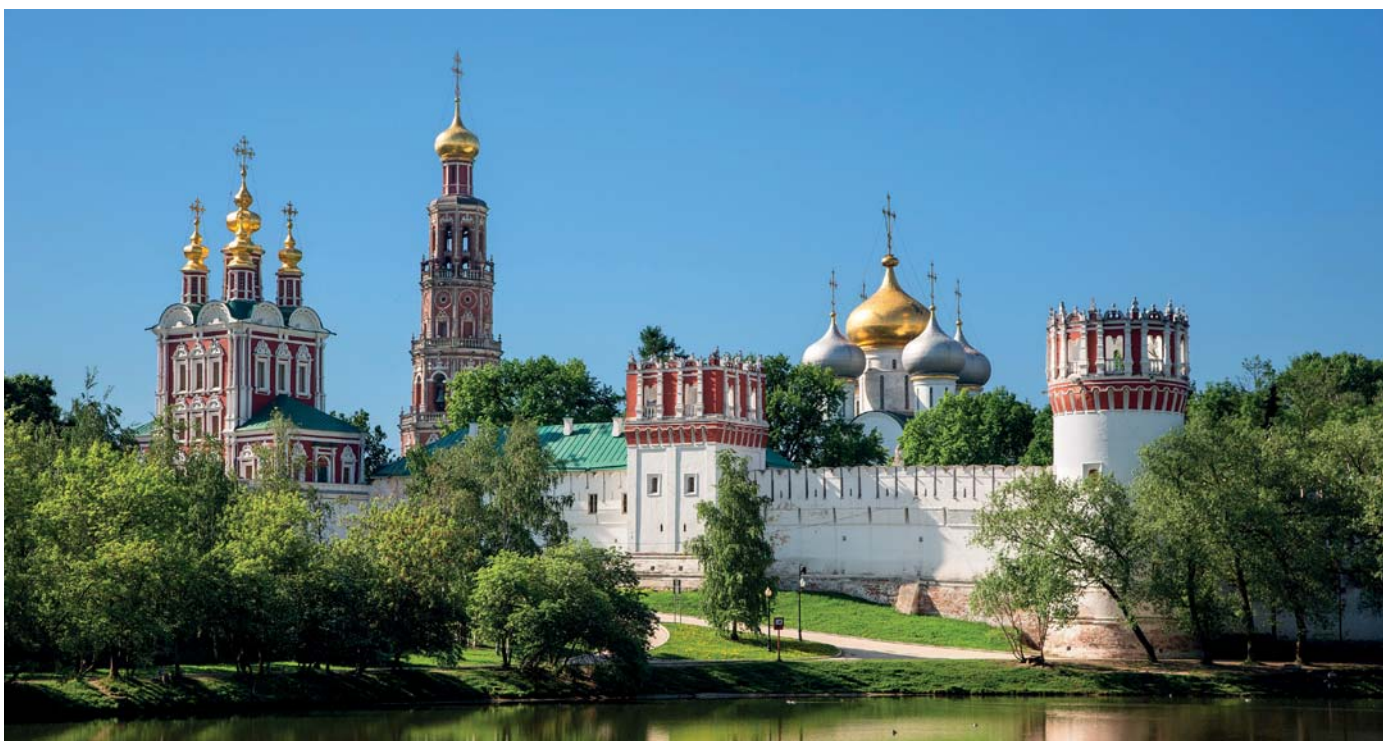
were superbly attended to by the friendly guides and staff right up until we were dropped off at the airport in Moscow 13 days later.

It turned out that we had embarked on not just a sightseeing cruise but a journey of discovery into the heart, mind and soul of Russia. We were free to explore St. Petersburg and Moscow, plus several small towns and villages in between them, and even to meet Russians at home. There was also an opportunity to visit a *kommunalka*—a communal apartment for several families.

We travelers were a mixed and international bunch, all keen to ask our hosts about various topics, including political issues. And they did not shy away from any questions.

The ship was a very comfortable base for the duration of our journey as well as our gentle transportation along idyllic rivers, lakes and canals between St. Petersburg and Moscow. Our first day in St. Petersburg began after an extensive breakfast and consisted of a full-day tour of the best of the three million artworks in the ➤

**Facing page, clockwise:** Inside the Church of Elijah the Prophet in Yaroslavl; Moscow's Novodevichy Convent, built in the 16th and 17th centuries







Hermitage Museum. These include works by Titian, Matisse, Monet, van Gogh, Cézanne, Gauguin and da Vinci.

The visit was followed by dinner and a performance of the ballet *Swan Lake*. It was after 11 PM when we arrived back on board, but Viking was ready with a substantial snack buffet, including

monument and museum there is—including the Peter and Paul Fortress. This is the original epicenter of the city, and many former tsars are now laid to rest in the Peter and Paul Cathedral including the relatively recently reinterred remains of the last tsar, Nicholas II, and his family, who were assassinated in 1918. Another

**Clockwise:** Kizhi Island by Lake Onega; a Moscow Mule cocktail; the Hermitage Museum facade; soldiers in Red Square, Moscow; Mayakovskaya Moscow Metro Station; the Peter and Paul Cathedral in St. Petersburg

ship's newsletter, the *Viking Daily*, was delivered to our room.

By contrast, the next few days were a tranquil meander along the Neva River, across the 136-mile-long Lake Ladoga (Europe's largest), with its 700 islands, and along the 139-mile Svir River toward Lake Onega.

However, first we stopped briefly at Mandrogy, a small, restored 18th-century settlement that is home to artisans creating all manner of traditional crafts. Here you can buy genuine handcrafted souvenirs or even create your own by painting *matryoshka* nesting dolls. If that is not for you, there are 2,800 vodkas to try followed by a visit to a *banya*, a traditional Russian sauna.

Back on board we headed to Kizhi, a tiny island in Lake Onega. During centuries, generations of families lived and worked on the island in wooden cottages. Their lives were tough in summer and even tougher in winter. Today Kizhi is an open air museum dedicated to dozens of 15th- to 20th-century wooden structures. The most remarkable is the 22-dome Transfiguration Church ➤

## WE ENJOYED A LIVELY COSSACK FOLK SONG AND DANCE PERFORMANCE WITH VODKA

wine and beer, just as they offer with all lunches and dinners.

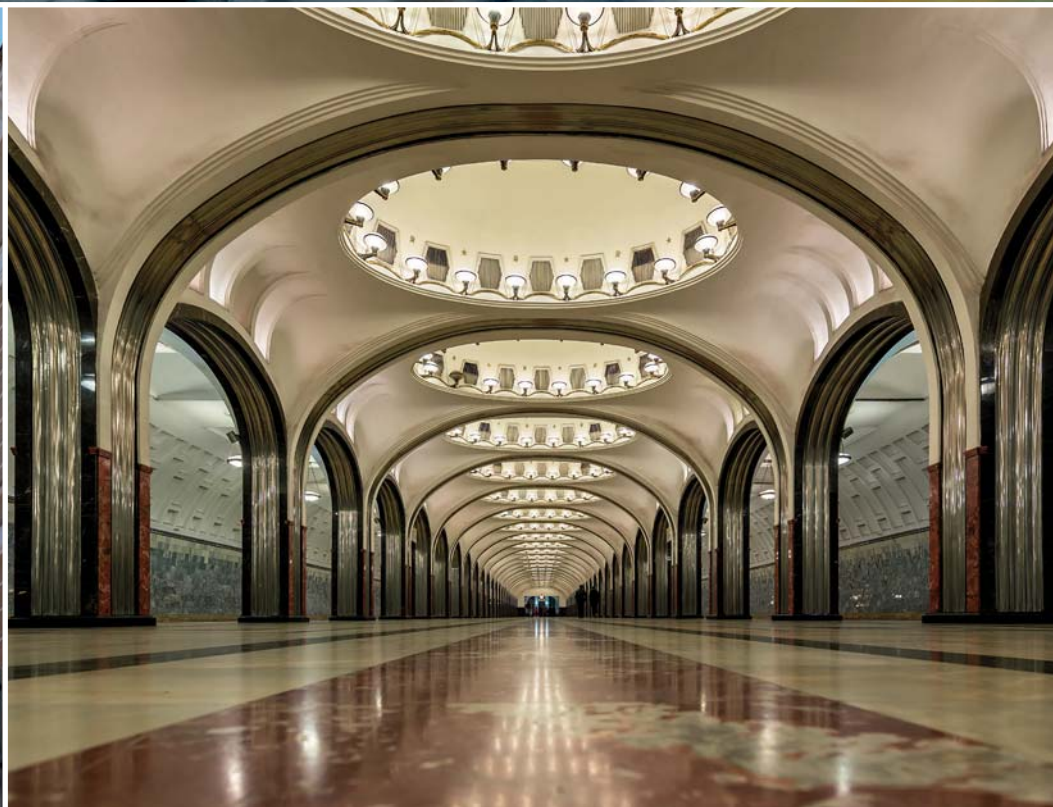
Throughout our stay in St. Petersburg we were dazzled by the opulence of Russia's rulers and their penchant for architectural extravagance: the Winter Palace; the Amber Room in the Catherine Palace; the "Royal Village" at Pushkin; and the extraordinary UNESCO World Heritage Site of the Peterhof Palace.

After four eye-popping days in St. Petersburg, it felt as if we had been guided around just about every well-known church,

highlight was the private viewing of the Peter Carl Fabergé collection, among which are the nine exquisite imperial Easter eggs. To cap off our final day in this remarkable city, we enjoyed a loud and lively Cossack folk song and dance performance with a drop of vodka (naturally).

We were continually informed about every aspect of Russian life, the country's complex history and detailed facts about all the places we visited. Before dinner each evening there was a full briefing about what to expect the following day, which was very informative. Plus, the







and the nine-dome Church of the Intercession, which are UNESCO World Heritage Sites. After Kizhi our ship began its southerly journey toward Red Square and the Kremlin via the Volga-Baltic Waterway and

Ring cities which were important in establishing the Orthodox Church and are so rich in historic architecture they, like Kizhi, are open air museums. The next day, as we sailed serenely toward

fascinating Cosmonaut Museum, the Jewish Museum, the Moscow State Circus and the Tretyakov Gallery with its fine art collections.

Overall, our Russian river cruise was a relaxing and hugely stimulating experience. One of my most striking memories might seem odd: the cleanliness we saw everywhere. No empty packaging, cigarette butts or chewing gum littered the streets, and our guides found it hard to comprehend that people in other countries will casually drop their trash. Now when we see uncollected street trash at home we say, "It definitely would not be like that in Moscow." Oh, and it is still illegal to have a dirty car in Russia. ♣

## RUSSIA'S ARCHITECTURAL GEMS ARE BEAUTIFULLY PRESERVED IN OPEN AIR MUSEUMS


the Moscow Canal. As we cruised in sunshine over calm blue lake waters with fir tree-lined shores, life continued on board with entertainment, Russian language lessons and lectures.


There was a brief pause at Kuzino to visit the fascinating 1397 Kirillo-Belozersky Monastery and the Resurrection Convent. Next stop was Yaroslavl, an old city which sits 170 miles from Moscow at the confluence of the Volga and Kotorosl Rivers. Containing a UNESCO World Heritage Site, it is one of the eight Golden

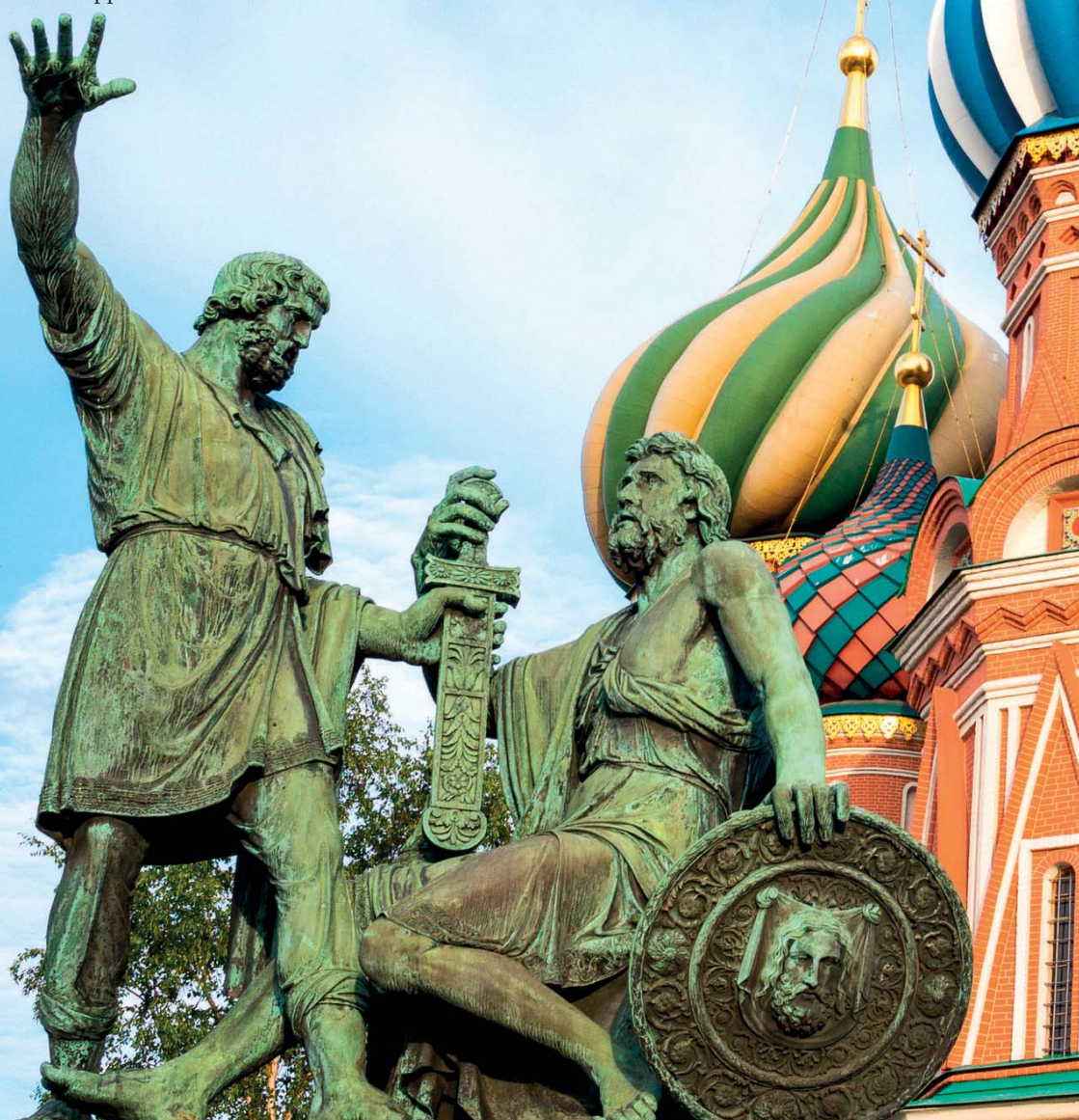
Moscow, I had a light breakfast in the Panorama Lounge at the front of the ship with its uninterrupted views. I was most struck by the huge and numerous modern high-rise apartment blocks.

Over the next few days we explored the efficient metro system and its decorated stations, enjoyed an evening folk music concert, cruised the Moscow River, and visited the Red Square and took a tour inside the walls of the Kremlin.

Viking covers virtually every "must-see" aspect of Moscow, with opportunities to visit the

 **GETTING THERE:** Viking offers its 2018 13-day *Waterways of the Tsars* itinerary.

 **Go online:** A video of the *Waterways of the Tsars* cruise is available online at [vrc.com/videos](http://vrc.com/videos)





## WATERWAYS OF THE TSARS

St. Basil's  
Cathedral on  
Moscow's Red  
Square was  
completed in 1561





# Become a WINE EXPERT

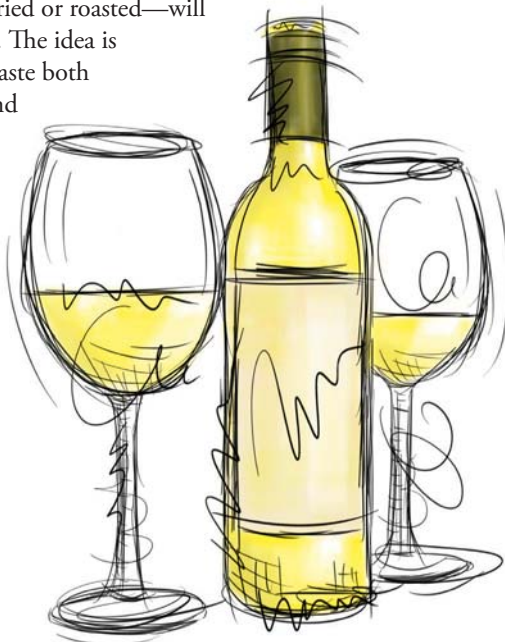


A cruise is a fantastic opportunity to expand your palate and learn more about wine. Here are some tasting tips from Helen McGinn

**W**ine can be a confusing subject. For a start, there is so much choice. Can you imagine going into a grocery store and having to choose between 1,000 different types of cereal that all look similar apart from the label? Then there is the subject of food and wine matching. There seem to be a lot of “unofficial rules,” such as white wine with fish, red wine with meat. But I do not think that is strictly true. In fact, getting it right is pretty simple.

First, think how you might match the colors of your clothes. Some combinations are safe, some a little more daring. The same goes for matching food and wine. There are some tried and tested combinations, but every now and again it is worth experimenting a little, mixing it up and maybe discovering something that tantalizes the taste buds. If there is one rule to remember, it is this: think about the weight of flavor of the food and try to match it with a wine of similar weight. By weight, I mean the body and fullness of the wine. Is it light, medium or full-bodied? You know how you can detect the difference between nonfat or regular milk? Wine is the same. And it needs to be able to cope with the dominant flavor of the food. How it is cooked—steamed, fried or roasted—will call for different weights. The idea is that you will be able to taste both the flavors in the food and flavors in the wine.

Crisp wines with lots of acidity help cut through oily, salty or creamy foods. A touch of sweetness in wine is great when it matches the sweetness in a dish, especially desserts. A crisp white is going to be lost on a big beef casserole. And a rich, oaky red will all but destroy the flavors of a light fish dish.



## Fish

Generally, a dry white works best. Chablis is a classic match given its crisp acidity, but sauvignon blanc works well too. If you have smoked salmon on your plate, then something with lots of acidity is going to help cut through it. The answer? Champagne, darling. And for fuller flavored fish like tuna, then not-too-tannic reds like pinot noir are brilliant, especially from Burgundy.

## Chicken

Depending on how it has been cooked and what it is served with, the possible combinations are endless. For a simple roast chicken, chardonnay works well, as does Sémillon and Viognier. But if you have got all the trimmings on your plate, it is much better to go for a light to medium-bodied red, like Gamay from Beaujolais.





## Red meat

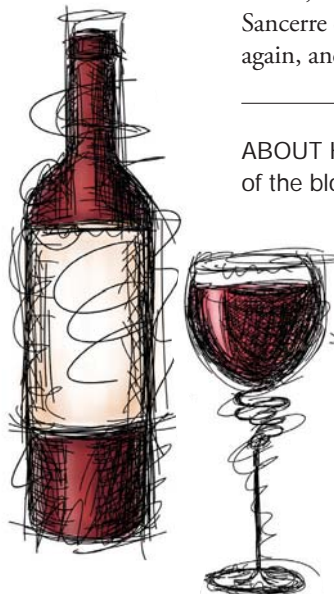
Choose a wine with more weight and flavor, but be aware that very tannic reds, like amarone, can clash with fat. With pork belly, something from the Rhône valley or southern France will work well. Cabernet sauvignon, Merlot and Shiraz are red meat-friendly, but try going local; that is, match the wine with the style of the dish—Italian to Italian, French to French and so on.

## Vegetables

Think fresh flavors. Tomatoes with sauvignon blanc; asparagus with a dry German Riesling, particularly one from the Moselle-Saar-Ruwer region; pinot grigio goes well with a simple salad. And do not forget about rosé wines—their often slightly more robust but fresh flavors complement food well. As for herbs, rosemary loves red, basil prefers white, mint likes a Muscat, and for thyme, save some of that rosé, especially if it is from Provence.

## Spicy food

Reach for a slightly off dry German Riesling (although decoding a German wine label is not always easy). Another good one is Gewürztraminer, especially those from the Alsace area in northeast France. Another great dry white option is Grüner Veltliner, which is a peachy Austrian dry white. If your dish has lots of different spices, try a fruity red, but nothing too oaky.



## Puddings

Generally, sweet food needs sweet wine. Sweet Muscat wines are a dream with chocolate desserts, and citrus desserts are better off with anything that is *botrytised* (otherwise known as noble rot: think Tokay or Sauternes). My all time favorite match for a slab of dark chocolate is a fortified wine from the South of France, from Maury or Banyuls. If there is any prosecco left from before dinner and you have gone for a lighter fruit dessert, grab the leftovers.

## Cheese

Again, there are so many possibilities, but blue cheese tends to work best with sweetness (think port, especially tawny or Sauternes) and hard cheeses with firm reds. Bordeaux reds are a dream with strong, hard cheese. And if you love goat cheese, try it with sauvignon blanc, especially Sancerre or Pouilly-Fumé. It is that local rule again, and it always works.

**ABOUT HELEN MCGINN:** Helen is the author of the blog and book *The Knackered Mother's Wine Club* (Amazon.com). She spent almost a decade as a wine buyer for a big grocery store and has a weekly newspaper column. **V**

► **Go online:** You can find out more about wines from around the world at [vikingcruises.com](http://vikingcruises.com)



## QUIZ

### How well do you know your wine?

#### 1. WHAT GIVES RED WINE COLOR?

- A The red varieties of the grape
- B The skins of the grapes
- C The fruit flavors

#### 2. SAUTERNES WINES ARE TRADITIONALLY...

- A Sweet
- B Dry
- C Sharp

#### 3. WHO INTRODUCED GRAPE VINES TO ENGLAND?

- A The French

#### B The Spanish

- C The Romans

#### 4. WHICH WINE REGION PRODUCES THE MOST WINE ANNUALLY?

- A France
- B Italy
- C South Africa

#### 5. HOW MUCH WINE WOULD YOU FIND IN AN IMPÉRIALE BOTTLE?

- A Four liters
- B Six liters
- C Eight liters

#### 6. IN WHICH COUNTRIES ARE THE FOLLOWING SPARKLING WINES PRODUCED?

- A Champagne
- B Cava
- C Prosecco

#### 7. WHAT IS THE OFFICIAL WORD FOR A WINE CONNOISSEUR?

- A Oenophile
- B Winophile
- C Grapophile

Answers: 1. b) 2. a) 3. c) 4. a) 5. c) 6. a) France, b) Spain, c) Italy 7. a)





# Great WINE REGIONS

Take your taste buds on a journey of discovery across viticultural Europe.  
Here is how to choose the best vintages from around the continent

## Germany

Ahr is the world's most northern region dominated by red wine grapes. Its balmy microclimate nurtures fine pinot noir grapes on steep, south-facing slopes bathed in sunlight. The nearby Moselle River is synonymous with sweet, light-bodied Rieslings. Along this winding waterway, south-facing slopes and stony slate soil provide the ideal conditions to produce it.

Wine lovers are also likely familiar with the Rheingau, a small, prestigious region on the north banks of the Rhine that houses the famed wine village of Rüdesheim with its legendary Drosselgasse, a bustling avenue lined with wine shops. Medium and full-bodied Rieslings with hints of peach are made here, while Rieslings from the Nahe River region, meanwhile, express clean and pure fruit notes with a distinct mineral finish.

The south-facing slopes on the Main River around Würzburg lie in the Franconia region of Germany. Its white Silvaner and Müller-Thurgau grapes are rare here, but produce rich, concentrated wines.

## Austria

Lower Austria stretches along the Danube toward Slovakia. Steep, terraced vineyards maximize sun exposure and long dry autumns ripen Grüner Veltliner and Riesling grapes to their most intense flavors.

Vienna is the world's only capital city in which vineyards are cultivated. Most are white varieties such as Riesling, Weissburgunder, Grüner Veltliner, Gelber Muskateller and sauvignon blanc.

Southeast, on the Hungarian border, lies Burgenland. Austria's best sweet and red wines are made here, including Blaufränkisch, Zweigelt and St. Laurent.

## Hungary

Hungary is the oenophile's best-kept secret, and has a history of viticulture dating back to at least Roman times. The clean, sweet Tokaji wines of Hungary's northeastern Tokaj region rank among the world's best, while the volcanic soils around Lake Balaton in the west produce full-bodied whites.



## EXPERT TIPS

## How to hold your own blind wine tasting at home: A guide with Karine Hagen, Sr. Vice President of Viking



**1** Do not serve too many wines. The ability to distinguish between different wines is limited after tasting about six.

**2** Be sure to explain beforehand that taste is a very personal thing. There is no such thing as “right” or “wrong.”

**3** Provide still mineral water and a good quality sliced bread (not salty crackers) between wines to help cleanse the palate.

**4** Disguise your wines in plain bags during the test so that your guests are not influenced by the labels.

**5** Have a place where guests can pour out tastings so that they do not feel obliged to drink all of each pour.

**6** Always start with dry white wines, then proceed to sweeter whites, then to dry reds and finally to full-bodied reds.

**7** Ask your guests to complete a simple tasting note on each wine so that you can compare notes. Take turns to be the first in the group to share their thoughts.

### Portugal

The world's oldest demarcated wine region, the Douro DOC, spreads over steep terraced vineyards hugging the winding Douro River east of Porto. Its continental climate yields some of Portugal's finest grape varieties.

In the northwestern Vinho Verde DOC, cooling winds of the Atlantic and heavy winter and spring rains create light, fresh wines from shallow, granitic soil. This prolific region produces whites, reds and rosés.

The mountainous Dão DOC, south of the Douro Valley, produces wines with soft tannins, crisp acidity and a bright ruby color. Closer to the Atlantic, the Bairrada DOC is known for its tannic red Baga grape and peachy, acidic Bical grape.

Grapes of the Tejo IGP are deeply influenced by its warm, maritime climate. The variety of soils here produces many different wines, including white Arinto and red cabernet sauvignon.

### Spain

Rioja's red wines are typically blends of Tempranillo and other grapes such as Garnacha, aged in old oak barrels to provide a high concentration of fruit-forward flavor. South of Rioja, the Ribera del Duero rests on a 3,200-foot plateau. Cool nights and intense sun influence Tempranillo grapes to yield floral, highly tannic wines of deep color.

The Priorat region in the Catalanian hills produces highly concentrated Garnacha and Cariñena grapes.

### France

The Alsace region, where Gewürztraminer and Riesling grapes are grown, produces white wines that are sweet and fruity, whereas fruity red wines, made with the Gamay grape, come from the Beaujolais region.


The two pillars of Bordeaux are the tannin-rich cabernet sauvignon and the voluptuous Merlot grape varietals. Combined, they produce some of the world's most extraordinary wines.

Wines from the Champagne region are usually a blend of two or three grape varieties, of which the chardonnay and pinot noir are the most well-known.

The Loire Valley is synonymous with the crisp flavors of the white sauvignon blanc grape, “summer in a glass,” according to the French.

Fresh Grenache and Shiraz grapes (known to the French as Syrah) from the Rhône Valley produce a fruity wine that is often enjoyed in the winter with a hearty coq au vin casserole.

The Graves region, south of Médoc, has been producing wine since the 14th century. Its most famous château is Haut-Brion, mentioned by Samuel Pepys in his diary of 1663 and loved by Thomas Jefferson, who bought more than 100 bottles in the 1780s.

Saint-Émilion and Pomerol are regions along the *rive droite* (right bank) of the Dordogne, which is planted mainly with softer Merlot grapes. These rich plummy wines have low tannins and a deep, intense color. The most famous—and most expensive—of these is Château Petrus. 

The region surrounding the Douro River is renowned for its vineyards





# Around the WORLD

Our world cruise promises to be the adventure of a lifetime. Here we talk to Ralph de Klijn, Director of Hotel Operations for *Viking Sun*,<sup>®</sup> about what this special itinerary entails

**Q** Tell us a bit about your role and how long you have worked for Viking.

**A.** I am responsible for all aspects of the services we offer to our guests. This involves looking at the current and future needs of the onboard experience for the fleet, and executing successful launches of new ships. I have been with Viking since 2015 and I have enjoyed being a part of a thriving and successful cruise line.

**Q** How many world cruises have you been involved with or traveled on?

**A.** This will be my first-ever *World Cruise* for Viking but not the first world cruise for me. I have previously been involved in numerous world cruises for a range of luxury cruise lines and it has been a product in which I have excelled in due to my knowledge.

**Q** Why would you recommend a world cruise to travelers?

**A.** It is the best way to get a taste of countries without committing yourself to one place. Exploring new places in comfort on a world cruise and enjoying enriching presentations by specialist lecturers, local performances from the countries and learning about the cultures we visit enhance your experience and knowledge of a place. It certainly broadens your horizons going on a world cruise. Also, for those guests with limited time, this is a fantastic way to



condense many countries in a short space of time.

**Q** What are your top tips for preparing for a world cruise and when traveling on one?

**A.** Travel light; be open to the unexpected and enjoy what each culture and port has to offer you. Exciting included land programs and our optional shore excursions will enrich you at a new level.

**Q** Which questions do you get asked most frequently regarding a world cruise and how do you handle them?

**A.** Most of the questions that I receive are about storage space on board, measurements of

**Above:**  
*Viking Sea* sailing around Venice  
**Facing page, clockwise:**  
A view of *Christ the Redeemer* in Rio de Janeiro, Brazil; relax in the Explorers' Lounge on Viking ocean ships; cosmopolitan Sydney Opera House, Australia

drawers, wardrobes, etc. This makes sense, as with limited space you need to pack wisely for a world cruise. This said, on Viking ocean ships we have launderettes on each deck for guests to use free of charge, and we also offer a full laundry service.

In general we advise guests to obtain or provide as much information as possible to be prepared, such as dietary requests, drink preferences, medication issues and many more for a worry-free world cruise. **V**

**Go online:** For further information about the *Viking World Cruise*, go to [vikingcruises.com](http://vikingcruises.com)



## WORLD CRUISE HIGHLIGHTS

Our 2019 *Viking World Cruise* visits dozens of legendary cities, charming ports and idyllic islands in one seamless itinerary. Guests will immerse themselves in the world's rich cultures during included excursions that provide unmatched insight into daily life, as well as Privileged Access visits to remarkable cultural institutions.

**Papeete, French Polynesia:** One of the world's most visually stunning and romantic destinations, Tahiti is the cultural hub of French Polynesia. Guests will enjoy an overnight stay in Papeete, so they can immerse themselves in its continental flavor.

**Auckland, New Zealand:** During an overnight stay in New Zealand's "City of Sails," *World Cruise* guests will have ample time to take in Auckland's stunning setting between two harbors. They will also have the chance to tour the tree-lined Albert Park and the neoclassical Auckland War Memorial Museum.

**Sydney, Australia:** Guests will sail into Sydney's magnificent harbor, the world's largest. An overnight stay gives ample opportunity to admire the Sydney Opera House, the Royal Botanic Gardens and The Rocks district of shops and markets.

**Casablanca, Morocco:** Offering an enchanting mix of neo-Moorish splendor and French influence, Casablanca was made as famous on film as it has been as one of Africa's most important ports. See its entrancing Parisian-style boulevards, evidence of France's former rule.

**Îles du Salut, French Guiana:** The wealthiest territory in South America, here guests can learn about two of the most famous prisoners sent to Devil's Island (visible from Île Royale)—the accused and later exonerated traitor Captain Alfred Dreyfus, and Henri Charrière, whose escape was made famous by the film *Papillon*, starring Steve McQueen and Dustin Hoffman.

**Rio de Janeiro, Brazil:** The world's largest Art Deco statue, Rio de Janeiro's iconic Christ the Redeemer seems to offer a gentle embrace as it stands tall with arms outspread. Visit this landmark and other notable sites such as Sugarloaf Mountain during an overnight stay.





# #MyVikingStory

Want to know what a day in the life of Viking travelers looks like?

We invite our guests to post images on social media using the hashtag #MyVikingStory.

Here is just a small selection of the wonderful photos they have shared.



Budapest is one of the most intriguing cities in the world; it is an unforgettable experience to sail into right at daybreak. *@charissa\_fay* #MyVikingStory



While waiting for the bus to take us to the cheese farm, I found a street vendor with fresh herring. This is the traditional Dutch way to enjoy this treat. *@maartenintoronto* #MyVikingStory



I love that everyone is always smiling—it is truly incredible, and makes me smile, too. *@mary\_quincy* #MyVikingStory



Simply put, this is my kind of vacation. It is tough to beat relaxing with a snack and book on your veranda. *@thetrottergirl* #MyVikingStory





Welcome to Kinderdijk, home of the world's largest wooden clog.

@montemathews #MyVikingStory



Stumbling upon this local performer in the heart of Lisbon was an unforgettable moment—he has so much talent and passion for music. @nodelinations #MyVikingStory



Capturing the perfect photo on our lovely trip along the Douro River. @mary\_quincy #MyVikingStory



Meet Ivan from *Viking Longship Hlin*. Always smiling, always helpful and always ready to share a story. @maartenintoronto #MyVikingStory



Can you think of a more relaxing spot to spend an afternoon? We cannot—this is it.

@nodelinations #MyVikingStory



Our Taste of Germany dinner was a highlight of the trip. So much fun, culture, music and delicious food.

@mary\_quincy #MyVikingStory





# exploringmore.com ON LOCATION WITH KARINE

Karine Hagen, Sr. Vice President of Viking, shares her latest adventures from her travels around the world

**T**he past year has been particularly special as we celebrated 20 years of Viking and launched more new ships on the seas and the rivers. My personal highlights are both cultural, natural and historic in nature—many experiences you can enjoy yourselves while traveling with us.

## CLASSIC FM LIVE AT THE ROYAL ALBERT HALL

In April, Viking was delighted to once again be headline sponsor of Classic FM Live, held at London's Royal Albert Hall. This event was extra special as it also marked the world premiere of composer

Debbie Wiseman's "The Traveler" (*Den Reisende*), which was specially written for Viking and performed by the National Symphony Orchestra. Prior to this we enjoyed privileged access to the legendary Abbey Road Studios, attending the recording of "The Traveler," which you can hear on our website.

## SHETLAND PONIES

Our *Into the Midnight Sun* itinerary provides an array of wildlife encounters, including one of the Shetland Islands' most famous residents—the Shetland pony. Not only can you see these beautiful animals in the wild, you can also visit a breeder and learn more about how these miniature ponies are bred and used today.

## HISTORY HELD IN STONE

Koblenz is a special location for Viking, as it was where we welcomed two new Viking Longships, *Viking Longship Hild* and *Viking Longship Herja*. The heart of Koblenz is also home to a Jewish cemetery. Dating back hundreds of years, it offers a window into the history of a



With my father and Finse on the iconic Abbey Road in London



"The Traveler" performed live at the Royal Albert Hall





Viking Sky in Tromsø, Norway, where she launched



Playing with Shetland ponies on the Shetland Islands



Princess Stephanie shows me around her family vineyard



The godmother of Viking Sky, Marit Barstad, sister of Torstein Hagen, at the christening of Viking Sky

community that was once nearly lost during the dark days of the Holocaust. I found the Jewish cemetery to be a deeply moving experience, and it is a short walk from your ship should you wish to visit it yourself.

#### LEGENDARY LÖWENSTEIN WINE

I was recently at Schloss Löwenstein (one of Germany's cultural treasures) and met with the Löwenstein family, including Princess Stephanie, godmother of *Viking Longship Hild*, and a good friend. The area, a gem of Franconia, is home to the legendary dry Fürst Löwenstein wines. We have a special

selection of them on board our ships, giving you a taste of Franconian heritage.

#### CELEBRATING 20 YEARS OF EXPLORING THE WORLD

2017 was especially exciting for Viking as it marked our 20th Anniversary. We have had an exciting two decades of creating innovative and inspiring journeys around the globe. It all began with river cruises in Russia, and in 2015 we launched our first ocean ship and some exciting new itineraries beyond Europe, including Alaska, Australia and New Zealand, with more fascinating destinations to follow over the next few years.

#### VIKING SKY CHRISTENING IN TROMSØ, NORWAY

One of the highlights of 2017 was the launch of our third ocean ship, *Viking Sky*. It was an especially proud day to officially welcome our new vessel in Tromsø, considered the arctic capital of the world. During the christening ceremony my aunt, Marit Barstad, served as ceremonial godmother and offered a blessing of good fortune and safe sailing for *Viking Sky*. 📺

📺 **Go online:** You can watch videos of Karine's latest travels at [exploringmore.com](http://exploringmore.com)





## THE VIKING WAY

*Onshore experiences with an included excursion in every port,  
plus The Viking Way of exploration*

Our included shore excursions provide an overview of must-see cultural and historic highlights, with some delightful surprises. These expertly guided tours bring you closer to the art, architecture, history and people that define your destination. Should you want to explore more, our wide selection of carefully curated optional tours help you delve more deeply into local culture and view your destination from a new perspective.

The Viking Way of exploration offers behind-the-scenes insights and opportunities that set us apart from other travel companies. While we include the expected and iconic—such as visits to renowned museums and notable landmarks—we also go beyond, offering Local Life, Working World and optional Privileged Access® experiences opening doors to places otherwise difficult to visit.

Karine Hagen has traveled the globe to develop these Viking Way experiences, and has captured some of them in a series of inspiring Destination Insights videos. Before you go anywhere, we invite you to visit us online to view all our videos.

VIEW THE VIDEO LIBRARY HERE: [vikingcruises.com](https://www.vikingcruises.com)





## DESTINATION INSIGHTS VIDEOS

### *Bringing life to The Viking Way of exploration*

## LOCAL LIFE

**Karine Cooks: Risi e Bisi**

In her centuries-old home, Palazzo Tiepolo on the Grand Canal, local chef Contessa Passi teaches Karine how to make *risi e bisi*, a risotto of rice and peas, and *fegato*, a delicious dish of liver and onions.

## WORKING WORLD

**Dubrovnik Oysters**

In the pristine waters off the coast of Croatia just outside Dubrovnik, Pero Sare and his family have been farming oysters and mussels for generations. See Pero teach Karine how to shuck an oyster.

## PRIVILEGED ACCESS

**The Hermitage**

Born out of Catherine the Great's private art collection, the Hermitage is a living monument to Russian history and culture. Join Karine for a glimpse of St. Petersburg's Hermitage and our personalized, after-hours tours.

**Cooking with Karine: Bratwurst**

Join Karine as she learns about a variety of Germany's most-loved foods from typical German sausages and legendary pretzels to traditional potato salad, sauerkraut and various types of mustard.

**Cooking with Karine: Bread in Portugal**

In Portugal, Karine meets Dona Manuela, whose family has been making their famous bread for centuries. Share her delight as she slides golden loaves from the oven.

**Lobkowitz Palace**

Prince William Lobkowitz opens his home to Viking guests. This majestic palace is a hidden gem among Prague's royal residences and features original Beethoven manuscripts and priceless art.

**Karine Hagen is Sr. Vice President of Viking.** At home in Norway, Russia, America and England, Karine loves sharing her worlds and insights with Viking guests. She is responsible for infusing our itineraries with The Viking Way, giving us all the opportunity to have these extraordinary experiences.





# ARCHITECTURE

Many of the cruises Viking offers provide you with the opportunity to discover a wide range of Western architectural styles. Here is a brief synopsis of some of the major styles:

## ROMANESQUE

(+ / - 1050–1200 AD)

Constructions in the Romanesque style began during the reign of Charlemagne (800–814 AD), who sought to re-establish the glory of the Roman Empire. This symmetrical and relatively simple style combining elements of ancient Roman and Byzantine architecture spread throughout Europe, characterized by round arches, small windows and massive, thick walls. Arches were often arrayed in a decorative series, supported by sturdy piers or columns. Long, curved ceilings are typical, created by a simple barrel arch or two barrel arches intersecting to form a groin arch. Examples of the Romanesque style can be seen in Cologne, Germany. These include St. Mary's in the Capitol (St. Maria im Kapitol), the largest of Cologne's 12 Romanesque churches, with its carved wooden doors, and Great St. Martin's (Gross St. Martin), whose three apses and soaring tower crossing above them have characterized Cologne's skyline since the Middle Ages.

## GOTHIC

(+ / - 1150–1450 AD)

Gothic architecture evolved from the Romanesque and broke the rounded arch tradition with the use of pointed arches and building elements that stressed verticality and a reach toward the heavens, a manifestation of Europe's focus during this period on religion over the mundane. The pointed arch was extensively used in doorways, windows, arcades and galleries, and enabled expansive vaulted ceilings—higher than in the Romanesque style—by transferring the building's weight onto supporting columns. Flying buttresses on Gothic exteriors further supported the weight and allowed for many tall, vertical windows as well as rows of clerestory windows near the ceiling that flooded the structures with ethereal light. Many of Europe's greatest cathedrals, castles and universities were built in this style; the best-known example of Gothic architecture is Paris's Notre Dame Cathedral, which was one of the first buildings to use the flying buttress, a feature that spread throughout Europe. ➤

**Facing page,  
clockwise:**  
Romanesque St. Gereon Church in Cologne with its decagonal nave, topped with an impressive dome, painted in red; Gothic Notre Dame, Paris, constructed from 1163–1345; St. Joseph's Cathedral in Hanoi, built in the neo-Gothic style in 1886









# RENAISSANCE

(+/- 1450-1600 AD)

In the 15th century, Florence gave birth to the Renaissance as well as a new, clean-lined and simpler architectural style. This architectural direction resulted from a renewed interest in ancient Greece and Rome, surviving Roman ruins, and a desire to return to classicism. Architect/engineer Filippo Brunelleschi was one of its early pioneers, supported by the patronage and wealth of the Medici family. Buildings possessed an elegance created by symmetry and geometric plans. Columns and pilasters—rectangular piers semi-embedded in the walls—were used generously, often to support triangular pediments that reflected the classic architecture of ancient Greece and Rome. Domes, arches and sculpture-filled niches were also characteristic. Italy contains some of the best examples of this style, including Florence Cathedral, for which Brunelleschi engineered a groundbreaking dome, and the Palazzo Medici.

# BAROQUE

(+/- 1550-1775 AD)

The baroque built on the Renaissance architectural elements, but emphasized movement and theatrical embellishment. This excess was embraced by painters as well as architects in reaction to the austerity of the Protestant Reformation. Baroque works sought to move the emotions through dramatic lighting, opulent color and heavy ornamentation in plaster, stucco and marble, often with faux finishes. Scrolls, twisted columns, grand stairways and plaster ribbons emphasized visual movement. Interior rooms were ornamented with paintings, sculptures and elaborate stucco details. Most baroque structures were royal palaces or churches; striking examples include Germany's Würzburg Residence and Louis XIV's Palace of Versailles.



## COLUMNS

Columns may be functional—carrying the weight of a building's structure—or purely decorative. All civilizations since the Iron Age have used these. There are three main classical Greek foundational styles and two Roman; here is how to tell the different styles apart.



**DORIC:** The oldest, simplest classical style, originating in Greece. The columns of the Lincoln Memorial are in this style.



**IONIC:** Also of Greek origin, these columns on a base of stacked disks can be seen at Rome's Colosseum.





Clockwise, from above: the ornate decoration in the Catherine Palace in Russia is typical of the rococo movement; neoclassical Brandenburg Gate in Berlin; baroque Karlskirche in Vienna; the splendid Renaissance facade of Antwerp City Hall



## ROCOCO

(+/- 1725-1775 AD)

The rococo movement kept the ornateness of the baroque style but with a lighter, more graceful and asymmetrical approach. Playful and witty secular themes were now displayed with lighter, pastel colors and lavish use of gold. The name was derived from the French words *rocaille* and *coquille* (rock and shell), referring to the rocks and shell-shaped ornaments used on fountains and ornamentation. The grand, public focus of the baroque shifted to an emphasis on private rooms. This style was applied mainly to interiors and expressed through elaborately decorated plasterwork, murals, tapestries, furniture, mirrors, porcelain, and silks. St. Petersburg's Catherine Palace in Russia is an example: derided as "whipped cream" architecture by Catherine the Great, the building glittered with over 200 pounds of gold used to gild stucco ornamentation and statues, many of which still survive today.

## NEOCLASSICISM

(+/- 1775-1875 AD)

The ornate, visual complexity of baroque and rococo prompted a return to the simpler lines of classic and ancient Greek architecture. In England, the movement was inspired by excavations at Pompeii; the Grand Tour, which was de rigueur for Britain's upper class at the time; and the work of architects William Chambers and Robert Adam. The style made use of columns, symmetry, triangular pediments, and domed roofs. The three-dimensional, exuberant decoration of the baroque and rococo was abandoned for a focus on flat, exterior planes. Neoclassicism in architecture was adopted internationally, and examples can be seen as far away as Washington, DC, where many of the government buildings follow this style, and in Germany with Berlin's Brandenburg Gate. 📍



**CORINTHIAN:** Greek columns with elaborate scroll and flower decoration. The Pantheon in Rome has these columns.



**TUSCAN:** Plain Roman column without carvings on a simple base. Found in Barcelona's Palau Reial de Pedralbes.



**COMPOSITE:** Roman, with Ionic volutes and Corinthian leaves. See it at the Würzburg Residence, Germany.



**SOLOMONIC:** Popular with baroque/rococo architects and found at St. John Lateran's Archbasilica in Rome.



# The Norse Gods

The legends of giants, gods and goddesses told by the mighty Vikings have inspired Scandinavian culture and are as captivating as ever

**T**he Vikings were the greatest explorers of their age. They ventured all over Europe and beyond to create new settlements and forge important new trading routes. The success of their explorations was built on a rich Scandinavian culture wedded to the sea.

Yet the Vikings were also dependent on the land. Bound by a sense of family and clan, they populated the lands we know as Norway, Sweden and Denmark, where they lived as farmers and merchants. Life brought many challenges and dangers, too. Both at home and at sea, their world was ruled by their gods and their tales of bravery, strength and wisdom.

At Viking, we are proud of our Norse heritage. That is why we have honored our Viking Longships—and our Russian fleet—with the names of celebrated Viking gods and heroes. The following pages detail some of our ship names and describe the Norse gods, goddesses and mythical characters that inspired them.

Here you will also find paintings of the gods by the Norwegian artist Roy Christian Lauritsen. The original artworks are proudly displayed in the Atrium on each Viking Longship.

We hope that you enjoy discovering the mythological Norse stories that inspired the Vikings—tales of gods, giants and horses that evoke the magnificent heritage of a magical land.





## HEADSTRONG HEROES

**ODIN** GOD OF WISDOM

As the father of the Norse gods, Odin is associated with magic and prophecy. He also brings victory in battle. Odin is often pictured with long gray hair and a beard, cloak and floppy hat to disguise himself as he travels among ordinary people. He carries with him a powerful spear, Gungnir, which never misses its target, and a magic ring, Draupnir.

**AEGIR** GOD OF THE SEA

Personifying the ocean's power, Aegir is also known for hosting lavish parties for the gods, who marvel at his magical cups that refill themselves with drink. In his home below the sea, Aegir brews ale in a large cauldron, the froth of which is the ocean spray. Married to Ran, goddess of the sea, Aegir has nine daughters who are the Norse wave maidens.

**RINDA** GODDESS OF THE FROZEN EARTH

Beautiful and headstrong, Rinda is the daughter of Billing, king of the Ruthenians, and wife of Odin, father of the gods. Odin learns of a prophecy that he would have a son with Rinda who would avenge his son Baldur's death by slaying Hodur. So Odin sets out to marry Rinda to fulfill the prophecy. Nine months later, Vali is born and grows into a strong young man. As foretold, he travels to Asg rd and kills Hodur.

**SKADI** GODDESS OF WINTER

The giantess Skadi is also associated with hunting and skiing. When her father is slain by the gods, Skadi heads to Asg rd, home of the gods, to avenge his death. To appease her rage, the gods agree to her demands for a god as a husband, on the condition that she makes her choice by gazing at their feet. Skadi chooses the most graceful feet, believing them to belong to the young and beautiful Baldur. But she has chosen Njord.

**TOR** GOD OF THUNDER

Tor, a version of the name Thor, is a son of Odin and the protector of gods and people. Strong and powerful, he is usually depicted wielding his mighty hammer, Mj lnir. Famous for his quick temper and feats of strength, Tor is both feared and revered by the gods, and worshipped by mortals. The Norse people wore hammer-shaped amulets, a symbol of Tor, for protection well into the advent of Christianity. ➤



## ALSVIN MYTHOLOGICAL HORSE

The name Alsvin means “very swift,” and he is one of the two horses that pull the sun across the sky in a chariot driven by Sol. The other is called Arvakr, which means “early riser.” Their glistening manes generate daylight, while Sol radiates heat.

## ATLA GODDESS OF WATER

The daughter of Aegir and Ran, god and goddess of the sea, Atla is one of nine beautiful wave maidens who watch over the World Mill that turns with the seasons, bringing fertility and harmony. Odin, god of wisdom, marries all of them and together they give birth to Heimdal.



## BALDUR GOD OF LIGHT AND JOY

Baldur was loved by all and believed to be indestructible. Yet mischievous Loki discovered the one thing that could kill him and tricked Hod into throwing a sprig of mistletoe at Baldur, fatally wounding him.

## BESTLA FROST GIANTESS

Bestla is huge, both literally and metaphorically speaking. She is the daughter of the giant Bolthorn and married to Bor. They have three sons, Vili, Ve and Odin. Bestla is often referred to as the mother of all the gods.

## BRAGI GOD OF POETRY AND MUSIC

With his harp, Bragi charms all creatures, and through his poetry, he keeps the stories of the gods alive. In Bragi's honor, Vikings called their poets “bragamen” and “bragawomen.”

## BURI THE FIRST GOD

Buri was created by a giant frosty cow named Audumbla. As she licked the salty blocks of ice in Ginnagap, the shape of a man—Buri—was formed, and she nourished him with her milk. Buri is the ancestor of the gods in Norse mythology.

## DELLING BRINGER OF THE DAWN

Delling is married to Nott, the goddess of the night, and together they have a son, Dagr, who personified the day. Odin placed Delling, Nott and Dagr in the sky, so that they may ride across it with their horses and chariots every 24 hours.

## EISTLA WAVE MAIDEN

Eistla is one of the nine wave maidens who live at the bottom of the sea and gave birth to Heimdal. Their themes are providence, water and protection from water, charity, fertility, peace and cycles.

## EMBLA THE FIRST WOMAN

Odin and his brothers made Embla, along with Ask, the first man, from a couple of tree trunks found on the seashore, and gave them Midgård—the world of humans—as a place to call home.

## FORSETI GOD OF JUSTICE

Forseti radiates the light of truth and is a fair and wise mediator. He presides over all disputes of gods and men, giving all a proper hearing. Forseti means “presiding one” in Old Norse and “president” in Icelandic.

## FREYA GODDESS OF LOVE

Freya, daughter of Njord, is the goddess of love, beauty and fertility. She is sister to Freyr, the god of harvest, and together they ensure good crops and large families. Freya also presides over the afterlife realm, Folkvang, caring for fallen heroes.

## GULLVEIG POWERFUL SORCERESS

This beguiling sorceress loves gold. She leaves the realm of the Vanir gods and travels to Asgård, home of the Aesir gods. Worried by the passions it arouses in them, the Aesir cast her thrice into the fire, but each time she rises from the flame more beautiful. On her return to the Vanir, they vow to avenge her, and so begins the fabled war of the worlds.

## HEIMDAL GUARDIAN OF THE GODS

Known for his purity of heart and mind, Heimdal is the guardian of the gods. He is blessed with extraordinary sight and hearing, and his horn, Gjallarhorn, can be heard throughout heaven, earth and the underworld to summon the gods when the giants draw near.

## HERMOD MESSENGER OF THE GODS

Hermod is the nimble messenger of the gods, famous for his bravery. When his brother Baldur dies, Hermod rides for nine nights through dark valleys until he reaches Niflheim, the underworld. Hel, its goddess, agrees to release Baldur if everything in the universe weeps for him. Sadly, the giantess Thökk refuses.

## HLIN GODDESS OF PROTECTION

Hlin's task is to protect humankind. She is also the goddess of consolation and brings comfort to those who grieve. Hlin also teaches us to honor our dead by integrating their wisdom into our lives.

## VIKINGS IN RUSSIA

In the 9th century, the legendary leader Rurik led a group of Vikings from Scandinavia to what is today Kiev, where local tribes asked him to become their ruler.

Rurik unified the tribes of ancient Russia into a medieval kingdom that stretched from the Baltic Sea to the Ural Mountains. After his death in 879, his descendants remained in power in Russia for more than 700 years.

Viking was founded in Russia and to honor our heritage, we have named our Russian ships after these intrepid explorers. Our *Waterways of the Tsars* itinerary crosses historic paths with the explorations of these Vikings, who became the founding fathers of today's Russia.

## AKUN

The Viking Akun was Rurik's nephew. He and his brother Igor are named in the Russian Primary Chronicle as signatories of the 944 Byzantine Treaty. They are believed to have been prominent Vikings who fought against Byzantium. The name Akun is thought to be related to Haakon, a very popular name for Norwegian rulers.

## HELGI

A prince and a prophet immortalized in Russian literature, Helgi inherited the ancient Russian empire founded by Rurik and he enhanced its status. Helgi was warned by pagan priests that he would die by his horse so he released the animal. Years later he visited the horse's remains and a snake slithered out from the skull, killing him.





extract a wish from them. They are often depicted on horseback, armed with spears and led by Freya, and hover over the battlefield choosing who will be slain, before taking them to Valhalla.

## KVASIR KEEPER OF KNOWLEDGE

When the warring Aesir and the Vanir gods agree to a truce, they spit into a bowl and stir the saliva. From this, Kvasir, god of knowledge, is created. When two dwarves, Fjalar and Galar, invite him to feast with them, Kvasir accepts their invitation but is murdered. The dwarves drain his blood and mix it with honey to make kvas, the mead of poetry, which imparts wisdom and inspiration.

## LIF BRINGER OF LIFE TO A NEW WORLD

Lif and the male Lifthrasir are mortals who survive Ragnarök—the end of the world as it is known—and discover that it is up to them to begin anew and repopulate a fertile new world.

## MAGNI GOD OF STRENGTH

Son of the mighty Thor, Magni is believed to be even stronger than his father. His brother Modi inherited Thor's battle wrath. So, while warriors prayed to Magni to give them strength in battle, they also prayed to Modi to quell their fear.

## NJORD GOD OF WIND AND SEA

Njord was worshipped by fishermen who invoked his name to calm the waters and protect their ships.

## Var GODDESS OF OATHS

Var is a truth seeker. She oversees all agreements and contracts, particularly marriage vows, which were known as vǫrur in Old Norse. Hence, she is the goddess of betrothal. Her symbols are the oath ring and hearth fire. ♀

## IDI FROST GIANT

When Olvadi died, he left so much gold that no scale could measure it. His sons Idi, Thjazzi and Gangr each take as much gold as their giant mouths will hold, but Thjazzi wants more. The Norse metaphor "Idi's shining talk" comes from this story.

## IDUN GODDESS OF SPRING

Idun is the custodian of the golden apples the gods eat to become immortal. She is tricked by Loki and seized by the giant Thjassi and locked in his tower. When the gods begin to grow old, they force Loki to fly into the tower and rescue Idun.

## INGVI GOD OF KINGSHIP

Ingvi is the son of Odin, and an ancestor of the legendary Scandinavian dynasty from whom the earliest Norwegian kings claimed to be descended.

## JARL NOBLE WARRIOR

Renowned for his strength and intelligence, Jarl is the son of Heimdal. Jarl enhanced his status by marrying Erna, the beautiful daughter of a nobleman.

## KARA SWAN MAIDEN

Legend says that if you can capture Valkyries, or swan maidens, you can

## INGVAR

Son of Rurik, Ingvar was born around 875 AD and was a child when his father died. Rule of the vast lands of Rus fell to Helgi, his uncle. Thirty years later, Ingvar succeeded Helgi as grand prince of Kiev and carried the conquests of Kievan Rus farther east, undertaking campaigns against Persia, Constantinople and Bulgaria.

## RURIK

In the 9th century, Rurik established the birth of the Rurik Dynasty which ruled Kievan Rus, the precursor to Russia. The name "Rus" comes from Ruotsi, the Finnish word for the Varangians, and means "people that row." There is a 9th-century funerary barrow in Novgorod Oblast that locals call Rurik's Grave.

## SINEUS

Sineus was brother of Rurik and sailed with him from Scandinavia to Kiev. According to the 12th-century Primary Chronicle, Sineus settled in Beloozero, now Belozersk and often called "the portal to Russia's northern waterways," where he secured these lands for the growing Kievan Rus empire.



















## TRUVOR

Along with his brothers Sineus and Rurik, Truvor was among the first group of Vikings to settle in ancient Rus. Truvor took charge of Izborsk, near what is now Estonia, but died soon after. Rurik consolidated his brother's lands into his own, increasing the strength of the Rurikid Dynasty and the Russian Empire.



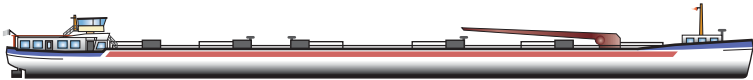





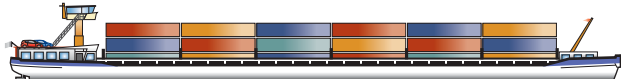

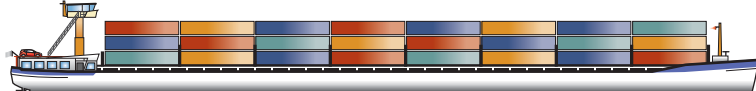


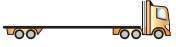
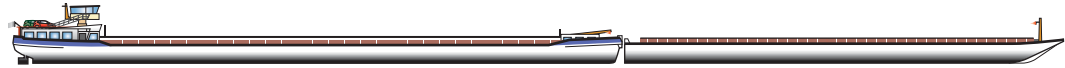



# SHIPS ALONG THE RIVER

Types of ships along the European waterways

Class*	Ship Type	Semi-Truck Equivalent**
I	 <p><b>SPITS</b> Length: 126 ft. / Width: 17 ft. / Draught: 7 ft. / Capacity: 350 tons</p>	 <p>14 x</p>
II	 <p><b>KEMPENAAR</b> Length: 180 ft. / Width: 22 ft. / Draught: 8 ft. / Capacity: 655 tons</p>	 <p>22 x</p>
III	 <p><b>DORTMUND - EMS CANAL SHIP (DORTMUNDER)</b> Length: 220 ft. / Width: 27 ft. / Draught: 8 ft. / Capacity: 1,000 tons</p>	 <p>40 x</p>
IV	 <p><b>RHINE - HERNE CANAL SHIP (EUROPASHIP)</b> Length: 279 ft. / Width: 31 ft. / Draught: 8 ft. / Capacity: 1,350 tons</p>	 <p>54 x</p>
Va	 <p><b>LARGE RHINE SHIP</b> Length: 361 ft. / Width: 37 ft. / Draught: 10 ft. / Capacity: 2,750 tons</p>	 <p>120 x</p>
Vb	 <p><b>LARGE RHINE SHIP</b> Length: 443 ft. / Width: 37 ft. / Draught: 10 ft. / Capacity: 4,000 tons</p>	 <p>160 x</p>
Vla	 <p><b>TWO-BARGE TOW COMBINATION</b> Length: 564 ft. / Width: 37 ft. / Draught: 13 ft. / Capacity: 5,500 tons</p>	 <p>220 x</p>
Vlb Vlc	 <p><b>FOUR- OR SIX-BARGE TOW COMBINATION</b> Length: 633 ft. / Width: 75 ft. or 112 ft. / Draught: 13 ft. / Capacity: 11,000 tons or 16,500 tons</p>	 <p>440 / 660 x</p>
Va	 <p><b>STANDARD TANKER</b> Length: 360 ft. / Width: 37 ft. / Draught: 11 ft. / Capacity: 3,000 tons</p>	 <p>120 x</p>



You will see many different types of ships along your journey because the waterways of Europe are a significant means of transporting goods. Below are some of the different types of ships you may encounter along the way. Note that each ship can transport a significant amount of tonnage. Indeed, these ships are the workhorses of European commerce, and each carries far more than a semi-truck can.

Class*	Ship Type	Semi-Truck Equivalent**
Vb	<b>LARGE TANKER</b> Length: 443 ft. / Width: 72 ft. / Draught: 14 ft. / Capacity: 3,000 tons	  380 x
Va	<b>AUTOMOBILE SHIP</b> Length: 361 ft. / Width: 37 ft. / Draught: 7 ft. / Capacity: 530 automobiles	  60 x
III	<b>CONTAINERSHIP KEMPENAAR CLASS</b> Length: 207 ft. / Width: 23 ft. / Draught: 8 ft. / Capacity: 32 TEU	  16 x
Va	<b>STANDARD CONTAINERSHIP</b> Length: 361 ft. / Width: 37 ft. / Draught: 10 ft. / Capacity: 200 TEU	  100 x
Vb	<b>LARGE CONTAINERSHIP</b> Length: 443 ft. / Width: 56 ft. / Draught: 11 ft. / Capacity: 500 TEU	  250 x
Va	<b>ROLL ON-ROLL OFF SHIP</b> Length: 361 ft. / Width: 37 ft. / Draught: 8 ft. / Capacity: N/A	  72 x
VIb	<b>SHIP-BARGE COMBINATION</b> Length: 607 ft. / Width: 37 ft. / Draught: 11 ft. / Capacity: 6,000 tons	  240 x
VIb	<b>SHIP-SHIP COMBINATION</b> Length: 607 ft. / Width: 37 ft. / Draught: 11 ft. / Capacity: 6,000 tons	  240 x

\* In the mid-1970s, the European Conference of Ministers of Transport categorized all European waterway ships in a system of seven classes. The system is based on the length and width of certain ship types.

\*\*Indicates the number of trucks required to carry the equivalent amount of cargo.



# NAUTICAL SIGNS

## PROHIBITORY SIGNS

Two lights or two flags shown one above the other means a long-term prohibition of passage



Passage is prohibited  
(boards)



Passage is prohibited  
(lights)



Passage is prohibited  
(flags)



Waterskiing  
is prohibited



Avoidance of waves  
or breakers

## SIGNS GIVING ORDERS



Order not to exceed the  
speed limit (Ex: 12 Knots)



Order to use the  
voice radio



Order to use the voice  
radio on the indicated  
channel (Ex: Ch 11)

## SIGNS INDICATING RESTRICTIONS

These signs indicate that the depth of the water is restricted



The clearance height over  
the water level  
is restricted

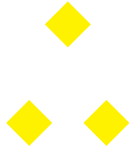


The width of the passage  
opening or the fairway  
is restricted



As we journey along the riverbanks, you will notice that we pass various signs to the left and right of our ship. These signs notify the captain of each vessel of the rules and regulations of the waterways. Below is a brief explanation of each.

## SIGNS GIVING RECOMMENDATIONS



Recommended passage opening for traffic in both directions

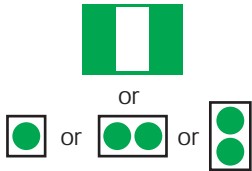


Recommended passage opening for traffic in only one direction, specifically where signs are not visible



Recommendation to stay inside the area marked by signs

## SIGNS OF INDICATION



Admission to pass (general signs)



Crossing a high-voltage line



Admission to anchor on the side of the waterway where the sign is placed



Admission to moor on the side of the bank where sign is placed



Waterways that flow in are regarded as side roads



Right waterway flowing in is regarded as a side road



Left waterway flowing in is regarded as a side road



Nautical information radio channel (Ex: Ch 11)



High water level sign 1



High water level sign 2



# LOCKS

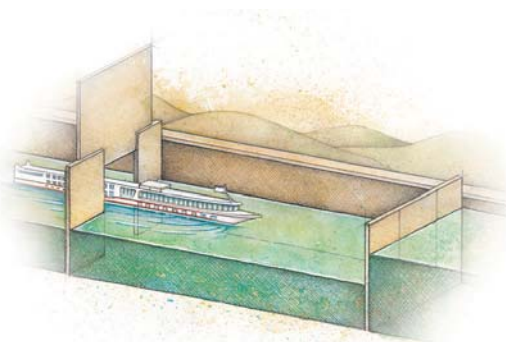
Understand the science behind your river cruise with our handy guide

## HOW DOES A LOCK WORK?

A lock works by raising and lowering boats in a device between stretches of water of different levels on rivers and canal waterways. Locks are used to make a river more easily navigable, or to allow a canal to take a reasonably direct line across a country that is not level.

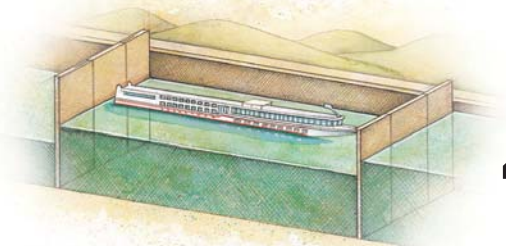
### DID YOU KNOW?

*At 1,777 miles, the Danube is Europe's second longest river after the Volga in Russia. It crosses through 10 countries including Serbia, Slovakia and Moldova.*



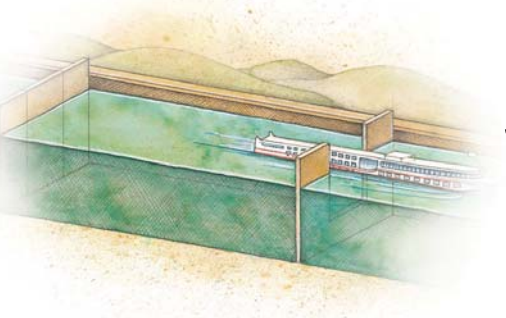
## 1 THE SHIP APPROACHES A LOCK

The first door opens and the ship enters the lock compartment.



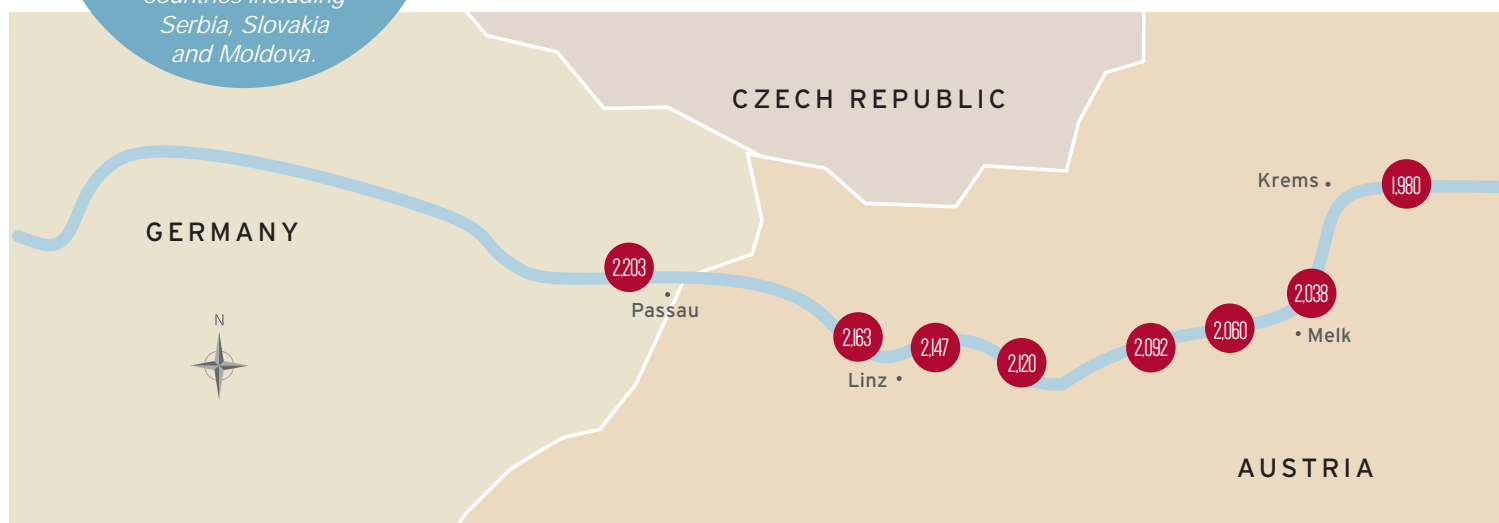
## 2 THE DOOR CLOSES BEHIND THE SHIP

The lock compartment is filled with water, raising the ship.



## 3 THE FAR DOOR OPENS

Then the ship departs at the new, higher (or lower) level of the river. Alternate lock sections can be drained for incoming ships from higher levels.

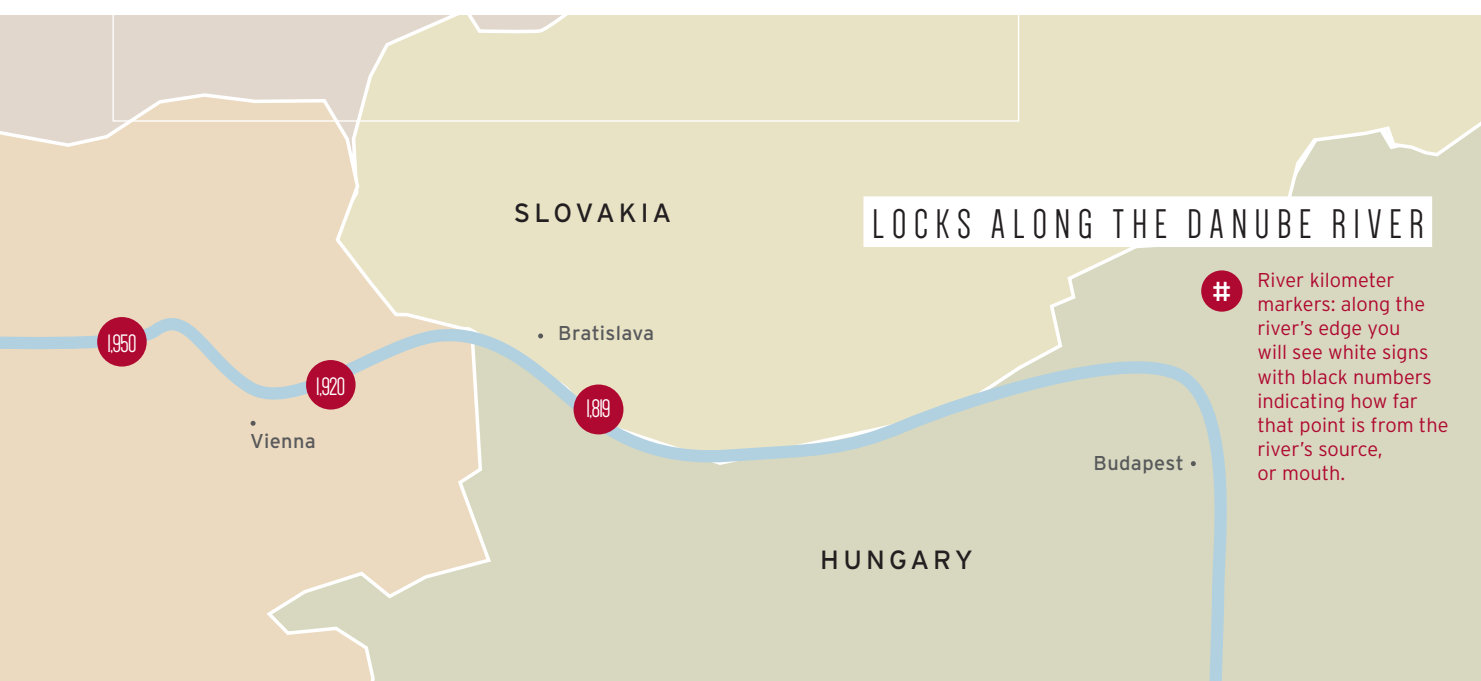
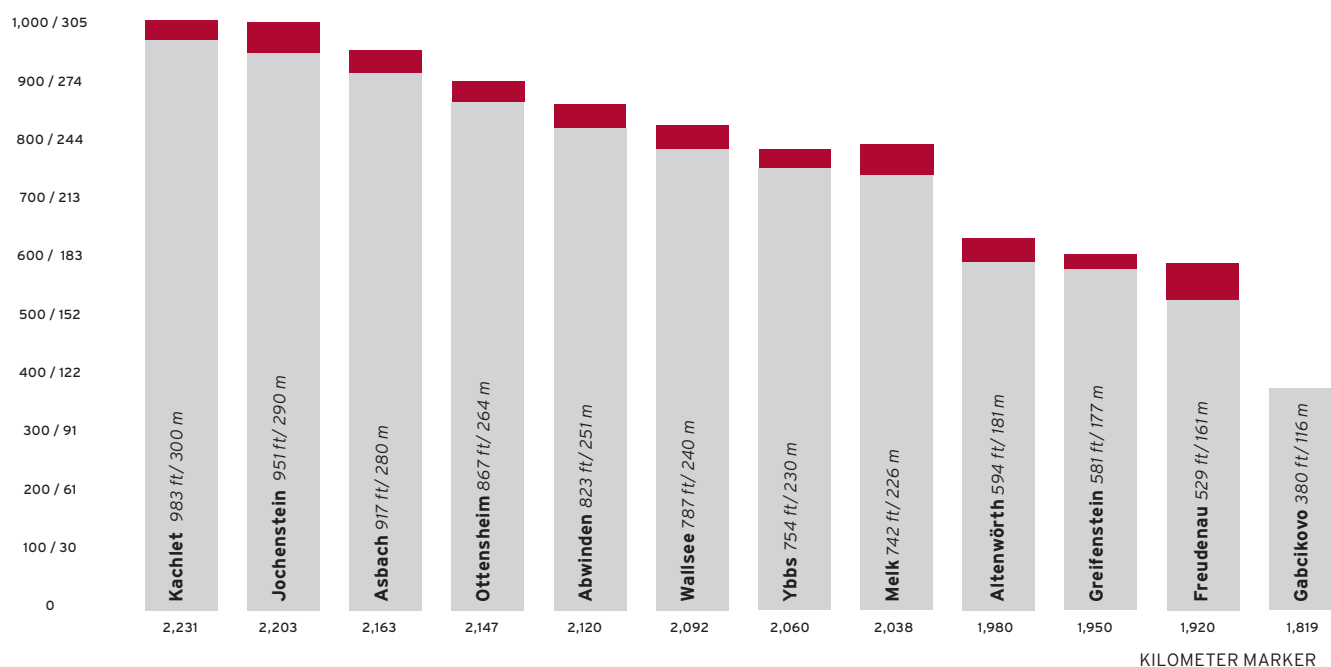




## LOCK ELEVATION BETWEEN PASSAU & BUDAPEST

ELEVATION IN FEET / METERS

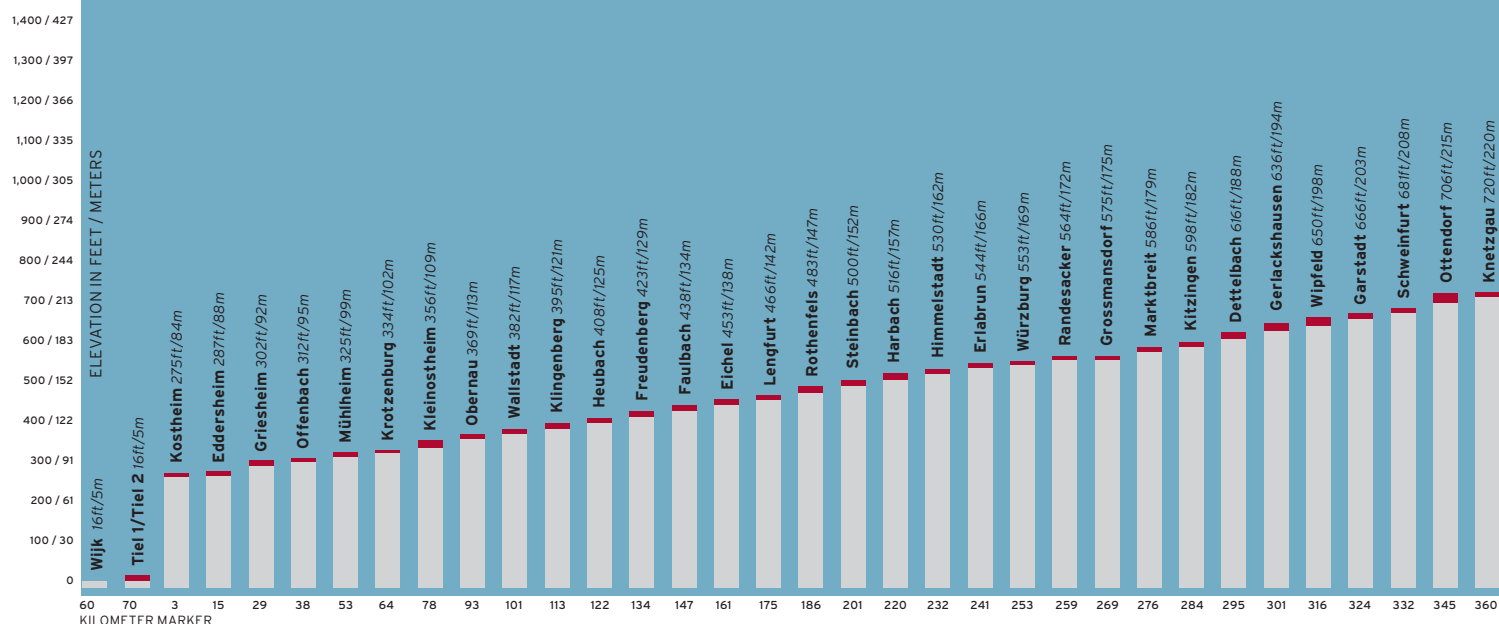
On its way from Passau to Budapest, your ship will pass through 12 locks. This chart identifies each lock by name and kilometer marking along the river. The gray bar represents the elevation at which your ship enters the lock; the red bar represents the height your ship rises or lowers.





## LOCK ELEVATION BETWEEN AMSTERDAM & BUDAPEST

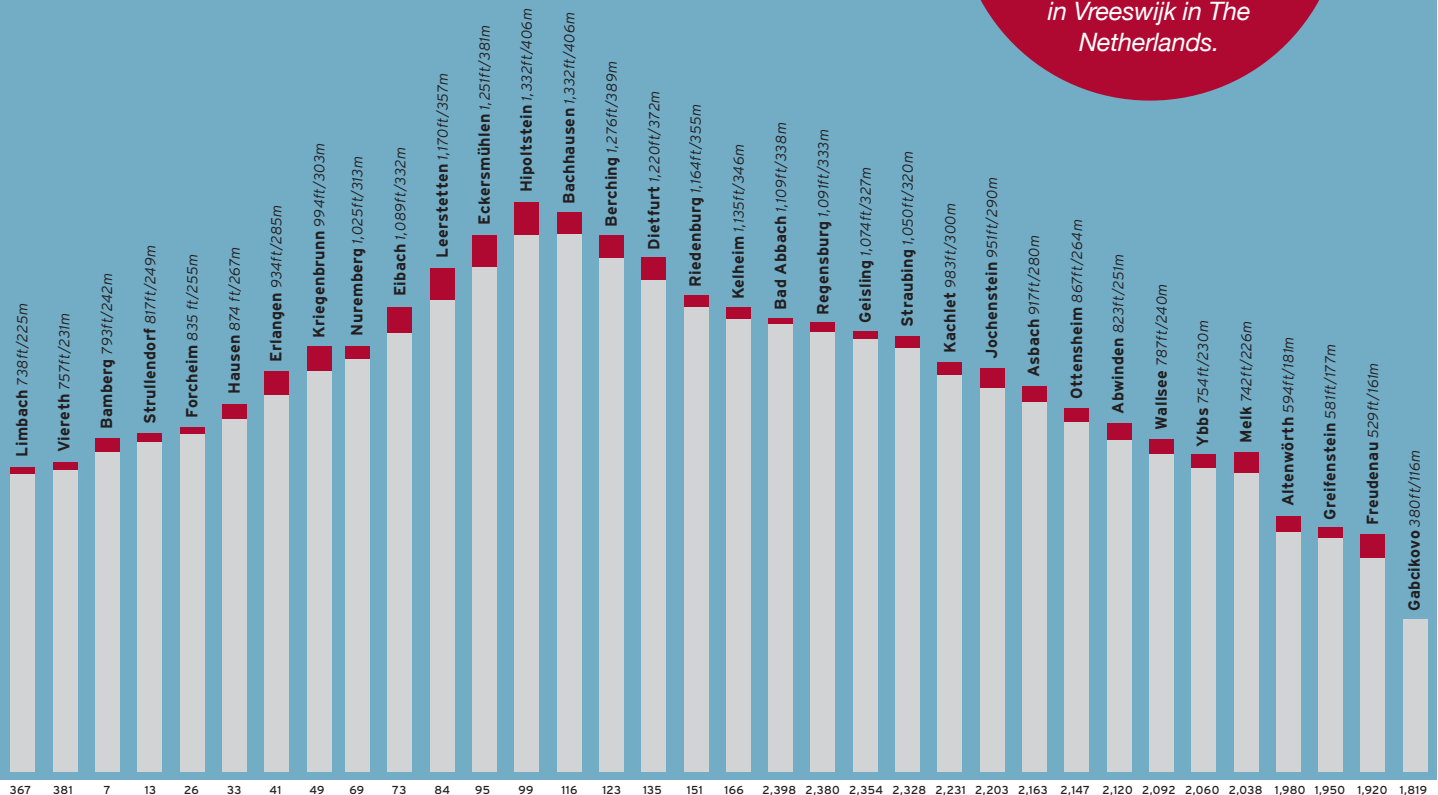
On its way from Amsterdam to Budapest, your ship will pass through 68 locks. This chart identifies each lock by name and kilometer marker along the river. The gray bar represents the elevation at which your ship enters the lock; the red bar represents the height your ship rises or lowers while in the lock. The total height of the bar is the total elevation at the highest point of this process.





## DID YOU KNOW?

The first lock was invented in China in the 9th century. In Europe, the first lock is said to have been built in 1373 in Vreeswijk in The Netherlands.



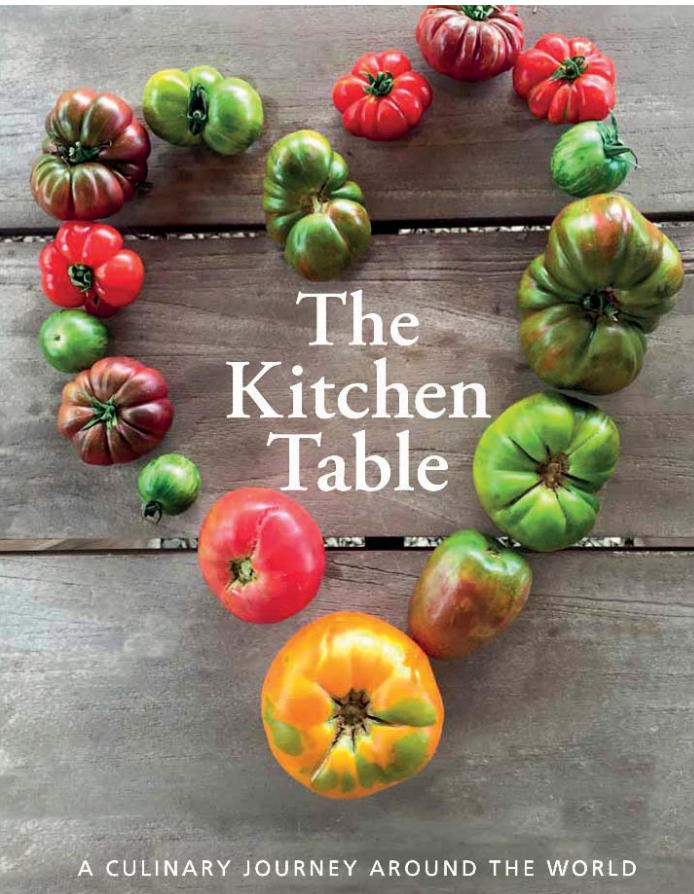
CZECH REPUBLIC

## LOCKS ALONG THE RHINE, MAIN & DANUBE RIVERS





*Discover the*  
PERFECT MEMENTO



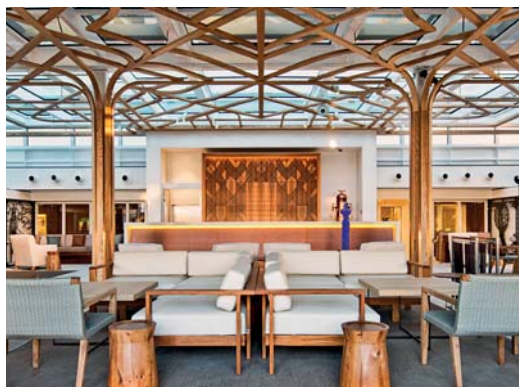
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Ship size category:  
600-2,199 guests



#1 RIVER CRUISE LINE



See your Viking Cruise Consultant on board.

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