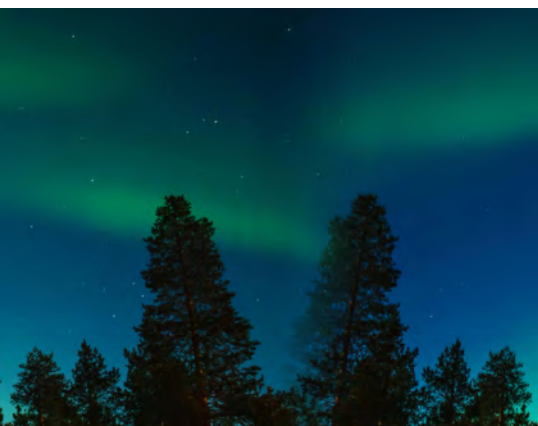


NORTHERN CAPITALS WOMEN ONLY

11 DAYS / 10 NIGHTS | July 18-28, 2026



NORTHERN CAPITALS WOMEN ONLY



DAY 1: 18 JULY 2026

Depart the US

Board your overnight flight.

DAY 2: 19 JULY 2026

Fashionable Helsinki

Welcome to Helsinki. Head out to explore the city before meeting your fellow traveling companions for a wonderful dinner with wine and time to hear the exciting plans awaiting you during your Northern Capitals tour.

Transfers: More information to come with the release of the 2026 brochure.

Meal(s): Dinner with Wine.

DAY 3: 20 JULY 2026

Day at Leisure in Helsinki

Helsinki is yours to stroll leisurely through Finland's quaint capital or take the opportunity to cruise across the Baltic Sea to Estonia where you will visit Tallinn, its fairytale capital city. Take in the panoramic views from Toompea Hill before visiting the market square with its old German weighing house, pharmacy and Town Hall. Enjoy time at leisure this afternoon to browse Tallinn's shops, famous for fine amber and silver jewelery before returning to Helsinki.

Meal(s): Breakfast.

DAY 4: 21 JULY 2026

Helsinki and Baltic Cruise to Stockholm

Explore Helsinki, the trendsetting city of top fashion and design, alongside a Local Expert. Wander through the aromatic stalls of a traditional food market and sample local produce like liquorice or smoked reindeer. This afternoon, board your cruise ship for the overnight voyage to Sweden. Take in the breathtakingly beautiful scenery from the comfort of your A-Class, sea-view cabin while the northern sun hangs over the horizon as you enjoy dinner on board.

Meal(s): Breakfast, Dinner with Wine.

DAY 5: 22 JULY 2026

Stockholm, City of Islands

Disembark your Baltic cruise and explore Stockholm with a Local Expert, visit the imposing City Hall with its impressive Gyllene salen, the Golden Hall, covered with 18 million gilded mosaic tiles and the Blå hallen, the Blue Hall, the venue for the Nobel Prize banquets. Cross the harbor to Gamla Stan, the medieval heart of the city, to see the cathedral and the Royal Palace.

Meal(s): Breakfast, Dinner with Wine.

DAY 6: 23 JULY 2026

Stockholm

Stockholm, beautifully situated on 14 islands. Curate your day with Insight Choice. Dive into the exciting world of the Swedish music scene at ABBA The Museum & Avicii Experience where you can experience the Swedish pop group which became a world sensation and produce your own music during your visit. Or relax and let stress

melt away in a Swedish sauna and pamper yourself enjoying the Roman-style ways with warm and cold water and swim in a pool while admiring the surroundings of the Art Deco building.

Meal(s): Breakfast.

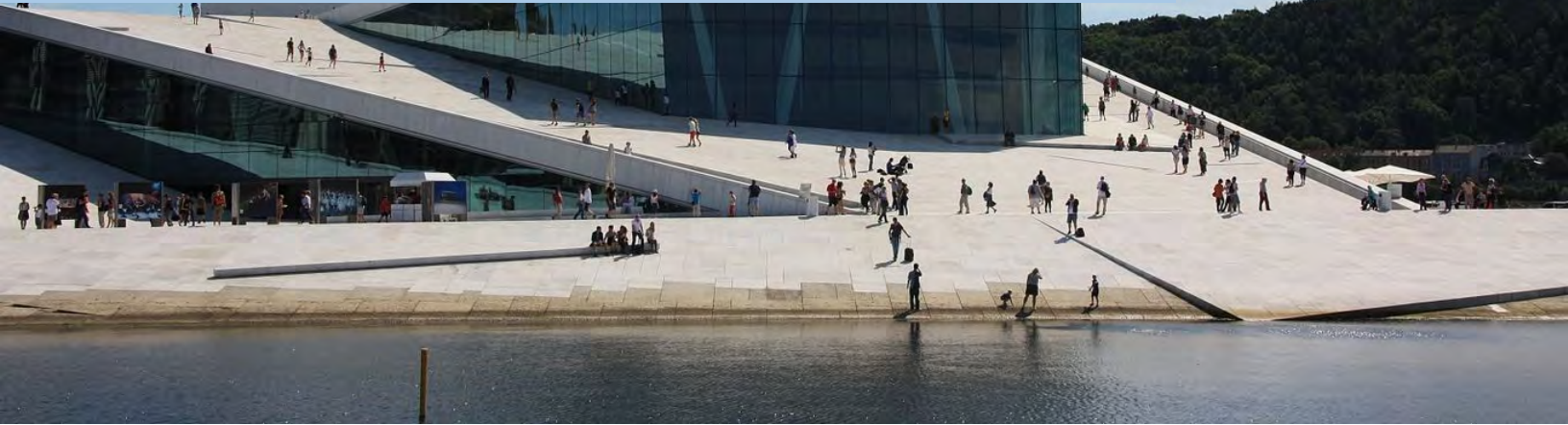
DAY 7: 24 JULY 2026

Stockholm to Oslo

Journey past Lake Vänern, the largest lake in Sweden and enjoy a scenic drive through Norway's lush forest landscapes to Oslo, Norway's fascinating capital. This evening meet Isabelle Sandstedt Pedersen, an extraordinary athlete who will spend the evening with you and chat over dinner about how she rose to such athletic heights.

Meal(s): Breakfast, Dinner with Wine.

NORTHERN CAPITALS WOMEN ONLY



DAY 8: 25 JULY 2026

Cosmopolitan Oslo

Sightseeing with a Local Expert includes views of Akershus Castle and the Royal Palace. Walk around the Opera House and marvel at the striking contemporary architecture of the new Bjorvika district. Wander through Frogner Park, with its intriguing sculptures by Gustav Vigeland. The afternoon is at your leisure to continue exploring as you wish. Perhaps join an Optional Experience to the most modern ski jump in the world? Maybe explore City Hall where the Nobel Peace Prize Ceremony is held or walk upon the famous architecture of Oslo Opera House

Meal(s): Breakfast.

DAY 9: 26 JULY 2026

From Norway to Denmark

Journey south through the Nordic countries from Oslo to Denmark taking in the lush scenery along the route. Pass the city of Gothenburg to board the ferry for a short cruise to Denmark. Enjoy a view of Kronborg Castle, reputedly the Elsinore home of Hamlet as you enter the Kingdom of Denmark and onwards to Copenhagen.

Meal(s): Breakfast.

DAY 10: 27 JULY 2026

Wonderful Copenhagen

With a Local Expert, begin your sightseeing at Christiansborg Palace, seat of the Danish Government, to marvel at the opulent interior. Journey past Copenhagen

Cathedral and the university to see Rosenborg Castle, the Renaissance Stock Exchange and Amalienborg Palace, home of the royal family. Visit the waterfront to admire Hans Christian Andersen's Little Mermaid gazing across the harbor. Before dinner, indulge in a private boat tour with a captain who shares their perspective of Copenhagen. Join a MAKE TRAVEL MATTER® Experience at our hand-picked restaurant and enjoy a delicious dinner of sustainable ingredients, as you toast to the end of your Scandinavian adventure.

Meal(s): Breakfast, Dinner with Wine.

DAY 11: 28 JULY 2026

Fond Farewell to Copenhagen

Time to say goodbye to your new friends as your journey through the Nordic countries comes to an end.

Transfers: More information to come with the release of the 2026 brochure.

Meal(s): Breakfast.

11 days from
\$7974 Per Person
(Includes air from
EVV)

Twin Share

\$1080 (subject to availability) Single Supplement

INCLUSIONS

- Audio Headsets for flexible sightseeing
- Luxury air-conditioned coach with WiFi in most countries or alternative transportation (such as rail journeys)
- Hotel portage where available of 1 bag per person.
- An expert Travel Director and separate Driver.
- Hotel tips, restaurant tips for included meals, and local taxes.
- A group airport transfer on the first and last day of your guided holiday.
- Cherry-picked hotels, all tried and trusted (Hotels listed to be used as a guide only and are subject to availability. If the quoted hotel is unavailable, we will secure another hotel in the same category).

BOOKING TERMS AND CONDITIONS

WHAT'S NOT INCLUDED: Airfares (unless otherwise stated), passports and applicable visa fees, charges imposed by third parties, laundry, phone calls, items of a personal nature, beverages, meals and sightseeing not detailed on the itinerary, excess baggage, travel insurance. Travel Insurance is highly recommended. Ask your Travel Advisor or Group Specialist for further details.

PRICE: The advertised price is in US dollars, per person twin share.

DEPOSIT: A non-refundable deposit of \$450 per person is due at time of booking.

FINAL PAYMENT: Required 90 days prior to the group's departure date. Final payment due dates are based on trip type or region. See contract or brochure for details.

CANCELLATION FEES: In the event you have to cancel your booking, cancellation fees will apply. For full details of cancellation fees, contact your Travel Advisor or Group Specialist.

AMENDMENTS: Fees may apply to any change made to your booking once confirmed.

REFUNDS: No refund is available if cancellations occur after the trip has commenced or in respect of any sightseeing, accommodation, meals or any other services not utilized.

ITINERARY CHANGES & TRIP CANCELLATION: Prices are based on costs, charges, tariffs, taxes, levies and exchange rates at the time of publication. In the event that such fluctuations affect the price to be paid for services, we reserve the right to adjust the price as necessary at any time. Insight Vacations reserves the right to vary itineraries should circumstances dictate, as well as cancel or reschedule any trip departure in accordance with operating requirements, or circumstances beyond its control. The advertised trip requires minimum numbers to depart. Should these not be met, Insight Vacations reserves the right to alter or cancel arrangements.

PASSPORT AND VISAS: You must have a valid passport with 6 months validity from date of return. For Visa requirements, contact your Travel Advisor or Group Specialist.

HOTELS: The hotels listed in the itinerary are listed as a guide only and are subject to change.

PORTERAGE: for one suitcase is included in the trip price on arrival and departure from each trip hotel. Refer to <https://www.insightvacations.com/en-us/information/booking-conditions> for details of luggage allowances.

TRANSFERS: Your Travel Advisor or Group Specialist can

provide details of arrival and departure transfers.

DOCUMENTATION: Documentation will be emailed approximately 2 weeks prior to departure.

ADDITIONAL TERMS AND CONDITIONS: apply to this special departure. Full terms and conditions are available from Insight Vacations. Refer also to the Insight Vacations website at <https://www.insightvacations.com/en-us/information/booking-conditions>.

FOR INSIGHT VACATIONS SCHEDULED DEPARTURES ONLY

DISCOUNTS AND TRAVEL PROTECTION: You may be able to take advantage of special offers and Travel Protection as detailed in the Insight Vacations brochure or website on this trip. Please check with your Travel Advisor or Groups Specialist for applicable discounts. Note: the Travel Protection insurance plan will not cover any additional group discounts or benefits applied to the rest of the group.

ROOMING ARRANGEMENTS: All pricing is based on twin share accommodation. If a single room is required, the appropriate single supplement will need to be paid. Single rooms are subject to availability. Triple rooms may be available on request.

HIGHLIGHTS

- Helsinki: Your Local Expert will show you the sights of the harbor city. Wander through the aromatic stalls of a traditional food market and sample local produce like liquorice or smoked reindeer before enjoying free time to explore the harbor of this fascinating city of design.
- Stockholm: With a Local Expert, step inside the City Hall where the fabulous Gyllene salen, the Golden Hall is covered by 18 million gilded mosaic tiles. You'll also see the Blå hallen, the
- Blue Hall, where the Nobel Prize banquets are held.
- Oslo: With your Local Expert, see Akershus Castle, Oslo Harbor and the Royal Palace.
- Copenhagen: With a Local Expert, witness the regal interior of Christiansborg Palace, with its stunning tapestries, furnishings and decor.

Activity Level: Balanced – Tours with up to 1 – 3 miles of walking per day, which may include some uneven surfaces such as cobblestones and stairs.



For more information please contact: Tourcy
Email: concierge@travelwithtourcy.com
PH: (812) 781-0201

