

JUNE 1 – 16, 2013 WITH DR. VALERY EFIMENKO

# THE BALTIC STATES AND POLAND

This adventurous 16-day trip includes Estonia, Latvia, Lithuania and Poland, countries with a long history and diverse cultural traditions. We will visit four capital cities – Tallinn, Riga, Vilnius and Warsaw – and the major historical sites, taking an in-depth look at a diverse ethnic and cultural history of the region. Special attention will be given to the medieval, modern, and recent post-Soviet history of the countries. We will explore extensively the rich cultural heritage of the four nations with the emphasis on architecture, fine arts, music, and religion.



## Orientation

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The orientation course will consist of four Wednesday evenings, from May 1 to 22, 2013, 7 – 9:30 pm, held at the University of Calgary campus. Topics for discussion will include history and culture of the Baltic States and Poland, with a focus on art, religion, and architectural traditions. Background information on the sites we will be visiting will also be provided. The itinerary, travel arrangements, and health matters will be discussed in detail.

## Itinerary

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*Included meals are shown following the daily itinerary.*

*B: Breakfast, L: Lunch, D: Dinner*

**JUN 1 – 2** Depart Calgary for Tallinn, Estonia. (D)

**JUN 3** After breakfast we begin our walking tour of Tallinn. As we amble through the cobbled streets of the Old Town, built in the 15-17th centuries, we visit the town square with its old German Weighing House. We walk up Toompea Hill to the Castle and Nevsky Cathedral, Town Hall Square, and St. Olaf's Church. After lunch we will explore St. Catherine's Passage, home to the St. Catherine's Guild, a collection of craft workshops where artists use traditional methods to create and sell glassware, hats, quilts, and other crafts. (B, L)

**JUN 4** Visit Kadriorg, a beautiful seaside resort district with wooden buildings from the 18th century, including the 20th century Art Deco and Functionalist structures. We will visit the Kadriorg Palace and Gardens, an imperial Russian summer residence built by Italian architect Niccolò Michetti for Tsar Peter the Great in 1718. Afternoon visit to the Museum of Occupations dedicated to the 1940-1991 period when Estonia was occupied by the Soviet Union, then Nazi Germany, and then again by the Soviet Union. (B, L)

**JUN 5** Morning departure for Riga, Latvia with a stop in Pärnu on the Gulf of Riga in the Baltic Sea. Known as the Summer Capital of Estonia, it has been a popular health resort since the first spa opened here in the 1830s. After lunch we will continue on Riga for the next three nights. (B, D)

**JUN 6** We will enjoy the most significant sights of Riga—driving along the Central Boulevards, enjoying the view of the City Canal Parks, the Bastion Hill, the Powder Tower, the Latvian National Theatre, the Fine Arts Museum, the Art Nouveau Buildings of the beginning of the 20th century, the Freedom Monument, University of Latvia, Latvian National Opera House and the Daugava River. (B, D)

**JUN 7** We will visit the National Museum of Fine Arts, Ethnographic Open Air Museum and the Salaspils Memorial Ensemble which was the biggest concentration camp for peaceful populace on the territory of Latvia during the Great Patriotic War. A concert at the Riga Cathedral is scheduled for one of our evenings there. (B, D)

**JUN 8** After breakfast we drive to Vilnius, Lithuania. We will visit the Hill of Crosses, a famous hill with more than a thousand crosses, and the Rundale Palace. The Palace, a splendid example of the baroque architecture, was designed by the famous Italian architect Rastrelli in 18th century as a summer residence for the Duke of Kurland. (B, D)

**JUN 9** We will also visit Vilnius University and bookstore, old town hall and the remains of a 16th century city wall and 14th century castle, Gediminas Tower; Cathedral Square with St. Stanislaw Cathedral and Bell Tower; St. Anna and Bernardines' Church; Amber Museum; the Gates of Dawn with a holy image of the Virgin Mary; and Russian Orthodox Church of the Holy Spirit. In the evening we will have dinner in the Uzupis, one of the oldest districts of Vilnius. (B, D)

**JUN 10** We will spend one afternoon in Trakai, the former capital of the Grand Duchy of Lithuania. We will visit the insular castle of the 14th century, erected on a small island in the Galves Lake. (B, D)

**JUN 11** Drive to Warsaw, Poland where we'll spend the next two nights (B, D)

**JUN 12** After breakfast we will be taken along the "Royal Route", passing beautiful buildings, famous statues and historic churches. The tour then continues to Warsaw Old Town, where we will see the Royal Castle with St. Sigismund's Column in front of it, St. John's Cathedral, the Holy Cross Church containing the urn with Chopin's heart, and the Market Square, home to shops, restaurants, cafés and workshops. We will also see the Lazienki Park with Chopin's Monument, as well as Zelazowa Wola, the birthplace of Frederic Chopin. (B, D)

**JUN 13** Depart Warsaw for Krakow. En route we will stop in Czestochowa for lunch and sightseeing. Czestochowa is an important pilgrim city, the spiritual heart of Poland, famous for the miraculous icon Our Lady of Czestochowa or "Black Madonna". This holy relic has resided in the Jasna Gora Sanctuary since 1382 and is one of the national symbols of Poland. We will also visit the Jasna Gora Monastery and Chapel of the Blessed Virgin. Three nights in Krakow. (B, D)

**JUN 14** A walking tour in the Old Town, a beautiful microcosm of medieval Europe. Visit the Wawel Castle and Cathedral, where the monarchs of Poland were crowned, dwelled and buried—a proud witness to Poland's kingly past. Czartoryskich Museum boasts "Lady with an Ermine" by Leonardo da Vinci. In the evening we enjoy a horse-carriage ride around Krakow to savour the sights and sounds of the Old City at dusk.

**JUN 15** After breakfast visit Wieliczka Salt Mines and the afternoon at leisure. Farewell dinner. (B, D)

**JUN 16** Return to Calgary.

## Accompanying Resource Person

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Born in Russia, **DR. VALERY EFIMENKO** graduated from the Oriental Department of St. Petersburg State University where he studied Indian languages, history and culture. He was teaching such courses as History of Philosophy (Eastern and Western) and Comparative Religion at the Institute of Social Sciences in Moscow, and the Moscow University Tour, the first American university in Russia. For over 20 years, his academic interests were focused on Indian studies and most of his publications are related to Indian culture, philosophy, and religion. Valery has been teaching various courses on religion, philosophy and Russian history at U of C Continuing Education over the past 8 years, and this will be his 5th travel study tour.

## Cost

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Airfare	\$2,300
Land, tuition and other costs	\$5,800
GST	\$60
<b>TOTAL</b>	<b>\$8,160</b>
Single supplement	\$900

**COST INCLUDES:** Tuition and four-week orientation course, airfare, accommodation, transfers, all surface travel, and meals as listed in the itinerary. A deposit of \$500 is required with the registration form. There is a \$200 withdrawal fee prior to the final payment date. Final payment is due on December 5, 2012. Please see the Refund Policy section for withdrawal/refund procedures and liabilities. Fees are based on the information available at the time of print and are subject to change to reflect any changes in currency rates, airfares, or land costs. There are possibilities of decreases or increases, and any changes will be reflected on the final payment and passed on to the participant. All fees are based on double occupancy.