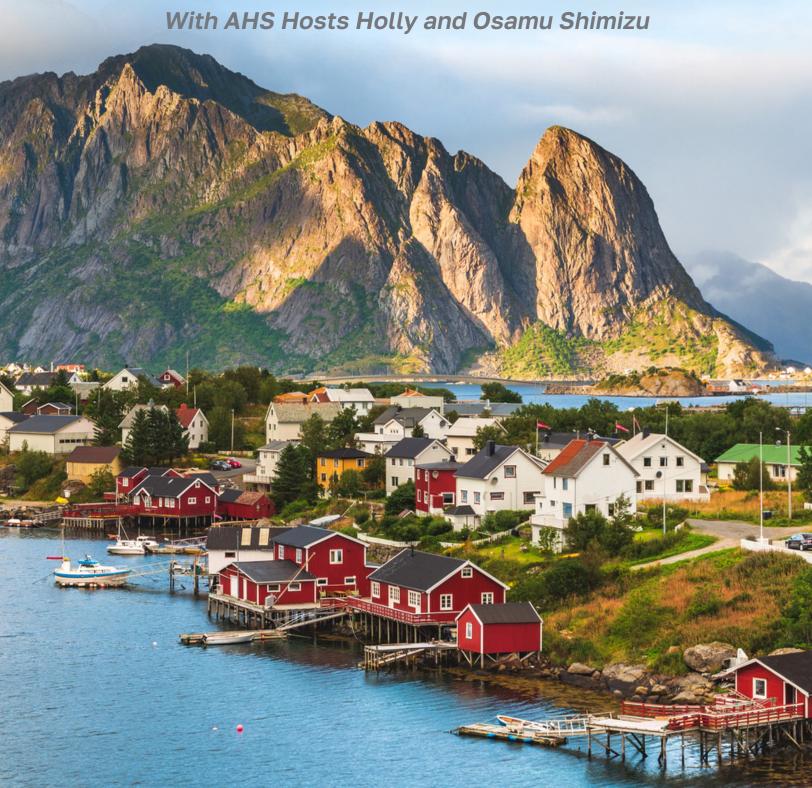


Highlands, Islands, and Fjords: Scotland, Orkney Islands, and Norway

May 29-June 8, 2025



Dear Friends,

I am excited to invite you to embark with the AHS on an extraordinary journey through the magnificent landscapes, remote islands, ancient settlements, and idyllic villages of Norway and northern Scotland. On this varied and well-rounded itinerary, enjoy long spring days of bright-green scenery speckled with blooming flowers and rushing waterfalls.

Among many special features, this cruise is bookended with time in some of the region's most remote and inaccessible island groups—Scotland's Orkney Islands and Norway's Lofoten Islands—both showcasing splendid wild landscapes and fascinating remains of ancient settlements as well as rich opportunities for bird and whale watching. Furthermore, this itinerary provides several days inside Norway's iconic fjords, including the awe-inspiring Sognefjord, Norway's longest, as well as the UNESCO-listed Nærøyfjord.

I am delighted that you will be accompanied by AHS Hosts Holly and Osamu Shimizu, who will enhance this unique odyssey with their expert horticultural insights. This carefully curated program offers a plethora of horticultural experiences that promise to delight the senses and provide exciting new garden inspiration. Highlights include Cawdor Castle and Gardens in Inverness, an exclusive opportunity to join renowned garden designer Caroline Critchlow for an afternoon of botanical delights in the Orkney Islands, and a visit to the mythical Djupvik Garden while exploring Norway's breathtaking fjords. In the Lofoten Islands, our adventure culminates with a visit to the bio-dynamic Lofoten Gårdsysteri Farm for a tour of the grounds, a lesson in cheese making, and a delightful lunch featuring locally sourced ingredients.

Enjoy cruising for eight nights aboard the elegantly appointed and newly renovated Exploris One, designed to navigate demanding waters safely while offering the highest level of service and comfort. Each of its 72 suites and spacious staterooms offers ocean views. Onboard dining offers contemporary, international cuisine with menus featuring local specialties. The ship also boasts spacious deck areas and a Panoramic Salon with a forward-facing view.

For those seeking to extend their journey, enjoy enriching optional pre-trip and post-trip extensions to explore the captivating landscapes of the Scottish Highlands and the cultural and garden delights of Oslo.

Limited spaces are available, so we recommend making your reservation early. For your convenience, a reservation form is enclosed in this brochure.



AHS Hosts Holly and Osamu Shimizu



Holly and Osamu Shimizu are a renowned horticultural couple whose shared passion for gardening has inspired and beautified landscapes worldwide. Holly, a member of the American Horticultural Society Board of Directors and retired Executive Director of the United States Botanic Garden, is a globally acclaimed horticulturist. Recognized for her ten-year tenure as a host on the popular Victory Garden television show on PBS, she has worked in gardens throughout the world and has garnered numerous accolades, including The Scott Medal & Award from The

Scott Arboretum of Swarthmore College, the Thomas Roland Medal for outstanding contributions to horticultural education from the Massachusetts Horticultural Society, and the Professional Award for an Outstanding Public Garden Director from the American Horticultural Society. Holly's dedication to nurturing an appreciation for plants is reflected in her writings for numerous publications and her role as an international flower show judge. Osamu grew up in Japan where he studied and worked in both historic and contemporary Japanese gardens. He worked in Europe for over ten years helping with garden designs, mapping, and garden improvements. In 1982 he started his own garden design/build company, Shimizu Landscape Design. His portfolio showcases an array of gardens, with a significant emphasis on Japanese aesthetics and a fusion of eastern and western influences.

Accommodations on the *Exploris One*

Formerly named the *Silver Explorer* under Silversea Cruises' ownership, *Exploris One* embarked on a new chapter in 2023 under the helm of French company Exploris Expeditions. Having known this vessel for many years, we recognize its suitability for intimate small-ship voyages. Our exclusive charter will host a maximum of 114 guests, alongside our dedicated staff. Benefit from the vessel's shallow draft, enabling access to secluded



areas inaccessible to larger ships. Delight in the expansive deck spaces, perfect for wildlife spotting and soaking in picturesque vistas while cruising. Renovated in 2023, Exploris One seamlessly blends adventure with luxurious comfort. Its 60 staterooms and 12 suites, all exterior facing, boast impeccable finishes. Savor refined French and International cuisine at Le Grand Restaurant and the Outdoor Grill. The Grand Salon and Panoramic Lounge offer sweeping panoramas. Onboard amenities include a dedicated lecture room, a hair salon, fitness center, massage room, sauna, and two hot tubs. Alcoholic and nonalcoholic beverages, as well as Wi-Fi access, are complimentary throughout the cruise.

When you travel with the AHS, you make a difference.

Itinerary

THURSDAY & FRIDAY, MAY 29 & 30

Depart U.S. / Inverness

Depart home on overnight flights to Inverness. Upon arrival on May 30th, relax before dinner.

Kingsmills Hotel (Included meals: Dinner)

SATURDAY, MAY 31

Inverness / Embark Exploris One

Explore Inverness Old Town and its indoor Victorian market, with lunch on your own during free time in town. In the afternoon, you have the option to visit either Clava Cairns, one of Scotland's most evocative prehistoric sites, or historic Cawdor Castle with its three spectacular gardens before boarding *Exploris One* this afternoon.

Exploris One (Included meals: Breakfast, Reception, Dinner)

SUNDAY, JUNE 1

Kirkwall, Orkney Islands

Disembark in Kirkwall for a morning exploration of the Ring of Brodgar and Skara Brae, part of the UNESCO Heart of Neolithic Orkney, the most important Neolithic sites in western Europe. Return to the ship for lunch and embark on one of two afternoon options: 1) Take a guided tour of Kirkwall, including the medieval St. Magnus Cathedral, with free time in the vibrant and pretty downtown; or 2) Visit The Quoy of Houton, an outstanding UK coastal garden, with owner Caroline Critchlow, a renowned horticulturalist and garden designer, before returning on the coach to the ship.

Exploris One (Included meals: Breakfast, Lunch, Dinner)

MONDAY, JUNE 2

Sognefjord

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 (Included meals: Breakfast, Lunch, Dinner)







Photos (from top): Trip Overview); Ring of Brodgar (Bobbrooky); Sognefjord, Norway (Alefra1994)

TUESDAY, JUNE 3

Vik & Naeroyfjord

Join a private fjord cruise of the UNESCO World Heritage 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, Gudvagen, an historic Viking village, nestled deep within Naerfjord, where there is free time to explore independently. Also discover the riches of Vik, a picturesque village along the banks of the Sognefjord, including the impressive Hopperstad Stave Church, one of Norway's 28 remaining stave churches and the oldest in the country. And don't miss the opportunity to sample the local 'gamalost cheese,' see Moahugane Burial Mounds, dating back to 200 AD, or participate in an owner-led tour of Djupvik, a private mythological garden.

Exploris One (Included meals: Breakfast, Lunch, Dinner)

WEDNESDAY, JUNE 4

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 with a guided hike to learn about the local ecosystem, driving to see the Briksdal Glacier and walk the Loen Skylift, or visiting with a local family in their private home to learn about the Norwegian way of life and culture followed by a trip to the Norwegian Fjord Horse Center.

Exploris One (Included meals: Breakfast, Lunch, Dinner)

THURSDAY, JUNE 5

Runde & Ålesund

Get up early this morning to look for birds on the cliffs at Runde, a nesting site of over 240 species, including puffins, followed by a visit to beautiful Ålesund. Known for its Art Nouveau buildings and islands stretching out into the ocean, Ålesund offers three optional excursions including: 1) the medieval village of Sunmøre, an open-air museum; 2) Viking's Island; or 3) an in-depth city walk including Mt. Aksla, followed by free time. In the afternoon, enjoy cruising with time for lectures. Spend the afternoon at sea, relaxing on board and keeping an eye out for whales.

Exploris One (Included meals: Breakfast, Lunch, Dinner)







Photos (from top):
Photo (Golasza);
Photo (Cookelma);
Photo (Karlanderadami)

FRIDAY, JUNE 6

Torghatten & Bronnoysund

Continue cruising north this morning with time for lectures. After lunch, arrive at Bronnysund, a pretty coastal town rich in history and the center point of Norway. Choose from optional excursions: 1) Hike Torghatten, a mythical mountain known for its distinctive hole and part of the Trollfjell UNESCO Global Geopark; 2) Enjoy a panoramic drive and guided visit to Hildur's Urterarium, an herb garden, boasting over 250 types of herbs for spices, medicines, and fragrances. 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 (Included meals: Breakfast, Lunch, Dinner)

SATURDAY, JUNE 7

Reine (Lofoten Islands)

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

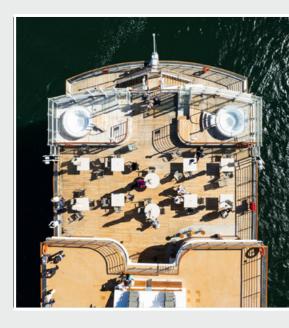
Exploris One (Included meals: Breakfast, Lunch, Reception, Dinner)

Sunday, June 8

Disembark / Home

Transfers to Bodø airport or optional morning tour in Bodø for those with late flights.

(Included meals: Breakfast)







Photos (from top): Photo (Jean-Felix Fayolle); Photo (Koefoed); Photo (Jens Otte)

Trip Highlights

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

Explore Inverness, the capital of the Scottish Highlands, including its beautiful Old Town and indoor Victorian market selling local specialties and handicrafts.

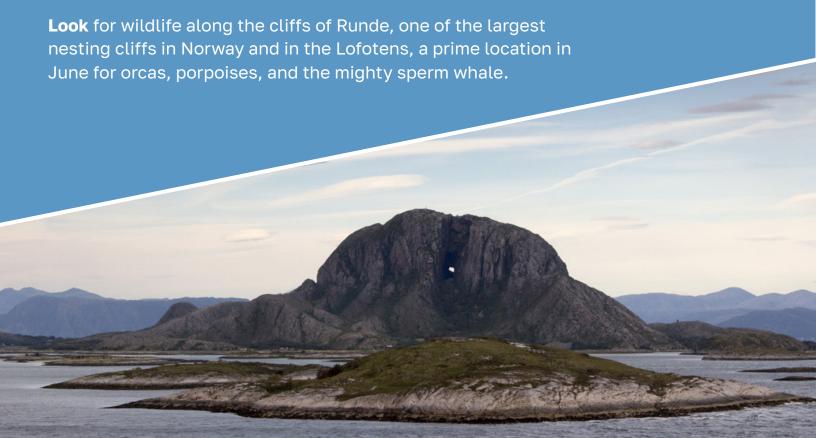
Enjoy in-depth visits to Cawdor Castle and Gardens, an award-winning coastal garden, a mythological garden, an herb garden, and a bio-dynamic farm.

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

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

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.







MAY 26-30, 2025 | OPTIONAL PRE-VOYAGE EXTENSION

Scottish Highlands In-depth

Fly from home to Inverness, Scotland, and transfer to a nearby country estate for a three-night stay. Over the coming days, explore the highlights of the Scottish Highlands, including Culloden Moor, the last battlefield of the Jacobite Rebellion, a cruise on Loch Ness with a visit to Urquhart Castle, and a private tasting and tour at a top malt whisky distillery. En route to Inverness to join the main program, stop for a stroll through the grounds of Balmoral Castle, the Scottish home of the Royal Family since the mid-1800s.

Ness Walk Hotel

Further details and pricing will be sent to confirmed participants.

JUNE 8-11, 2025 | OPTIONAL POST-VOYAGE EXTENSION

Art & Gardens of Oslo

Fly from Bodø to Oslo, three night stay in Oslo, Norway's vibrant capital. Highlights include Hovelsrud Farm and Garden, an award-winning house and garden restored to its 1840's splendor in a stunning lakeside setting; Oslo Botanical Garden, founded in 1814, displaying a wide variety of plants from Norway and around the world, a scented garden, palm house, waterfalls and a large rock garden with 1,450 alpine species; Vigeland Sculpture Park, the world's largest sculpture park made by a single artist, Gustav Vigeland, showing more than 200 of his works in bronze, granite, and wrought iron; and the Fram Museum of Polar Exploration

Further details and pricing will be sent to confirmed participants.



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General Information

AHS TRAVEL STUDY
HIGHLANDS, ISLANDS AND FJORDS

May 29-June 8, 2025

This custom travel program is offered in collaboration with Criterion Travel.

AHS TRAVEL STUDY ACTIVITY LEVEL DESCRIPTION

This is a moderately active program, at times with full days and considerable walking at some sites, combined with periods at sea with time to relax aboard the ship. You should be able to walk moderate distances over varied terrain; some of the most memorable sightseeing can only be accomplished on foot. Pack sturdy, comfortable walking shoes that have already been broken-in in order to appreciate fully the excursions. 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 AHS or Criterion Travel, our tour operator; local staff; and host country laws.

GROUP SIZE

This program is limited to 114 participants, including travelers from the American Horticultural Society, Harvard Alumni Travel, National Trust Tours, Archaeological Institute of America, Carleton College and Yale Alumni Academy.

RESERVATIONS & PAYMENTS

To reserve space, please email Criterion Travel at res@criteriontravel.com or return the completed reservation form with your \$1,000 per person deposit to: Criterion Travel, 4250 SW Hall Blvd., Beaverton, OR 97005, or call us toll free at 888.328.2089. Balance of payment is due January 29, 2025. After January 29, 2025, full payment is due upon registration. Final payment must be made by check or bank transfer.

FLIGHTS

U.S. domestic and international airfare is not included in the program rates. Participants are responsible for their own air arrangements. Please do not purchase airline tickets until you receive flight information from Criterion Travel. Please also consider purchasing refundable tickets, as plans can change. Further information about making flight arrangements will be sent to confirmed participants. When it is time to make flight arrangements, the AHS's flight and travel services provider, Cranky Concierge, provides optional flight and travel arrangement services for a seamless travel experience, including proactive flight monitoring and travel disruption assistance: www.crankyconcierge.com/ahsgardening. You are also welcome to book your air transportation through your local travel agent, an online travel site, or the airline of your choice.

PASSENGER CANCELLATIONS & REFUNDS

Upon payment of a deposit, all reservations are subject to the cancellation provisions set forth below and by which the passenger agrees to be bound. Cancellations shall not be effective until they are received in writing and confirmed by Criterion Travel. Deposits are refundable (less a \$250 per person admin fee) if written notice of cancellation is received within 30 days of booking; after that, deposits are 100% nonrefundable. After final payment deadline: All payments are 100% nonrefundable, regardless of booking date. For this reason, we strongly urge participants to purchase trip cancellation insurance. No refunds will be made for any part of this program on which you choose not to participate. NOTE: Criterion Travel and the American Horticultural Society does not accept liability for any airline cancellation penalty incurred by the purchase of a nonrefundable ticket in conjunction with this tour.

TERMS & CONDITIONS

Upon receipt of registration, Criterion Travel will send registrant a Participant Tour Agreement detailing the full terms and conditions for this tour. This document must be signed and returned to Criterion Travel before participant's registration is considered complete and any arrangements can be confirmed.

TOUR PRICE INCLUSIONS

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



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May 29-June 8, 2025

General Information

TOUR PRICE EXCLUSIONS

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 is not included in the tour cost, but participants are strongly encouraged to purchase a travel protection plan in conjunction with this tour, including coverage of trip cancellation, trip interruption, emergency evacuation/repatriation, medical expenses, lost or damaged baggage, and other expenses and/or losses incurred due to unexpected situations. One travel insurance provider to consider is USI Affinity Travel Insurance Services. For more information on the plan for AHS travelers, visit www. ahsgardening.org/travel. Information is also available at this link regarding optional flight and travel arrangement services.

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.

AHS TRAVEL STUDY HEALTH AND SAFETY GUIDELINES

At AHS Travel Study, ensuring the health and safety of our guests is our top priority. We strongly advise everyone to take precautions against COVID-19 and other contagious illnesses before and during travel. Please review the Health and Safety guidelines below.

Vaccination: The AHS strongly recommends that all AHS Travel Study participants be fully vaccinated against COVID-19 at the time of travel including a COVID-19 booster shot, if eligible. Guests must still comply with any trip-specific vaccination requirements, including those required by our cruise operators.

On-Trip: To ensure the health and safety of program participants, if you are feeling unwell on-tour, please advise your Tour Manager and adhere to current CDC guidelines.

Local Requirements: It is important to note that international destinations and local laws may still enforce full COVID-19 vaccination requirements. In some cases, guests who have not completed their full vaccination regimen may be prohibited from entering specific destinations. For more information, please visit the U.S. Department of State website.

Travel Insurance: We highly recommend purchasing travel insurance. We encourage you to carefully review the various travel insurance options available and select a policy that best suits your needs. Be sure to consider factors such as coverage limits including COVID-19 coverage, medical expenses, trip cancellation/interruption coverage, baggage loss or delay, and other travel-related contingencies.

ITINERARY CHANGES

The itinerary presented for this tour is subject to modification and change by 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, Criterion Travel reserves 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.

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

FOR MORE INFORMATION

Please call: (888) 328-2089 or (650) 328-2089.

To reserve, please complete and return this form by email to res@criteriontravel.com. If paying by check, please return this form with your deposit of \$1,000 per person, payable to Criterion Travel, to:

Criterion Travel, 4250 SW Hall Blvd., Beaverton, OR 97005.

AHS PROGRAM CONTENT

The AHS and its travel partners reserve the right to take photographs, videos, and audio ("Program Content") during the Travel Study program for editorial, promotional, and commercial use by the AHS or authorized third parties. By making a reservation on an AHS Travel Study program, the participant agrees to allow his/her likeness to be used by AHS or AHS-authorized third parties without compensation to the participant. AHS reserves the right to crop, alter, or combine the Program Content with other images, text, or media at its sole discretion and to use the Program Content in any medium or format, including but not limited to print, digital, or online media. This authorization grants AHS and/or authorized third parties the right to use the photographs, videos, and audio worldwide and in perpetuity, without further consent or compensation. Participants who prefer that their voice and/ or image not be used must notify AHS in writing prior to the beginning of the program.

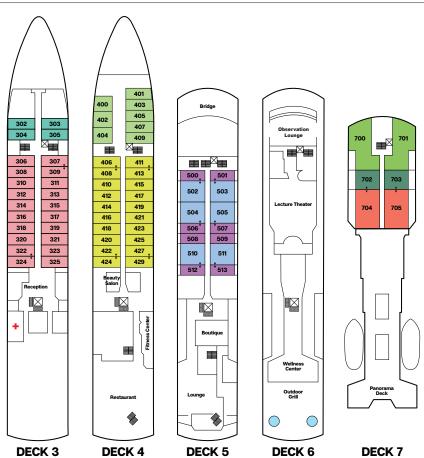


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Exploris One Deck Plan & Pricing

EXPLORIS ONE PROGRAM RATES (PER PERSON)	DOUBLE	SINGLE
PREMIUM STATEROOM / DECK 3 Two portholes, bathroom with shower, 157 / 167 sq. ft.	\$8,990	\$13,495
OCEAN STATEROOM / DECK 3 Picture window, bathroom with shower, 192 sq. ft.	\$9,790	\$13,990
SUPERIOR STATEROOM / DECK 4 Picture window, bathroom with shower, 175 / 190 sq. ft.	\$10,290	
DELUXE STATEROOM / DECK 4 Large picture window, bathroom with shower 192 sq. ft.	\$10,990	
BALCONY STATEROOM / DECK 5 French balcony, bathroom with shower, 206 / 216 sq. ft.	\$11,990	
DISCOVERY SUITE / DECK 5 One bedroom, living room with sitting area, floor to ceiling glass doors onto two French balconies, a full-sized tub, and separate shower, 422 sq. ft	\$13,990	
NAVIGATOR SUITE / DECK 7 Floor to ceiling glass doors onto a private balcony, a full-sized tub, and separate shower, 400 sq. ft., including balcony.	\$14,490	
GRAND SUITE / DECK 7 One bedroom, living room with sitting area, floor to ceiling glass doors onto a private balcony with furniture, a full-sized tub, separate shower, and walk-in closet, 618 sq. ft., including balcony.	\$15,990	
OWNER'S SUITE / DECK 7 One bedroom, living room with sitting area, floor to ceiling glass doors onto a large private balcony with furniture, a full-sized tub, separate shower, and walk-in closet, 728 sq. ft., including balcony.	\$16,990	





Highlands, Islands, and Fjords: Scotland, Orkney Islands, and Norway

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Registration Form

TO REGISTER BY PHONE, CALL:

Criterion Travel at (888) 328-2089

COMPLETE AND RETURN THIS FORM TO:

Criterion Travel, 4250 SW Hall Blvd., Beaverton, OR 97005 or by email at res@criteriontravel.com

FOR MORE INFORMATION ABOUT AHS TRAVEL STUDY PROGRAM

Please contact (703) 768-8801. Information is also available at www.ahsgardening.org/travel.

Name - Participant 1	Name - Participant 2
Preferred Name for Name Tag - Participant 1	Preferred Name for Name Tag - Participant 2
Address	
CityState	Zip
Home Phone	Cell Phone
E-mail Address - Participant 1	E-mail Address - Participant 2
ROOMING OPTIONS: (please select)	
DDouble Occupancy, I will share a room with	
□ We prefer separate beds	
OSingle Occupancy	
$\hfill \square$ I would like a roommate but will pay the single su	upplement if one cannot be found
TOUR DOCUMENTS:	
Criterion Travel will send all documents pertaining to	the tour by email to the email address listed above.
	of the tour documents by post as well, please check this box. Paper
DEPOSIT (\$1,000 per person):	
#of persons Amount E	Enclosed
O Visa OMastercard OAmerican Express C	
O Tible Officiality Official Express	onson (make check payable to offenon fravel)
Card Number	Exp. (mm/yy)

contained in the tour brochure, recognizes and accepts any risks therein, agrees to be bound by the terms and conditions above.