

# HIGHLANDS, ISLANDS AND FJORDS

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

MAY 30-JUNE 9, 2026

Featuring Associate Professor  
**ANTHONY BULL**



Aboard the  
72-cabin  
*Exploris One*



Dear Colorado College alumni, family, and friends,

Join Colorado College faculty leader **Anthony Bull** on this exploration of the magnificent landscapes, remote islands, ancient settlements, and idyllic villages **from Inverness, Scotland, to the Orkney Islands and along the Norwegian coast above the Arctic Circle**. Cruise during the peak of spring, with long days of bright green scenery speckled with blooming flowers and rushing waterfalls from snow melting in the mountains.

This varied and balanced itinerary combines the wonders of the natural world with the historical and cultural highlights of the area. Our cruise is bookended with time in some of the region's most remote and inaccessible island groups—Scotland's **Orkney Islands** and Norway's **Lofoten Islands**—and offers **rich opportunities for bird- and whale watching**. Furthermore, this itinerary provides several days inside **Norway's iconic fjords**, including the awe-inspiring **Sognefjord**, Norway's longest, as well as the UNESCO-listed **Nærøyfjord**.

Step ashore at peaceful, picturesque fjord-side towns and fishing villages off the beaten track—splendid Art Nouveau **Ålesund**, set on myriad islands stretching out into the ocean; **Brønnøysund**, from which one can access **Torghatten**, a granite mountain that is a famed landmark of the Norwegian coast; and such tiny villages as **Å**, **Reine**, or **Nusfjord** in the Lofotens—all of which have inspired artists and photographers for over a century. A **pre-cruise extension** in Edinburgh and the Scottish Highlands, and a **post-cruise extension** in Oslo are also available.

Professor Bull will be part of a **team of onboard experts** who together will offer a **series of lectures and informal discussions**. Along the way, you will delight in cruising for **eight nights aboard the elegantly appointed and newly renovated Exploris One**, designed to safely navigate demanding waters while offering the highest level of service and comfort. Each of her **72 suites and spacious staterooms** offers breathtaking ocean views, some with private balconies.

The program is co-sponsored by other organizations, so I encourage you to contact Eos Study Tours today at **(800) 856-8951** or [tigertravel@studytours.org](mailto:tigertravel@studytours.org) to reserve your preferred suite or stateroom.

Sincerely,

Cindy Hyman '82  
Associate Vice President  
for Engagement

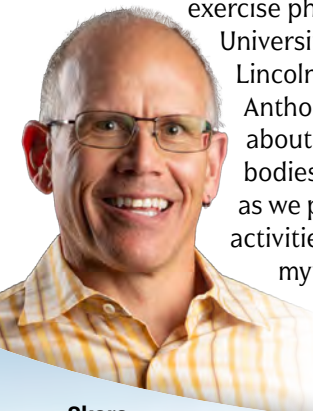
Puffins on  
the island of  
Runde, Norway



## STUDY LEADER ANTHONY BULL

**Anthony Bull** is an Associate Professor and Chair of the Department of Human Biology and Kinesiology and has been a faculty member at Colorado College since 2012. Prior to coming to Colorado College, he taught at Creighton University in Omaha, Nebraska, and earned his PhD in exercise physiology from the University of Nebraska in Lincoln. In the classroom, Anthony is passionate about teaching how our bodies function and adapt as we participate in physical activities, dispelling the myths so often promoted by tradition and social media. During this

cruise, Anthony looks forward to exploring the concept of “friluftsliv,” a term first coined by Henrik Ibsen in 1859 that describes the feelings derived from being in nature and its wider physical and mental benefits. Anthony is certified as an Exercise Physiologist through the American College of Sports Medicine and is also a Certified Strength and Conditioning Specialist. He enjoys many of the outdoor activities available in Colorado, especially hiking and all types of cycling, and can often be found camping and hiking with his wife, Inger Bull, the former Director of Global Education at Colorado College. He is excited to be with you in the open air and beautiful fjords of Norway, to experience friluftsliv and benefit from all the trip has to offer.



**Skara Brae**



**Reine, Lofoten**



### HIGHLIGHTS

**DELIGHT** in cruising Norway during the height of spring, when temperatures are mild and flowers carpet the countryside.

**DISCOVER** how the Vikings held a strategic foothold in the Orkney Islands for centuries. Marvel at fascinating Stone Age sites, including the Ring of Brodgar and the 5,000-year-old stone slab village of Skara Brae, both UNESCO World Heritage Sites.

**LINGER** in the dramatic and beautiful landscapes of the Sognefjord, Norway's longest and deepest fjord, including its most dramatic and narrow arm, UNESCO-listed Nærøyfjord.

**STEP** ashore at peaceful, picturesque fjord-side towns and fishing villages off the beaten track—splendid Art Nouveau Ålesund, set on myriad islands stretching out into the ocean; and tiny villages in the Lofotens—

such as Å and Reine—which have inspired artists and photographers for over a century.

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

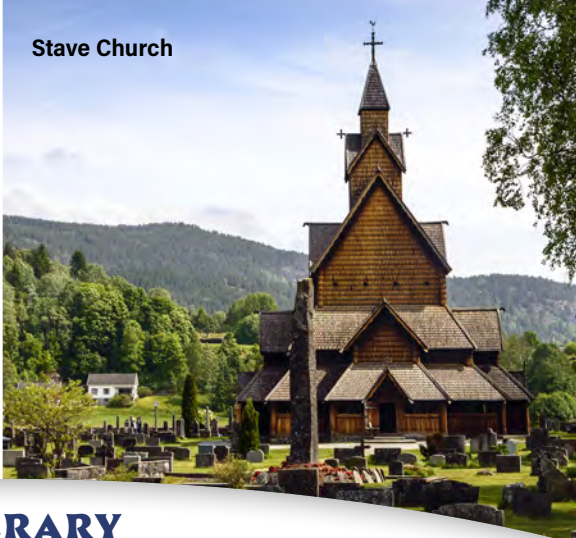
**LOOK** for wildlife in the Lofotens, a prime location in June for orcas, porpoises, and the mighty sperm whale.



Sognefjord



Stave Church



## ITINERARY

**Saturday and Sunday, May 30 and 31**

**DEPART HOME / INVERNESS, SCOTLAND**

Depart home on overnight flights to Inverness. Upon arrival on May 31st, relax before meeting your fellow travelers at a welcome dinner. DORNOCH STATION (D)

**Monday, June 1**

**INVERNESS / EMBARK EXPLORIS ONE**

Explore Inverness Old Town and its indoor Victorian market, with lunch on your own during free time in town before embarking *Exploris One* this afternoon.

EXPLORIS ONE (B,D)

**Tuesday, June 2**

**KIRKWALL, ORKNEY ISLANDS**

Disembark in Kirkwall for a morning exploration of the Ring of Brodgar and Skara Brae, part of the UNESCO “Heart of Neolithic Orkney,” the most important Neolithic sites in western Europe. Return to the ship for lunch and then set out on one of two afternoon options: **1.** Take a guided tour of Kirkwall, including the medieval St. Magnus Cathedral, with free time in the vibrant and pretty downtown; or **2.** Visit The Quoy of Houton, listed as one of the top 10 UK coastal gardens, with the owner, a renowned horticulturalist, before returning to the ship. EXPLORIS ONE (B,L,D)

**Wednesday, June 3**

**AT SEA / SOGNEFJORD, NORWAY**

Enjoy a full day at sea looking for wildlife from one of the ship’s spacious decks, indulging in the ship’s amenities, and listening to lectures from our team of experts. As evening approaches, arrive at the entrance of Sognefjord, Norway’s longest and deepest fjord.

EXPLORIS ONE (B,L,D)

**Thursday, June 4**

**VIK AND NÆRØYFJORD**

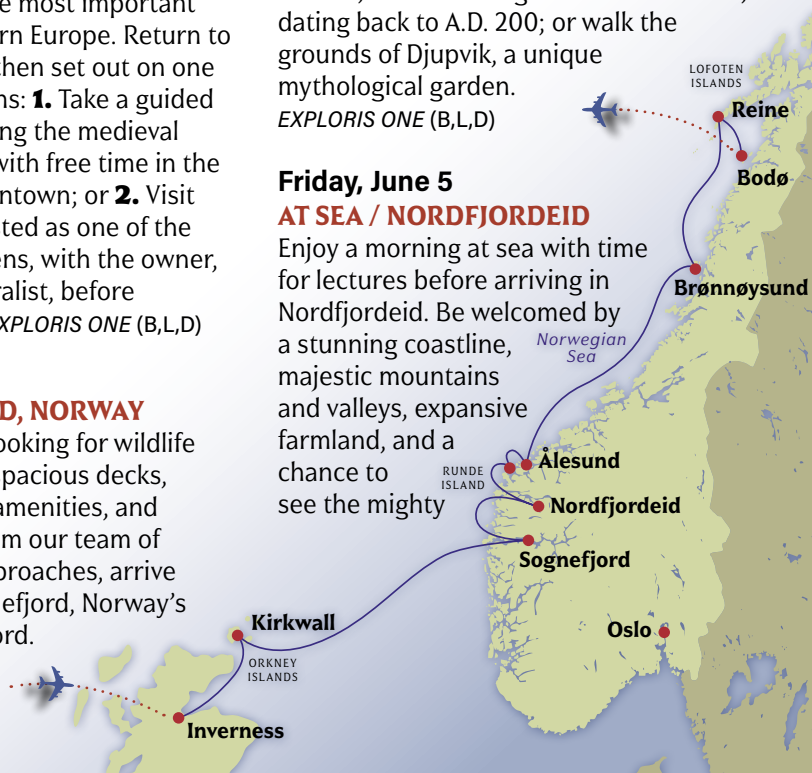
Join a private cruise of the UNESCO World Heritage-listed Nærøyfjord, narrowest and best known of the many arms of the Sognefjord. This fjord stands out as Norway’s premier natural wonder, boasting steep mountainsides, hanging valleys, majestic peaks, snowfields, cascading waterfalls, and quaint hamlets. Visit one such hamlet, Gudvangen, a historic Viking village nestled deep within Nærøyfjord, where there is free time to explore independently. Also discover the riches of Vik, a picturesque village along the banks of the Sognefjord, including the impressive Hopperstad Stave Church, one of Norway’s 28 remaining stave churches and the oldest in the country. And don’t miss the opportunity to sample the local ‘gamalost cheese;’ see Moahaugane Burial Mounds, dating back to A.D. 200; or walk the grounds of Djupvik, a unique mythological garden.

EXPLORIS ONE (B,L,D)

**Friday, June 5**

**AT SEA / NORDFJORDEID**

Enjoy a morning at sea with time for lectures before arriving in Nordfjordeid. Be welcomed by a stunning coastline, majestic mountains and valleys, expansive farmland, and a chance to see the mighty



Briksdal Glacier, the largest in Europe. Here, choose from various excursion options including kayaking and a guided hike to learn about the local ecosystem, driving to see the Briksdal Glacier and walk the Loen Skylift, or visiting with a local family in their private home to learn about the Norwegian way of life and culture followed by a trip to the Norwegian Fjord Horse Center.

*EXPLORIS ONE (B,L,D)*

### **Saturday, June 6**

#### **RUNDE AND ÅLESUND / AT SEA**

Get up early this morning to look for birds on the cliffs at Runde, a nesting site of over 240 species including puffins, followed by a visit to beautiful Ålesund. Known for its Art Nouveau buildings and islands stretching out into the ocean, Ålesund offers three optional excursions including:

**1.** The medieval village of Sunmøre, an open-air museum; **2.** Viking's Island; or **3.** An in-depth city walk including Mt. Aksla, followed by free time. In the afternoon, enjoy cruising with time for lectures, relaxing on board, and keeping an eye out for whales. *EXPLORIS ONE (B,L,D)*

### **Sunday, June 7**

#### **AT SEA / TORGHATTEN AND BRØNNØYSUND**

Continue cruising north this morning, with time for lectures. After lunch, arrive at the coastal town of Brønnøysund to delve

into its history and culture, surrounded by natural landscapes. Choose from optional excursions: **1.** Hike Torgghatten, known for its mythical mountain with a distinctive hole through it; **2.** Enjoy a panoramic drive and visit Hildur's Farm for a taste of Norwegian farm life; or **3.** Explore Norwegian aquaculture at the Norwegian Aquaculture Center. Reboard in the late afternoon and depart for the Lofoten Islands, crossing the Arctic Circle along the way. *EXPLORIS ONE (B,L,D)*

### **Monday, June 8**

#### **REINE (LOFOTEN ISLANDS)**

Enjoy a full day exploring the picturesque Lofoten Islands, where you will visit charming fishing villages such as Å, Reine, or Nusfjord, each offering unique insights into local life. Discover the rich Viking heritage at the Lofotr Viking Museum, home to the world's largest Viking longhouse, and visit a local farm indulging in a lunch ashore where you will learn about the islands' efforts in sustainable farming. Conclude the day with the Captain's farewell reception and dinner. *EXPLORIS ONE (B,L,R,D)*

### **Tuesday, June 9**

#### **DISEMBARK / HOME**

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



## **OPTIONAL EXTENSIONS**

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

#### **EDINBURGH AND THE SCOTTISH HIGHLANDS**

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

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

#### **ART AND GARDENS OF OSLO**

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

*Further details and pricing will be sent to confirmed participants.*



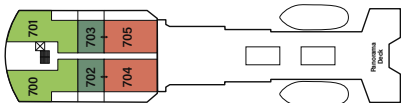
## Exploris One

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

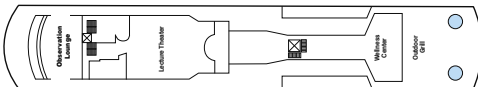
### PROGRAM RATES (per person):

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

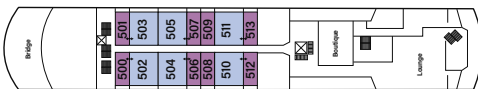
**NOTE:** All cabins are convertible to one queen or two twin beds.



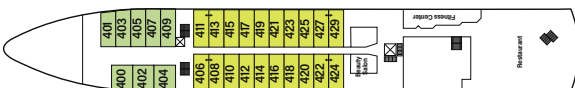
DECK 7



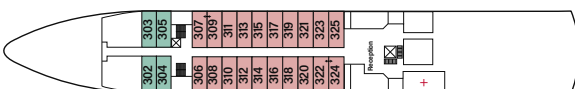
DECK 6



DECK 5



DECK 4



DECK 3

## GENERAL INFORMATION

### PROGRAM RATES INCLUDE

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

### AIR ARRANGEMENTS

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

**WHAT TO EXPECT** This is a moderately strenuous program, at times physically demanding and busy, with considerable walking at some sites. Hiking options are available in some ports, with distances of up to three miles. In some instances, elevators are unavailable, and stairs may not have handrails. You will need to climb into and out of Zodiacs for several excursions ashore—and there may be additional use of the Zodiacs to take advantage of opportunities that arise. Participants should be fit and in active good health. Limited medical facilities are available on board *Exploris One*. All participants will be required to follow safety protocols set forth by Eos Study Tours/ Colorado College Tiger Travel or Criterion Travel, local staff, and host country laws. If the tour manager decides that a participant cannot visit a site safely or in a timely manner, their judgment will be final. Where possible, an alternate activity may be suggested; additional costs may apply.

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

### PROGRAM RATES DO NOT INCLUDE

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

internet, and email charges ■ Room service ■ Other items of a personal nature

TRAVEL INSURANCE

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

A NOTE ABOUT RATES

Program rates are based upon current fuel prices, taxes, tariffs, and a minimum number of participants. While we will do everything possible to maintain the listed prices, they are subject to change. If there are significant changes, details and costs will be advised prior to departure.

TERMS AND CONDITIONS

Complete Terms and Conditions, including Statement of Responsibility, will be made available to you at time of registration, or in advance upon request. A signed "Terms and Conditions, Release from Liability, Assumption of Risk and Binding Arbitration Clause" is required from each applicant prior to participation on the tour.

RESERVATIONS AND PAYMENTS

To reserve space, return the completed reservation form with your \$1,000 per person deposit to: Eos Study Tours/Colorado College Tiger Travel, P.O. Box 938, 47 Main St., Suite One, Walpole, NH 03608-0938 or fax to 603-756-2922. Balance of payment is due 120 days prior to departure (January 30, 2026). We accept checks, payable to "Eos COL-ScotlandNorwayCRI5/26" as well as VISA, MasterCard, and American Express for deposits. Reservations will be processed in order of receipt. Credit cards are NOT accepted for final payment.

PARTICIPANT CANCELLATIONS AND REFUNDS

Cancellations must be received in writing by Eos Study Tours/Colorado College Tiger Travel. Deposits are refundable (less a \$250 per person admin fee) if written notice of cancellation is received within 30 days of booking; after that, deposits are 100% nonrefundable. After the January 30, 2026 final payment deadline: All payments are 100% nonrefundable, regardless of booking date. For this reason, we strongly urge participants to purchase trip cancellation insurance. Refunds cannot be made to participants who do not participate in any part of the program, who do not complete the tour for whatever reason, or whose entry into any country and/or hotel or aboard any cruise vessel on the itinerary is delayed or denied.

TRIP CANCELLATIONS AND REFUNDS

If the program is cancelled by Eos Study Tours/Colorado College

Tiger Travel or Criterion Travel, our tour operator, you will receive a full refund, without further obligation on our part. However, if trip cancellation, itinerary changes, and/or delays are mandated by causes beyond our control, the participant shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by Eos Study Tours/Colorado College Tiger Travel or Criterion, or else receiving a refund of as much of such advance tour expenditures as Eos Study Tours/Colorado College Tiger Travel and Criterion are able to recover on the participant's behalf from carriers, third-party tour vendors, etc. Neither Eos Study Tours/Colorado College Tiger Travel nor Criterion shall have any obligation or liability to the participant beyond the foregoing.

HEALTH All participants should be in good health and capable of keeping up with an active group of travelers. By forwarding the deposit for passage, the passenger certifies that he/she does not have any physical or other condition or disability that would create a hazard for him/herself or other passengers.

ITINERARY CHANGES

The itinerary and study leader presented for this tour are subject to modification and change by Eos Study Tours/Colorado College Tiger Travel and Criterion Travel. Every reasonable effort will be made to operate the program as planned; however, should unforeseen world events and conditions require the itinerary to be altered, Eos Study Tours/Colorado College Tiger Travel and the tour operator reserve the right to do so for the safety and best interest of the group. Any extra expenses incurred in this situation are the responsibility of the participant.

RESPONSIBILITY

By submitting your deposit, you are bound to the terms and conditions delineated throughout this brochure. Due to space limitations these are not Eos Study Tours/Colorado College Tiger Travel complete Terms and Conditions, which are available upon request and will be sent to you along with a Release of Liability requiring your signature.

California Seller of Travel Program CST #2088800-40

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HIGHLANDS, ISLANDS AND FJORDS MAY 30-JUNE 9, 2026

RESERVATIONS

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NAME #1 (as on passport) COLORADO CLASS OF

NAME #2 (as on passport) COLORADO CLASS OF

STREET ADDRESS

CITY / STATE / ZIP

HOME PHONE MOBILE PHONE

EMAIL #1

EMAIL #2

Are you traveling with any other parties on this program? ☐ Yes

PAYMENT INFORMATION

☐ Enclosed is my check for \$\_\_\_\_\_ (\$1,000 per person, payable to "Eos COL-ScotlandNorwayCRI5/26") for \_\_\_\_\_ place(s) on Highlands, Islands and Fjords.

☐ Please charge my deposit of \$\_\_\_\_\_ (\$1,000 per person) to my ☐ VISA ☐ MasterCard ☐ AmEx

NAME ON CREDIT CARD

CREDIT CARD NUMBER EXP. DATE / SECURITY CODE

CARDHOLDER SIGNATURE

ACCOMMODATIONS (not guaranteed)

Cabin category preference:

1st choice \_\_\_\_\_ 2nd choice \_\_\_\_\_

Bed preference: (not guaranteed at hotel)

☐ Queen ☐ Twin

SINGLE TRAVELERS (choose one)

☐ I prefer single accommodations  
☐ I plan to share accommodations with:

☐ I'd like to know about roommates.

I am a ☐ non-smoker ☐ smoker

I understand that if a roommate cannot be found by the final payment deadline of January 30, 2026 I will pay the single rate.

I/We have read the General Information section of the brochure and agree to the Terms and Conditions stated therein.

SIGNATURE DATE

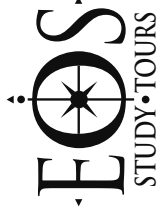
SIGNATURE DATE

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**ANTHONY  
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Eos Study Tours

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[www.coloradocollege.edu/us/alumni/tiger-travel/](http://www.coloradocollege.edu/us/alumni/tiger-travel/)