



SCANDINAVIA, RUSSIA & BALTIC 9 DAY DANCE CRUISE

BALLROOM, LATIN & SWING DANCE CRUISE

July 31 – August 9, 2020

Norwegian Escape

PORTS OF CALL

Copenhagen



Copenhagen has come a long way from its early Viking days. Its historic center of Frederiksstad has its share of castles and royal-era palaces— but it's the modern, sleek Scandinavian design and playful, hygge spirit that sets Denmark's capital apart today. Each neighborhood offers its own unique, exciting adventures. Explore the city's seafaring past with a canal cruise under a network of bridges, or take a stroll along Nyhavn's colorful quay. Peek in Kødbyen's trendy art galleries and savor world-renowned Nordic cuisine in Christiania's quirky cafes. Adventure comes in many forms in Copenhagen, from Baltic beaches to famous fairytales.

THINGS TO DO:

Put It In Park: Pump up the adrenaline at Tivoli Gardens, one of the world's oldest amusement parks. Go upside down on the 62 mph Vertigo, or feel the thrill of riding the famous wooden roller coaster that marked its 100th birthday in 2014. Arcade games, pantomime shows and live music only add to the park's appeal.

Plot Twist: Inspired by the famous Hans Christian Andersen fairytale, The Little Mermaid sculpture remains one of the most visited landmarks in all of Copenhagen. Find her sitting on a rock in the harbor, in all her bronze and granite glory, looking forlorn in search of her prince on land.

National Treasures: Housed in the old Prince's Palace, the National Museum's galleries span the Great Hall and former sleeping quarters of Danish royalty. Here you can admire furniture from the early 18th century, as well as impressive collections of classical and eastern antiquities, handicrafts, coins, medals and children's toys.

Local Cuisine: Copenhagen has the most Michelin-starred restaurants of any Scandinavian city. Noma is consistently named "Best Restaurant in the World" for its New Nordic cuisine. But if you're hungry for a quick lunch, try a herring smørrebrød sandwich and a dozen Limfjord oysters. Savor Danish cheese, coffee and pastries at Torvehallerne market— or sip on an ice-cold pint of Carlsberg pilsner.

Shopping: Hit the famous shopping strip of Strøget, one of the longest pedestrian-friendly streets in Europe, for international brands and kitschy collectibles. Copenhagen is perhaps best-known for its Danish-designed glass and ceramic home goods. Many vendors sell secondhand porcelain and silver pieces in street markets, but be prepared to bargain. Most shops open at 10:00 am during the week and noon on Sundays. Most stay open later on Friday and Saturday.

National Language Danish

Currency Accepted Danish Krone (DKK)

Credit cards accepted. Most self-serve terminals however require a card with a chip and pin number. Some may charge a 3% surcharge on credit cards.

A 25% consumer sales tax is applied to purchases which, by law, have to be displayed as part of the selling price. This means you shouldn't be caught short when you get to the bill, but do expect almost everything to be more expensive than you'd usually pay.

Larger towns may accept payment in Euros.

Tipping

Tipping in Denmark isn't common; however it is practiced for great service.

Restaurants: Service and tax is included in the price, that being said it is normal to round up or tip 5-10% on the bill for very good service.

Bars: Like restaurants a service charge will already be included in the bill. However, if you received good service then you can round up the total.

Taxis: It is not expected, but rounding up the fare is appreciated.

Otherwise, tipping is usually between 5% and 10%

Temperatures

Average High 69, low 54

Location

Airport is about 6 miles from Central Station (heart of the city).

Cruise port is about 5 miles from Central Station

Berlin



Soak up some sun in Warnemunde, home to some of Germany's best beaches. The fine, sugar-white sand goes on for 15 kilometers along the pristine blue waters of Baltic Sea. Head to popular West Beach and relax in one of the many striped Strandkorben — canopied wicker chairs. Or check out quieter East Beach, lined by high sand dunes. Cruise to Berlin, Germany to watch the waves crash against 19th-century Warnemunde Lighthouse. Then, make your way to the Alte Strom, where you can stroll along the quaint promenade and buy fresh fish straight off the fishing cutters. Take in the salty air of this sleepy fishing village, and savor the relaxed pace of life. Sample fresh-caught seafood, try a local brew and do some people-watching in one of the outdoor beer gardens.

THINGS TO DO:

Get Sandy: Fancy a dip in the Baltic Sea? Warnemunde is the perfect place to spend an afternoon in the sun. Feel the fine grain of the distinctive white sand, and dip your toes in the cool, northern waters. Or hunker down in one of the many distinctive, canopied wicker chairs and enjoy the view.

Lighthouse Climb: You'll get the best view of the beach and town from the top of the Warnemunde Lighthouse. Climb to the top and pretend you're an explorer surveying the area to spot ships coming into the harbor from the Baltic Sea.

Seaside Stroll: Cruise to Germany and indulge yourself with some deliciously fresh seafood at one of the many restaurants along the Alter Strom. The streets are lined with charming old fishermen's houses. Along the quay, you can even grab a bite at one of the floating snack bars.

Local Cuisine: In Warnemunde, you'll find plenty of freshly caught seafood. The distinctive dish is Fischbrötchen, a tasty, often fried fish sandwich. You can find it everywhere from food trucks to floating snack bars and restaurants. Choose from halibut, mackerel, butterfish, flapper, Bismarck and herring. You won't be disappointed.

Shopping: Head to the old channel for your pick of shops and boutiques. Alter Strom is lined with stores inside of old fisherman houses selling souvenirs, food, clothing and more. Nearby Rostock's Market Square is an easy drive — head there for designer fashions as well as local purveyors of handmade goods.

National Language German

Currency Accepted Euro (EUR)

Most Germans still prefer to pay cash and many shops and cafes do not accept cards, especially in smaller German cities. An estimated 80% of all transactions in Germany are in cash. The importance of cash cannot be overestimated. Before you enter shops or restaurants, check the doors—they often display stickers showing which cards are accepted. Visa and MasterCard are usually accepted in Germany—but not everywhere. (American Express to an even lesser extent.) Most self-serve terminals however require a card with a chip and pin number. Some may charge a 3% surcharge (or higher) on credit cards.

Tipping

Tipping in Germany can be common but you need to know when to tip and where. Simply leaving change at the table for your delicious beer or tasty bratwurst isn't normal.

Restaurants: Service and tax is included in the price, that being said it is normal to round up or tip 5-10% on the bill. When a waiter or waitress comes to your table you must tell them how much you wish to pay. So if the bill is 8 Euro you would say 10 Euro if you want to leave a small tip.

Bars: You almost always run a tab in bars so a 10% tip at the end of the bill is considered normal. Like restaurants you shouldn't just leave the tip on the table but let the staff know you are tipping.

Taxis: It is not expected, but rounding up the nearest Euros is appreciated.

Temperatures

Average High 73, low 54

Tallinn, Estonia



Tallinn's fairy-tale castles, cobbled streets and warm hospitality remain one of Europe's best-kept secrets. Head to the city's Old Town, where you can see medieval Raekoja Plats (Town Hall Square) and wander hidden passageways between 17th- and 18th-century earthwork forts. Tour the ornate Orthodox Cathedral of St. Alexander Nevsky, full of detailed mosaics and traditional icons. Take a foray to the unspoiled Baltic coastline just outside Tallinn — check out popular Piritä or quiet Kakumäe. Later, stop into one of Tallinn's iconic cellar restaurants to fuel up on hearty Estonian fare like mulgipuder, a porridge of barley and potatoes flavored with smoky bacon.

THINGS TO DO:

Medieval Roots: From the red-roofed towers of its Town Walls, to the Orthodox Alexander Nevsky Cathedral and the smoky pink Riigikogu parliament house, Tallinn's medieval Old Town looks straight out of a fairy tale. Make sure to stop in central Raekoja Plats, a charming square filled with cafes and restaurants.

Baltic Beaches: Tallinn's beaches are the perfect opportunity to escape the not-so-hectic city center. Piritä Beach in particular is a big draw, with its broad expanse of sand and unique architecture, which dates back to when the USSR hosted the Olympics in 1991.

Local Cuisine: Estonian food mixes Baltic and Russian influences — pickled herring is a common sight on Estonian tables, as is hearty black rye bread. Check out one of the cool cellar restaurants, which are situated on the garden level of warehouse buildings. Try buckwheat blinis with whitefish roe, red onion and sour cream, or pea soup with smoked pork hock. Wash it down with a pint of the local favorite Pohjala beer.

Shopping: If you want to shop a range of souvenirs, local items and just about anything else you can think of, wander through the outdoor market stalls just outside Viru Gate, in the Old Town. Tallinn's most famous

souvenirs include wooden crafts made with Estonian Juniper trees and local chocolates and spirits by brands like Kalev and Vana Tallinn.

National Language Estonian

Currency Accepted Euro (EUR)

Credit and debit cards are widely used in Estonian towns and cities. All the major providers Visa, Mastercard/Maestro/Cirrus, and Amex are commonly accepted in tourist areas, in ATMs, shops and restaurants. Amex is the least widely used provider, so if this is your main card, it's always a good idea to carry an alternative form of payment. In general, it's a good idea to keep a small amount of local cash with you, for smaller purchases, tipping, and in the event you find yourself somewhere where cards aren't accepted.

Tipping

Tipping is something new to Estonia and started once they received their independence and the locals began to travel more. Even then 10% is the most you should tip while in Estonia.

Restaurants: If you receive table service that it is custom to tip 5-10% of the bill, assuming the service was good. By law service can't be forced onto the bill or you.

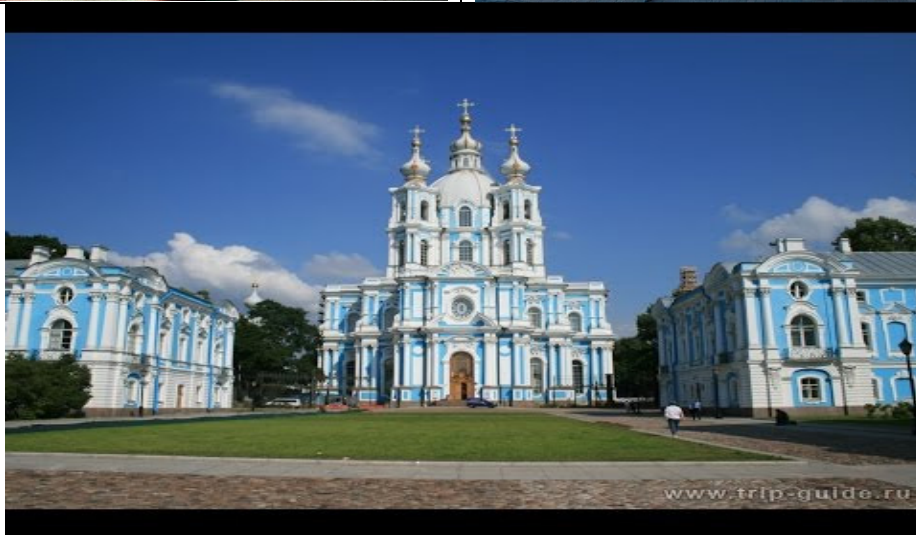
Bars: Tipping bar tenders isn't expected, you may see a tip jar on the counter to throw change in though.

Taxis: Tipping a taxi driver isn't common or expected. You can round up to the nearest Euro to make things easier.

Temperatures

Average High 68, low 53

St. Petersburg



Since its founding by Peter the Great in 1703, St. Petersburg has been one of the most impressive cities in Russia, Europe and the world. Marvel at the Baroque and neoclassical architecture on display within its UNESCO World Heritage historical center. Enjoy the relaxing charm of the Baltic Sea as you stroll along it. Cruise to St. Petersburg and hop on a boat and see the colorful variety of the city's sights and architecture on a canal tour. Or spend the day meandering the action-packed 3.5-mile stretch of Nevsky Prospekt, where you'll find the can't-miss Cathedral of Our Lady of Kazan and plenty of cafes where you can fuel up on cured sausage and thick rye bread.

THINGS TO DO:

Czars and Saviors: Located near the waterfront and housed in the former Romanov Winter Palace, the Hermitage Museum sits due north along Nevsky Prospekt from the Church of the Savior on Blood, St. Petersburg's other most iconic attraction.

Discover the Unusual: St. Petersburg's city center is overflowing with history — why not choose museums that offer something a little different? Visit the quirky Faberge Museum, dedicated to the work of Russian jeweler Carl Faberge. Or enjoy an interactive experience at the Museum of Emotions.

Imperial Excursion: Take a drive to some imperial palaces outside the city center. Under an hour away by car lies exquisite Peterhof, whose fountains alone are worth the price of admission. Cruise to St. Petersburg and go by train to the Baroque-style Catherine Palace — can you guess which Russian ruler often stayed here?

Local Cuisine: Russians flock to St. Petersburg because of its cosmopolitan vibe, but use your stop here to discover local cuisine. Head to the restaurant-rich Nevsky Prospect to sample borscht beet root soup (the cold version in summer), dumplings of meat (plmeni) and sour cherries (vareniki) or hearty beef stroganoff — yes, that's a Russian dish!

Shopping: St. Petersburg's shopping options are as grand as its architecture. The luxurious Gostiny Dvor mall is an essential stop with your St. Petersburg cruise. If you're looking for a more down-to-earth experience, try your luck (and your Russian language skills) at Udelnaya Flea Market and bargain for one-of-a-kind antique samovars or imperial porcelain.

National Language Russian

Currency Accepted Russian Ruble (RUB)

Credit cards are welcome in nearly all Russian hotels and many restaurants, but many museums and train stations take only cash. Cards most commonly accepted in Russia are American Express, Visa, MasterCard, and Eurocard. Places that take Diners Club are rare, and those that take Discover are nearly nonexistent.

Credit cards are a safe way to carry money. They also provide a convenient record of all your expenses, and they generally offer relatively good exchange rates. You can also withdraw cash advances from your credit cards at banks or ATMs, provided you know your PIN.

Tipping

You might not see Russians tip but as a tourist or visitor you are expected to tip.

Restaurants: You will be expected to tip 10-15% in cash. If you don't have a waiter then you don't have to tip.

Bars: If there is no waiter you won't be expected to tip. If you do get table service then 10-15% is appropriate.

Taxis: You will likely negotiate the price before your ride. If you don't then you should round up the fare.

Tours: If you do a tour then you should tip the guide and driver. You should do about 300 Rubbles to the guide and about 200 to the driver.

Temperatures

Average High 68, Low 54

SPECIAL NOTE:

We wanted to point out on the NCL General Booking Information document we sent you with your confirmation invoice, it states:

Visa Restrictions for Russia:

U.S. and Canadian passport holders may only go ashore in St. Petersburg, Russia without a Russian visa if they have purchased a Norwegian Cruise Line Shore Excursion. To go ashore independently in St. Petersburg, a Russian tourist visa must be obtained before the cruise.

We Googled this a bit and found the following.

Visas for cruise ship passengers from this Website:

<http://www.saint-petersburg.com/russian-visa/for-cruise-ship-passengers/>

Cruise ship passengers visiting St. Petersburg - of which there are now almost half a million every year - do not need a Russian visa provided they are staying in the city for no longer than 72 hours. Therefore, if you book a cruise and St. Petersburg is one of the calls, you **DO NOT NEED** to get a Russian visa before you depart. However, travelling without a Russian visa does impose strict limitations on your time in St. Petersburg, so it's certainly worth considering the option of getting a Russian Travel Visa before you start your cruise.

The 72-hour exemption for cruise ship passengers does not mean that visitors have three days free in St. Petersburg. Not only will you have to sleep on the ship (not a problem for most cruise passengers), you will also have to be accompanied at all times on shore by a licensed tour guide. In other words, from the moment you leave the ship in the morning to the moment you step back on board in the evening, you will have to follow a pre-arranged schedule and will not have the opportunity to explore the city under your own steam. Cruise operators will expect their clients to book the St. Petersburg tours offered on-board or during booking. In fact, there are essentially three options for cruise passengers visiting St. Petersburg:

1. Book the tour recommended by your cruise operator

This is certainly the simplest option, the path of least resistance even. However, beyond the lack of choice in what you see and do in St. Petersburg, the tours offered by your cruise operator are likely to be significantly more expensive than tours you book independently.

2. Book a tour independently

Though you may be encouraged to think otherwise, the tours offered by your cruise operator are not the only options for cruise ship passengers to see St. Petersburg visa-free. There are a number of independent companies in St. Petersburg with the necessary licensing to offer shore tours for cruise ship passengers without Russian visas. Not only will this option give you much greater choice in terms of what you can see and do - as well as a wide range of more original and unusual tours, many companies will give you the option of designing your own itinerary - tours booked with independent local companies are in general considerably cheaper than those offered by your cruise operator.

3. Get a Russian Travel Visa

If you prefer to be truly free to do what you want while in St. Petersburg, the only option is to obtain Russian Travel Visas before you depart on your cruise. This is essential if, for example, you plan to meet up with friends or family in St. Petersburg, or if you want to enjoy the city's colorful nightlife (especially tempting if you're visiting during the White Nights). While getting a Russian Visa can seem a laborious process, our simple step-by-step guide will help to make it as painless as possible and, provided you apply for your visas in good time, the expense is likely to be no more than you would otherwise have to pay for guided tours if you chose to travel visa-free.

If staying out late is part of your reason for wanting a Russian Visa, then it's probably also worth booking accommodation in St. Petersburg as there are likely to be restrictions on returning to your ship after a certain point in the evening. If you book accommodation, then you should be provided with visa support documents free-of-charge (this is certainly the case if you book hotel or apartment accommodation through our website). If you are not planning to book accommodation in St. Petersburg, you will need to order visa support documents separately.

Step-by-step guide: <http://www.saint-petersburg.com/russian-visa/step-by-step-visa-guide/>

From Russian Embassy Website:

Website: <http://www.russianembassy.net/rusvisa.html#tourist>

The following documents should be submitted to the Russian Embassy or Consulate to obtain a Tourist Visa to enter Russia:

1. Your original passport with at least 2 blank visa-designated pages (passport must be valid for at least 6 months after intended departure date from Russia).
2. Two copies of Russian visa application form, completed and signed.
3. Two passport-size photos signed on the back.
4. If Tour Group or Cruise Passenger: Letter from tour company or cruise line confirming itinerary and including a copy of the confirmation from authorized Russian travel company which shows the reference number and confirmation number for the visa.
5. If Individual Travel: Confirmation of hotel arrangements from authorized Russian travel company, or directly from the Russian hotel, showing reference number and confirmation number for the visa.

NOTE: There are three types of Visa: Russian Tourist Visa, Russian Business Visa, and Russian Private Visa. You would want the Russian Tourist Visa.

For assistance with expedited Russian Tourist Visa Invitations see Russian Visa Support Authorizations
Need help? Customer care consultants are standing by.

Call us 7.495.665 5424 or US and Canada toll free 1 800 324 0492.

You can also send us an e-mail message and we will get back to you within the following business day.

<http://www.visatorussia.com/russianvisa.nsf/message.html>

Helsinki, Finland



Welcome to Scandinavia's "White City of the North," a city defined by its people and Art Nouveau architecture. Finland's capital is a laid-back but vibrant seaside city, surrounded on three sides by sea and tiny islands. Stroll

to the heart of Helsinki to its bustling kauppatori, or market square. Admire the graceful 19th-century buildings and Havis Amanda, the lovely mermaid statue commonly regarded as the symbol of Finland. Continue to Temppeliaukio, an astonishing rock-carved church. Finish the day at a local restaurant with a dish of fresh-caught white fish with new potatoes. Join a Helsinki cruise and head to the hip Kallio neighborhood to explore Helsinki's nightlife — you'll discover a host of spots ranging from cocktail lounges to rock music venues all within walking distance from each other.

THINGS TO DO:

Back in Time: Take the ferry 15 minutes to the fortress of Suomenlinna, a UNESCO World Heritage Site and one of Finland's most popular sights. Visit the museums, bunkers and fortress walls, built by the Swedes in the 18th century. Then, enjoy a picnic and hike along the cluster of car-free islands that are all connected by walking bridges.

Innovative Designs: The Kiasma Museum of Contemporary Art in the city center, with its quirky metallic design by Steven Holl, is a symbol of Helsinki's modernization. Inside is an eclectic collection of Finnish and international contemporary art. There are excellent facilities for kids and a popular glass-sided cafe and terrace. Check out more of Helsinki's aesthetic history at the Finnish Design Museum.

Sweat It Out: Saunas are immensely popular in Finland — the nation claims to have about 3.5 million of them. In Helsinki, you can go to Kotiharjun, the city's only original public wood-fired sauna, dating from 1928. Cruise to Finland and try Loyly Sauna, a traditional smoke sauna set in a charming art deco complex.

Local Cuisine: Helsinki has a wide choice of restaurants, from chic Michelin-starred spots to creative bistros and even food trucks. Fresh, seasonal and locally sourced ingredients are the norm here. Famous Finnish dishes you should try during your Finland cruise include salmon stew, forest mushrooms, and reindeer. Smorgasbord is a popular buffet, with hot and cold dishes featuring plenty of seafood. Enjoy a piece of lingonberry pie or some cloudberry for dessert.

Shopping: Helsinki is a design mecca. Head to the Stockmann department store in the art nouveau building at Esplanade Park, and stop by Finnish designers like Markimekko, Iittala and Artek. Head to the Helsinki Design District or Toriquarters for unique pieces of clothing, design objects, art, antiques, books and homeware.

National Language Finnish, Swedish

Currency Accepted Euro (EUR)

Visa, Mastercard, American Express and Diner's Club Cards are all widely accepted in Finland. Using credit and debit cards is the most popular way of paying for goods and services in the country, so it's a good alternative to cash or cheque. Also, be prepared to show a photo ID when purchasing goods by card - this is a very common practice all across the country.

Tipping

Tipping in Finland isn't common though it is a nice gesture and people are starting to tip a bit more. Usually a service charge will be included on your bills, however if you really enjoyed your experience then a few extra euros will go a long way.

Restaurants: Service will be included on the bill. If you did receive exceptional service then feel free to round up the bill a few euros.

Bars: Not required, but rounding up or leaving the change is appreciated.

Taxis: Not required but rounding up the fare makes things easier for everyone.

Temperatures

Average High 66, low 51

Stockholm, Sweden



As you explore Stockholm — the stylish Swedish capital, built across 14 islands connected by 57 bridges — you'll notice water and green space are never far away. Stroll through Gamla Stan, the colorful medieval Old Town, with its imposing royal palace and looming cathedrals. Browse the little shops and art galleries that line the narrow streets, or take a break in one of the many trendy cafes. Visit the large City Hall, the site of the Nobel Prize banquet, with its austere brick exterior accented by playful Venetian turrets and decorated balconies. Don't miss the grand Vasa Ship Museum — you'll see an almost-intact 17th-century warship — and Skansen, the world's first open-air museum, both located on the island of Djurgården.

THINGS TO DO:

living Museum: Stroll around Gamla Stan and the adjacent island of Riddarholmen. The Old Town of Stockholm is one of the largest and best-preserved medieval city centers in Europe. Admire the colorful buildings in the narrow, winding cobblestone streets, or visit some of the old churches and museums. And don't miss the baroque Royal Palace.

Sweden in Miniature: Visit Skansen, the world's first open-air museum, founded in 1891. The around 150 traditional houses provide a glimpse of how Swedes once lived. Highlights include the glass-blowers' cottage and the Nordic Zoo. Staff in costume create handicrafts or play music. Enjoy lunch or a coffee in the bakery.

Stylish Stockholm: Head to Moderna Museet, the city's modern-art museum. Highlights include works by Pablo Picasso, Andy Warhol and Damien Hirst, plus several key figures from the Scandinavian and Russian art worlds. The museum also stages well-conceived temporary exhibits. There's a very popular restaurant with a great view over the water too.

Local Cuisine: Head to the trendy Södermalm neighborhood for some top-class *husmanskost* — traditional Swedish fare — in one of the hip beer halls. Pair your brew of choice with meatballs served with lingonberry

jam or pickled herring served on crispbread. Or check into an upscale spot serving modern Nordic dishes like lobster with slow-cooked carrots and cauliflower shoots or pork belly with artichoke puree.

Shopping: Stockholm is a shopper's paradise. For big-name Swedish and international retail outlets, hit the Biblioteksgatan from Ostermalm to Norrmalmstorg. For artier stores and galleries, head to Sodermalm. For souvenirs browse the narrow streets of Gamla Stan, as well as a great collection of design objects arranged chronologically and by theme, head to Nordiska Museet.

National Language Swedish

Currency Accepted Swedish Krona (SEK)

Sweden is widely regarded as the most cashless society on the planet. Most of the country's bank branches have stopped handling cash; many shops, museums and restaurants now only accept plastic or mobile payments. Most terminals in stores are supporting the use of paying with contactless cards. But no need to worry. Major credit cards (some restriction may apply to American Express) are widely accepted throughout Sweden at banks, hotels, stores, restaurants, and taxis.

Tipping

Tipping isn't expected in Sweden, but more often than not people will round up the bill or leave the change if they had a good experience!

Restaurants: Almost always a service charge is included in the bill. However, many will round up the bill or leave the small change.

Bars: Like restaurants, tipping a bar tender isn't expected. You could round up and leave the small change.

Taxis: You can round up the fare and leave the change as a tip if you enjoyed the ride, but it's not expected!

Temperatures

Average High 68, low 43