

Imperial Jewels of China

June 4 - 17, 2014

Shanghai • Wuhan • Yueyang
Five night cruise on the Yangtze River
Three Gorges • Shibaozhai • Chongqing
Xian • Beijing • The Great Wall



QUICK TIPS

LUGGAGE

You are allowed one checked bag. The maximum weight is 44 lb and the overall dimensions (length + width + height) cannot exceed 62". You are allowed one piece of cabin baggage, 7" X 15" X 21" weighing no more than 11 lb. Any items in excess of the above restrictions must be checked. Within China: Excess charges may range from \$100 - 200 US per piece, based on weight and distance travelled. No liquids of any kind may be carried in carry-on baggage. It is highly recommended that you lock your luggage. (See pages 3.3-3.4)

PASSPORT

Do not forget your passport. Ensure you know where it is at all times. Keep it in the hotel safe or carry it with you. Do not pack it in your suitcase. (See page 3.1)

WALKING

Tours at all the sites and within the cities will be walking tours. You could be walking on cobblestones, uneven pathways and there are stairs and inclines. Ensure you are in shape for the tour and do not forget a good comfortable pair of walking shoes. (See page 3.9)

HEALTH

Bring an ample supply of all your prescription medications. They should be in your carry-on luggage in their original, labelled containers.

It is a good idea to bring along your favourite remedies for colds, headaches, upset stomachs and diarrhea. A small first aid kit is also a good idea. (See pages 3.9 - 3.10)

DRINKING WATER

Bottled water is complimentary on board the ship. (See page 3.10)

MONEY

You should use credit cards as much as possible. Please check with your credit card company to ensure you have a pin number for your credit card and that it will work in China. You can withdraw money directly from your account using an ATM provided you have a 4-digit pin number. These are not widespread in China's larger cities. Don't withdraw small amounts as you will be charged a fee for each withdrawal. It would be wise to take some Yuan cash along so you have money to use for incidentals and small vendors. US dollars generally can only be used in locations which are heavily frequented by foreign visitors. Onboard the cruise ship, your account can be paid in cash (either Renminbi {Chinese currency}, US or Canadian Dollars or by credit card) but you cannot use traveller's cheques. Your ship will **not** be able to change money for you. **TRAVELLERS CHEQUES ARE NOT RECOMMENDED.** (See pages 3.7 - 3.8)

WEATHER

The temperatures range from the low twenties during the day to the low teens at night. You may experience rain. We recommend that you pack to dress in layers and bring a jacket. (See Chapter 2)

CRUISE INFORMATION

Please refer to the information provided by Viking Cruises concerning life on board the ship.

Tipping is not included for any optional shore excursions or tours. Guidelines can be found in the Viking booklet.

There are two paper self-stick luggage tags in your cruise package. Fill thee out and attach to your bag at the arrivals airport as they are not very sturdy and may fall off during flight.

“Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. Explore. Dream. Discover.”

Mark Twain

Introduction

Welcome to the exciting world of travel that is Rostad Tours. We hope your experience will encourage you to become another one of our faithful travellers “who will not travel with anyone but Rostad”.

If you are reading this, it must mean that your cruise departure is getting very near! This booklet has been prepared to provide you with information that you may find useful before and during your cruise. We also hope it will make a nice souvenir once you return home. The first section contains **Tour Information** such as flight times, a list of people in the group and a trip diary. Next is **Destination Information** covering the specific countries you will be visiting including language translations. The third Section is **General Travel Information** to help you decide what to bring with you. The last section describes what life is like **While on Tour** and how you can get the most out of your trip.

You will also receive items that come directly from Viking River Cruises including a name tag, baggage tags and a book describing the specific river(s) you will be experiencing. They also provide you with another personalized booklet which has information about your specific cruise including some of the optional tours they offer. Please note that you can ignore their tipping suggestions as this is included in our prices and your hosts will be looking after this on behalf of the group (except for optional sightseeing tours and extensions).

River cruising as a group is different than our coach tours because the group will not necessarily be eating together and may not always be going on the same sightseeing tours. However, we encourage you to watch out for and get to know your fellow Rostad travellers. Be sure to take advantage of any opportunities to get together as a group while travelling.

Thank you for travelling with Rostad Tours. We always welcome your praise, ideas and criticism so we encourage you to send us your comments following the completion of your journey.

Have a great trip!



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IMPERIAL JEWELS OF CHINA

WEDNESDAY, JUNE 4

Day 1 • Departure Day

Our exciting journey begins as we depart Canada bound for China. Enroute we cross the International Dateline.

THURSDAY, JUNE 5

Day 2 • Arrive Shanghai

Today we arrive in the enchanting cosmopolitan city of Shanghai - the cultural and economic heart of China. Upon arrival we are met and taken to our hotel.

FRIDAY, JUNE 6 | BLD

Day 3 • Shanghai Sightseeing

Once a tiny fishing village, this multicultural metropolis is the largest city and commercial centre in China. This morning we take a city tour which includes Old Shanghai with its narrow lanes, bustling street markets and the sights and sounds of times past. We go by the famous Bund - the city's elegant promenade along the River Huangpu - where we can admire the architectural styles of both its colonial past and its vibrant and modern present. This afternoon we visit the Shanghai Museum, featuring displays of ceramics, bronzes and paintings. We will finish our day with an amazing Chinese acrobatic performance.

SATURDAY, JUNE 7 | BLD

Day 4 • Shanghai - Wuhan

This morning we are taken to the airport to board our flight to Wuhan where we tour the Hubei Provincial Museum with its collection of intricately decorated bronze bells. We then transfer to the our deluxe Viking cruise ship - our home for the next five nights.

“ The road of life can only reveal itself as it is travelled; each turn in the road reveals a surprise. ”

Unknown

 WEDNESDAY, JUNE 11 | BLD

Day 8 • Shibaozhai

This morning we visit the Shibaozhai Temple, a 12-story pavilion built in 1650 along the Yangtze. We climb to the top for breathtaking views of the river below. We return to our ship in the late morning and spend the rest of the day cruising along the beautiful Yangtze River on our way to Chongqing.

 THURSDAY, JUNE 12 | BLD

Day 9 • Chongqing and Xian

We disembark today at Chongqing, China's most important inland industrial city which lies on the hilly banks of the Yangtze. We'll visit the Chongqing Zoo to see the pandas and other exotic wildlife species. Then we transfer to the airport and board our flight to Xian, which was the capital of China for 1,100 years. This ancient city, rich with history, was the birthplace of a unified China and the starting point of the Silk Road. We check into our hotel and can choose to enjoy dinner at the hotel.

 FRIDAY, JUNE 13 | BLD

Day 10 • Xian

This morning we tour the mausoleum where Emperor Qin Shi Huang was laid to rest over 2,000 years ago. We'll see the thousands of life-sized terra cotta warriors, archers, infantrymen and horses that were buried with him. Walkways provide a bird's-eye view of the entire necropolis where the Terra Cotta Army was discovered in the 1970s. Each man and horse is molded with its own distinctive features. After lunch we have free time to further explore Xian. This evening we can take an optional excursion featuring music, dance and the colourful costumes of the Tang Dynasty era.

“ We live in a wonderful world full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open. ”

Jawaharlal Nehru

TUESDAY, JUNE 17 | B

Day 14 • Return Home

This morning we are taken to the airport for our flight home, where family and friends are waiting to hear about our exciting journey to China. Enroute we again cross the International Dateline, making our arrival earlier in the day than our departure.

“ May you always find new roads to travel; new horizons to explore; new dreams to call your own. ”

Unknown

PEOPLE'S REPUBLIC OF CHINA

Statistics

Population: 1,330,044,605.

Languages: Mandarin is the most common language, though it has several dialects. In Hong Kong, people speak Cantonese and English.

Predominant Religions: Officially atheist, but Buddhists, Taoists, Lamaists, Muslims and Christians still practice.

China Time: Newfoundland +11.5 hours, Atlantic + 12 hours, Eastern +13 hours, Central + 14 hours, Mountain +15 hours, Pacific +16 hours.

Voltage Requirements: 220 volts.

Plug Types: There are three types of plugs found in China, the North American type, the British type and the Australian type.



Introduction

“Study the past if you would define the future,” said the great philosopher Confucius, and China is doing just that. From Beijing’s medley of ancient and futuristic monuments, to cosmopolitan Shanghai’s skyscrapers and art-deco heritage, from the heights of the spectacular Tibet (Xizang) Autonomous Region, to the karst peaks and rivers of Guizhou, China’s experiences are many and varied.

Badaling’s Great Wall and Xi’an’s Terracotta Army provide fascinating glimpses into the history of a country dashing into the 21st-century, with an economy growing faster than bamboo. And while flexibility and patience are still required to travel around China, in return, the Middle Kingdom rewards visitors with memories to treasure for a lifetime.

China has always been one of the most attractive travel destinations in the world, partly because so much history exists alongside the new. The rice paddies may have sprouted cities and manufacturing centres, and the streets may be clogged with cars and pollution, but the people remain rooted in a rich cultural heritage. They still burn joss sticks for good luck in an enterprise—even as they iron out the details of that enterprise on the Internet.

Geography

Staggeringly vast, and a land of great diversity, China, the world's most populous and third largest nation, is more like a continent in itself than a country. Located in Southeast Asia with a coastline along the Pacific Ocean, it shares a border with 14 countries.

China has a varied terrain, ranging from high plateau in the west, to flatlands in the east while mountains take up almost one-third of the land. The most notable high mountain ranges are the Himalayas, the Altai Mountains, the Tian Shan Mountains and the Kunlun Mountains. On the border with Nepal is the 8,848 metre Mount Qomolangma (Mount Everest). In the west is the Qinghai/Tibet Plateau, with an average elevation of 4,000 metres, known as 'the Roof of the World'. At the base of the Tian Shan Mountains is the Turpan Depression or Basin, China's lowest area, 154 metres below sea level at the lowest point. China has many great river systems, notably the Yellow (Huang He) and Yangtze Rivers (Chang Jiang, also Yangtze Kiang). Only 10% of all China is suitable for agriculture.

History

China is one of the oldest nations in the world. Its recorded history dates back 5,000 years. For most of that time, China was ruled by a succession of dynasties, and each left its mark on the country. For instance, the Qin began construction of the Great Wall and Xi'an's army of terra-cotta warriors, the Sui built the Grand Canal, and the Tang period is known for its artistic achievements.

The first Europeans to reach China were the Portuguese, who began trading at the port of Macau in the 16th century. The British soon followed, but their efforts were largely unprofitable until they began pushing opium in the mid-1800s. The Opium Wars eventually led to British control of Hong Kong, a place that was not returned to China until 1997.

(Macau was handed back to China in 1999.)

The Qing Dynasty, the last dynasty, officially ended in 1911. The ensuing years devolved into a struggle between the urban, capitalist forces of Chiang Kai-shek and Mao Zedong's rural Chinese Communist Party. Chiang Kai-shek held control through the 1930s, but after World War II, Mao's guerrilla army began winning the battle. In 1949, the People's Republic of China was born and Chiang Kai-shek fled to Taiwan.

Led by Mao Zedong, the new government transformed China into a communist nation. Land was redistributed, industries were absorbed by the state and political opposition was not tolerated. Tibet was brought under Beijing's control in the 1950s. Thousands of writers, artists, teachers and others were persecuted during the Cultural Revolution of 1966-70. In 1989, 13 years after Mao's death, students demonstrating for democracy in Beijing's Tiananmen Square were overrun by soldiers and tanks.

Although Mao's legacy of intellectual oppression remains intact, China's recent leaders have embraced free trade. The country was admitted to the World Trade Organization in 2001, which means the world's most-populous nation became officially open for global business. The 2008 Olympic Games in Beijing and Expo 2010 in Shanghai have put China at the centre of the global stage.

Shopping

Shop for carpets, wood-block prints, cloisonne, porcelain, glass items, silk, cinnabar lacquer, hand-painted snuff bottles, stone and jade carvings, books, Mao buttons, reproductions of old art (including sculptures), jewellery, patent medicines, musical instruments, embroidered linens, and acupuncture and calligraphy paraphernalia. Chops (ink seals) and ink stones are also popular. As a rule, if you see something you want, buy it when you see it—prices don't vary greatly, but selection does.

Antiques are strictly regulated. If you're buying something that is or looks old, make sure it has an official red seal from the government releasing it for export. Otherwise, it may be confiscated when you depart.

Shopping Hours:

Generally open daily 9:00 am-7:00 pm.

Dining

Chinese cuisine is a harmonious integration of colour, aroma, taste and shape. Chefs pick choice and varied ingredients and seasonings using complicated skills handed down from their fathers. Among the many cooking methods used are boiling, stewing, braising, frying, steaming, crisping, baking and simmering. When they finish their masterpieces they are arranged on a variety of plates and dishes so that they are a real pleasure to view, smell and ultimately to savour.

The variety of Chinese cuisines can be thrilling. There are seven major cuisine schools: Shandong in the north; Fujian, Jiangsu (also called Huaiyang) and Zhejiang in the east; Cantonese in the south; and Sichuan and Hunan in the southwest. It's important to understand that Chinese cooking in China is different from Chinese food served in the West.

In most restaurants, food is put on dishes on the table for everyone to share. Large round tables for six or more people will have a large glass lazy Susan, so you just rotate it until the dish you want is within reach. You will have a small plate to use if you don't want to eat directly from the community dishes. Steamed rice, if ordered, is normally served near the end of the meal.

Be sure to try Cantonese dim sum, a breakfast or lunch of small dishes. Waiters or waitresses push carts loaded with steaming bamboo baskets or plates with food. To order, just wave them over and point to what you want. China's

regional cuisines vary enormously in the way the food is prepared and often in the types of ingredients used. Wild vegetables and herbs are used in many dishes.

China is regarded as the hometown of tea. With a profound history of over 4,000 years, Chinese tea is regarded as an exquisite art form that requires sampling. Now it has become the national drink. It is from China that the tea planting techniques, processing, drinking methods and tea ceremony were directly or indirectly introduced to the world.

Safety

The cities in China are safe. The biggest threat to travellers is petty crime near areas frequented by tourists. Keep an eye on personal items such as purses and pocketbooks. Do not leave bags unzipped and showing anything that might be tempting. Do not put bags down, even for a few seconds, or they are likely to disappear. Leave important items such as passports in the hotel safe - do not carry them with you. Make a photocopy of your passport and carry that for identification purposes.

Health

Major cities in China have excellent joint-venture hospitals, clinics and emergency centres with all the latest facilities and Western treatments. Many visitors develop respiratory problems because of polluted air, high altitude, cold weather and the stress that comes with travel. Take along all prescription and over-the-counter medicine needed for the trip. Do not drink the tap water. Bottled water is readily available.

Money

Currency Exchange Chart

China Yuan Renmint			
CAD	CNY	USD	CNY
1.00	5.58	1.00	6.20
3.00	16.74	3.00	18.59
5.00	27.91	5.00	30.98
7.00	39.07	7.00	43.37
10.00	55.81	10.00	61.95
15.00	83.72	15.00	92.93
25.00	139.53	25.00	154.88
35.00	195.35	35.00	216.83
50.00	279.06	50.00	309.75
75.00	418.60	75.00	464.64
100.00	558.13	100.00	619.52

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Tipping

Tipping is not expected in Mainland China.

Weather

Northern China is best seen during September and October, and southern China and Hong Kong in November and December. Spring rains can make southern cities (especially Guilin and Guangzhou) dreadfully humid.

Weather Averages		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Beijing	High C	7	8	12	18	23	27	31	31	27	22	17	11
	Low C	0	1	5	11	16	20	24	24	20	14	8	2
	Rain mm	38	58	81	102	114	152	129	132	154	61	51	36

What to Wear

China has such a vast contrast of climates, you need to consider carefully where you are visiting, and at what time of year, when choosing what to pack. Pack to dress in layers so that you can remove or add them as necessary. A sweater or light jacket will also help keep you warm on cooler evenings, even in summer. Take a pair of comfortable walking shoe and an umbrella in case of unexpected showers.

Internet Service

Most large tourist and business hotels provide Internet service, many of them offering broadband access. Upscale properties may have wireless access in guest rooms, while others will generally have cable connections. Smaller hotels may only have the Internet available by the front desk, in which case a machine for guest use is usually provided.

Foreign Embassies in China

Canadian Embassy, 19 Dongzhimenwai Dajie, Chao Yang District, Beijing 100600. Phone 86-10-5139-4000. Fax 86-10-5139-4448 . <http://www.canada.org.cn>.

U.S. Embassy, 55 An Jia Lou Lu, Beijing 100600. Phone 86-10-8531-3000. Fax 86-10-8531-4200. <http://beijing.usembassy-china.org.cn>.

Additional Reading

The Soong Dynasty by Sterling Seagrave. A tale of the Soong family, one of the most influential families in modern-day China,

The Chinese by Jasper Becker. A breakdown of the Chinese by social, ethnic and economic lines, this book delves into the lives of everyday Chinese people.

Oracle Bones by Peter Hessler. Fascinating interwoven tales of everyday people that the author meets and knows in China with stories of China's archeological history.

Interesting Facts

Write down numbers when discussing them. In Chinese, it's easy to confuse, say, 50 (wu shi) with 15 (shi wu). Likewise, when an English speaker says 16, it may be interpreted as 60. And do learn to count to 10 in Chinese. This will be helpful when shopping because Western hand signals for numbers are completely different (for example, a forefinger and thumb outstretched means eight).

Try and speak a little of the local language—Mandarin in most of China and Cantonese in Guangdong and Hong Kong. A simple xie xie (thank you) or ni hao (hello) will break the ice and invariably produce smiles and friendly laughter.

Don't raise your voice or get angry, even if you feel you have been wronged. Such behaviour is considered rude and uncivilized in China. Try to have a reasoned argument rather than losing your cool.

The last eunuch of the last emperor died in 1996, closing the chapter on one of the stranger aspects of imperial China. Aside from the emperor, eunuchs were the only men trusted to enter the inner courtyards of the royal palace where the emperor's concubines resided.

Although the country's minority groups make up only 8% of the population, their traditional homelands cover more than half of China. In addition to the majority Han Chinese, there are 56 minority groups, the largest of which is the Zhuang, numbering more than 15 million. Yunnan province is home to 26 minorities.

Mandarin Language Sheet

English	Mandarin
Basics	
Yes	shi
No	bu shi
Good	hao
Bad	bu hao
Thank you	xie xie
You're welcome	bu yong xie
Please	qing
Excuse me	qing rang/dui bu qi
Hello	ni hao
Goodbye	zai jian
Good morning	zao an
Good afternoon	wu an
Good evening	wan shang hao
Good night	wan an
I do not understand	wo bu ming bai
Do you speak ...	ni hui jiang...ma?
English	ying yu
What is your name?	Ni jiao shen me ming zi?
Nice to meet you	Hen gao xing yu jian ni
How are you?	Ni hao ma?
Where is the bathroom?	Xi shou jian zai na li?
What time is it?	Ji dian zhong le?
Where is...?	Zai na liv...?
Passport	hu zhao
Days	
Monday	xing qi yi
Tuesday	xing qi er
Wednesday	xing qi san
Thursday	xing qi si
Friday	xing qi wu
Saturday	xing qi liu
Sunday	xing qi ri/xing qi tian
Shopping	
How much does this cost?	Zhe duo shao qian?
What is this?	Zhe shi shen me?
I'll buy it	wo mai
I would like to buy ...	Wo yao mai
Do you accept credit cards?	Ni jie shou xin yong ka ma?
Open	kai
Closed	guan

English	Mandarin
Dining	
Breakfast	zao can
Lunch	wu can
Dinner	wan can
Vegetarian	su shi zhe
Please bring the bill	qing jie zhang
Coffee	ka fei
Tea	cha
Juice	guo zhi
Water	shui
Beer	pi jiu
Wine	jiu
Bread	mian bao
Beef	niu rou
Pork	zhu rou
Fish	yu
Poultry	jia qin
Vegetable	cai
Fruit	shui guo
Potato	ma ling shu
Dessert	tian pin
Salt/Pepper	yan/hu jiao
Numbers	
zero	ling
one	yi
two	er
three	san
four	si
five	wu
six	liu
seven	qi
eight	ba
nine	jiu
ten	shi
twenty	er shi
thirty	san shi
forty	si shi
fifty	wu shi
sixty	liu shi
seventy	qi shi
eighty	ba shi
ninety	jiu shi
one hundred	yibai
one thousand	yiqian
one million	yi bai wan

General Travel Information

Passports

Your passport is the only proof of citizenship and identity that is accepted in all countries. You and all family members must have a valid passport when travelling to a foreign country. Some countries require your passport to be valid for at least three months and some at least six months after your intended return date. We will not accept responsibility if you are refused entry into a country due to a passport that will expire too soon.

Never pack your passport in your checked luggage. It should be carried with you at all times and never left unattended in your hotel room, hand luggage, or on the motor coach. You will need to show it when boarding flights and on arrival and departure from foreign countries. Hotels and cruise ships may be required to hold your passport overnight in certain countries to comply with local regulations.

We recommend that you take a photocopy of the pages in your passport that contain your picture and passport information. Keep this in another location such as your suitcase as it will be helpful in case of loss or theft.



Items We Provide

Accommodation List

Your accommodation list shows the name, address and phone number for the ship/hotels that you will stay on during the tour. Leave a copy at home so that you can be reached in case of an emergency. Although we do not anticipate any changes, sometimes it becomes necessary to change hotels after this list has been printed due to circumstances beyond our control. We apologize for any confusion this may cause.

Flight Itinerary

Your flight itinerary indicates all the flights that we have booked on your behalf. On certain tours there may be flights within another country arranged by the local tour company that may not appear on your flight itinerary.

Airline Tickets

If you purchased airfare through Rostad Tours, your airline tickets will be included with your travel documents. Airline tickets have changed from the old multi-coupon airline ticket to Electronic tickets or E-tickets. An Electronic ticket is an electronically issued passenger ticket, stored in the airline's computer system, which eliminates the need to carry a paper ticket.

The E-ticket shows your itinerary and the unique code assigned to your reservation, usually known as the booking reference number (RLOC, found on the bottom of the ticket). Normally you do not need to show this when checking in, just provide your passport and they will find your reservation from your name. However, please note that you must still travel with your E-ticket as it may be required for security, customs and immigration purposes. It is also very useful in the event that your reservation cannot be found in the airline's system. Yes, computer systems have glitches and sometimes make mistakes!

Name Tags

Please wear your name tag at all times so that you can be distinguished as a member of the group. This makes it easier for your guide to recognize you as part of the group and will help other tour members learn your name.

Passenger List

You have been provided with a list of fellow passengers. Rostad Tours does not give out addresses or telephone numbers of tour members for privacy reasons. These may be obtained from fellow passengers on an individual basis.

Country Information

This booklet includes valuable information about the countries you will be visiting including weather, currency, shopping and historical details. Take time to look through this information to enhance your travel experience.

Baggage Tags

Please be sure to attach the provided baggage tag to your suitcase. Your name will be printed on one side of the tag so that hotel porters can identify your suitcase. You can put your address on the other side of the tag but only expose the side with your name showing. You should also have an identification label with your name and address inside your suitcase in the event your tag becomes broken and your suitcase is lost.

There are two paper self-stick luggage tags in your cruise package. Fill these out with your name, ship name, stateroom number and sailing date. These should be attached at the arrivals airport, after clearing customs, as they are not very sturdy and may fall off during the flight.

Hand Luggage

You are responsible for carrying your hand luggage at all times so it is wise to keep the size and weight to a minimum. While they may be handy at airports, “carry” bags with a pull-out handle and wheels are heavy to carry and do not fit into the overhead storage on motor coaches so they are best avoided.

Make sure that you have identification on your hand luggage in case of loss or mix-up.

To speed up the screening process at the airport, follow these five packing tips:

- Place all liquids, aerosols, and gels in a clear plastic 1 litre bag. Remember these must be in original containers of 100 ml or less. Only one bag per passenger.
- Pack your small electronic devices (smart phone, tablet, camera, MP3 player, batteries) in your carry-on baggage. Be ready to unpack your laptop before going through security.
- Pack and keep your medications in original containers in your carry-on for easy inspection.
- Avoid wearing large metal items (belt buckles, metal snaps, buttons and studs, etc).
- Dress comfortably with easy-to-remove outerwear, jackets, belts and ideally, slip-on shoes.

Cabin Baggage Allowance (Carry on)

1 piece – 23 cm X 40 cm X 55 cm (9 in X 15.5 in X 21.5 in) Max weight 8 kg (17 lb)

1 personal article such as a purse, camera case, laptop. 16 cm X 33 cm X 43 cm (6 in X 13 in X 17 in)

Note: Duty free items (i.e. alcohol, perfume, etc) should only be purchased at the last airport before your final destination. If you have a connecting flight you will have to pack it in your checked baggage.

Current baggage information can be found at www.catsa-acsta.gc.ca.

Please note that these rules are subject to change and vary depending on the airline.

Checked Luggage

Economy class passengers travelling on international long-haul flights are allowed to check in one piece of baggage free of charge with most airlines. The maximum weight per bag is usually 23 kg (50 pounds) and maximum linear dimension (total of length + width + height including handles and wheels) is 158 cm (62 inches) for these flights. This size limitation typically means that the largest suitcase permissible is 76 cm (30 inches) in length, however, we find that a 66 cm (26-inch) suitcase is the ideal size. Any larger and you may find it difficult to manage during the tour or run the risk of paying excess baggage fees to the airline for an overweight suitcase.

While portage of one suitcase per person is included at most hotels, there are times when you must be prepared to cope with your own luggage such as at airports and border crossings. Sometimes there may be luggage trolleys available but this cannot be guaranteed. It is wise to choose a suitcase and hand luggage that you can manage on your own. You will also be thankful for the smaller size when you need to manoeuvre your suitcase around your hotel room. A suitcase with wheels and a pull-out handle is convenient but be careful as larger ones can weigh 9 kg (20 pounds) empty!

We recommend you lock your suitcase. All personal belongings that you take with you are your own responsibility. We recommend the purchase of baggage and personal effects insurance to cover any theft, loss, or damage to your personal belongings.

If your itinerary includes any domestic or short-haul international flights, most airlines will allow only 20 kg (44 pounds) of baggage. Please check the **Quick Tips** at the front of this booklet for the current allowances for your trip.

The airlines will charge excess baggage fees for additional pieces and overweight or oversize baggage. Some airlines even charge for each kg you are over your weight allowance. Travelling light is highly recommended.

Please note that these rules are subject to change and vary depending on the airline.



Packing

The style of dress while touring is informal. The only exception is in churches, mosques and other religious establishments where ladies should not have bare shoulders or short skirts and men may not be allowed in wearing shorts. You can consider bringing along one outfit suitable for an evening out, but this is not essential.

Helpful Hints

- Look at the temperature charts for each country to determine the approximate climate you will be experiencing.
- Make a list of items that you want to bring along. This list will help you organize your packing and will be invaluable if you happen to lose your luggage and need to make an accurate insurance claim.
- Most people are guilty of taking too much clothing on a trip. Concentrate on items that are comfortable, mix and match well, yet do not crease easily. Keep all your basic pieces in one colour scheme with two neutral colours (ie. navy and red). Choose an accent colour (ie. white). Don't bring along anything unless it coordinates with at least two other articles you are bringing. A good idea is to set aside everything you want to take on a trip and then go back the next day and put back half of the items. Think in terms of what you can do without, rather than what will be handy to have during the tour.
- If travelling as a couple, place some clothes for each person in both suitcases. Then you can still manage if one of your suitcases becomes lost.
- Hang clothes in the bathroom when you shower and wrinkles will fall out.
- Choose high quality natural fabrics and synthetic blends. Look for 'drip dry' and 'wash and wear'.
- Pack heavy items such as shoes, toiletries and blow dryer at the bottom of your suitcase against the wheeled side. Then when you are pulling your suitcase these items won't move around and wrinkle clothes. Place shoes in a protective bag. Fill any empty spaces with rolled up lingerie and socks to fill the bag.
- Fasten the straps and fill any empty spaces with the remaining smaller items or tissue paper as a firmly packed bag keeps clothes from sliding. Put several small items in a clear plastic bag to make access easier.

Items NOT to bring:

- DO NOT bring any valuables on a trip. Any expensive jewellery or items of great sentimental value should be left at home.
- DO NOT take pressurized spray cans or butane appliances.
- DO NOT take breakable bottles, use plastic containers.

Ladies:

- 1 or 2 skirts (optional).
- 3 or 4 pairs of slacks, capris or shorts.
- 6 blouses or tops.
- 1 dress (for an evening out - optional).
- Sufficient lingerie including underwear, socks/nylons.
- 1 nightgown or pair of pyjamas.
- Sufficient toiletries.
- Purse with shoulder strap.
- Inexpensive jewellery, scarves and accessories to liven up your two or three basic outfits.
- Sunhat or visor, sunglasses.
- 1 or 2 pairs of comfortable shoes (running shoes are good)
- 1 pair of dress shoes
- 1 or 2 sweaters
- 1 light coat
- 1 raincoat and/or fold-up umbrella
- Any belt(s) you require.
- 1 swimsuit.
- Washcloth (or j-cloth) - many hotels do not supply face cloths.
- Spare pair of eyeglasses and/or contacts.
- Set of earplugs.
- Address book, notebook or diary, pen.
- Camera and sufficient memory cards, batteries and charger.
- Hairdryer/curling iron.
- Soap and a small amount of laundry detergent.*
- Sewing kit.*
- Travel alarm.*

* Share if a couple

Men:

- 4 pairs of pants (including one for dress).
- 4 or 5 sport shirts.
- 1 dress shirt (optional).
- Several pairs of socks and underwear.
- 1 pair of pyjamas.
- Sufficient toiletries.
- Sunhat or visor, sunglasses.
- 1 or 2 pairs of comfortable shoes (running shoes are good).
- 1 pair of dress' shoes.
- 1 or 2 sweaters.
- 1 light coat.
- 1 raincoat and/or fold-up umbrella.
- Any belt(s) you require.
- 1 swimsuit.
- Washcloth (or j-cloth) - many hotels do not supply face cloths.
- Spare pair of eyeglasses and/or contacts.
- Set of earplug.s
- Address book, notebook or diary, pen.
- Camera and sufficient memory cards, batteries and charger.
- Shaver.
- Soap and a small amount of laundry detergent.*
- Sewing kit.*
- Travel alarm.*



Money Matters

While it is often said that you should take twice as much money as you think you need (and half as many clothes), we believe that the all-inclusive nature of our tours means you should need far less expense money than on other tours. Here are some general guidelines:

Type of Money to Carry

In most countries you will need to make the majority of your purchases using the local currency, although some vendors may accept cash in US dollars or euro. Further information can be found under each country. Please note that whatever way you decide to carry money (cash, credit card, bank card) the banks are going to take their cut. We recommend you plan to use a combination of the following options:

Local Currency

Bring along \$50.00 - \$100.00 in cash of each currency that you will encounter on the trip. This can be done at the main branch of most major banks (or your local branch may be able to order it for you). Then when you arrive in a country you will not need to worry about obtaining cash immediately as you will have enough money to buy incidentals until you can find a bank. It will also give you time to check around for the best exchange rate. The main drawback to carrying cash is that it cannot be replaced if lost or stolen. Please note that your bank will add a foreign currency exchange premium to the “official” exchange rate and that it is not possible to get money in advance for every country.

Credit Cards

Visa and MasterCard are widely accepted throughout the world at most hotels, tourist shops and large department stores. The advantage of using your credit card is that you do not need to handle as much foreign currency. You can also use your credit card for cash advances but you will be charged interest from the date that cash was obtained. Please note credit card companies will add a foreign currency exchange premium to the “official” exchange rate. **You should let your credit card company know you will be travelling.**

Bank Cards

Most countries have numerous bank machines (ATMs), but they may not always be available when you need them. Many are affiliated with the “Cirrus” or “Plus” banking systems so you should be able to withdraw local currency directly out of your savings or chequing account. Most foreign bank machines allow only a four-digit PIN (personal identification number or security code). If you have a five or six-digit PIN you can go into your local bank and change it to a four-digit PIN. When withdrawing money, be prepared to input the amount of cash you want in the local currency. Please be aware that your bank will likely charge you approximately \$2 - \$5 per transaction- so don't make several small withdrawals. They will also add a foreign currency exchange premium to the “official” exchange rate. **You should let your bank know you will be travelling.**

Travellers Cheques

Travellers cheques are not recommended. They are not accepted in many countries. There is usually a very high service fee and very poor exchange rates in the few places that will accept them.

How Much to Bring?

The amount of money to take along depends on the individual and the tour but here are some guidelines you should follow:

Meals

All of your meals on the cruise ship are included in the cost of your fare, and on a number of itineraries you are invited to dine ashore in a pre-selected restaurant at no additional charge.

Beverages

Wine, beer and soft drinks are included with lunch and dinner on the cruise. For those who wish to enjoy premium wines and beers, cocktails and sparkling wine, they are offered at an extra charge. Beer and cocktails served in the lounge range from \$5 - \$10 each.

Sightseeing

We like to keep you busy sightseeing while you are on tour. All the entrance fees during your city tours should be included so you will not have to pay for many “extras” along the way. Most tours will only have one or two free afternoons where you might need to find something to do. Most passengers will take

advantage of this time to fit in a little extra shopping, personal sightseeing, or rest up for the next day. In certain cities an optional tour may be offered that is of interest to you. For budget purposes allow for one to three options at \$40.00 - \$90.00 each.

Souvenirs

This is a personal decision but you might want to set a limit before you leave home. If you plan to use your credit card for the majority of your souvenirs you may not need to bring cash for these purchases.

Tips

Tips for guides, drivers, as well as onboard staff are looked after by Rostad Tours. Tips are not included for optional excursions, extensions or services. See the Viking booklet for guidelines.

Miscellaneous

You will need a little pocket money for each day to pay for things such as coffee, tea and soft drinks, snacks, post cards and stamps, extra memory card, etc. Allow for \$10.00 - \$20.00 per day.

Use the following table to calculate how much to take or just plan to withdraw from ATMs:

Meals:	
Beverages: \$5 - \$15 x _____ days =	
Sightseeing: \$50 - \$150	
Souvenirs: \$	
Misc: \$10 - \$20 x _____ days =	
Total:	

Health Matters

Your mental and physical health are important for the enjoyment of the tour by yourself and fellow tour members. Before leaving on any extended trip, you should always contact your doctor for a check-up and possibly even your dentist. This will help prevent any possible health complications while on tour.

Walking

During the course of the tour, you can expect a fair amount of unavoidable walking and stair climbing at airports, hotels, cathedrals, museums, etc. If you need assistance you are required to bring along a companion. You will also be getting on and off the motor coach several times each day. We recommend that you prepare for the trip by walking 2-3 kms and/or exercising on a daily basis, but be sure to discuss this with your doctor first.

Vaccinations

You will be notified if any vaccinations are required for your tour. Most countries do not have any vaccinations that are compulsory unless you are coming from an infected area. Your doctor or local health clinic might recommend certain vaccinations but be aware that sometimes these can cause complications. It's always a good idea to be up to date on vaccinations, such as hepatitis, tetanus. etc.

Medications

If you are on a daily medication, we suggest that you bring an ample supply in your carry-on luggage in their original, labelled containers. You should also keep an extra copy of the generic name of your prescription (brand names tend to vary) in another location such as your checked luggage. This will be helpful if you need to replace the prescription due to loss or theft.

It is a good idea to bring along your favourite remedy for colds, headaches, upset stomachs

and diarrhea. Don't count on finding your brand in the stores while on tour. You may also want to bring along a small First Aid Kit with the following items:

- Large zip lock bag.
- Antiseptic pads.
- Antibiotic ointment.
- Adhesive tape.
- 4x4 gauze (can be cut smaller).
- Assorted bandaids.
- Moleskin (for blisters).
- Anti-diarrheal (i.e. Imodium).
- Antacid.
- Cold medication.
- Pain reliever.
- Insect repellent (with DEET 35% min).
- Sunscreen (minimum 15 SPF).
- Swiss Army knife.

Medical Treatment

If you are ill while on tour and would like to see a doctor you can ask your tour guide to help arrange for a consultation. Don't wait until your condition becomes so serious that you will require hospitalization. Medical attention can be very expensive, so it is wise to have insurance which will enable you to recover your expenses when you return home.



Water

Complimentary bottles of water are supplied in your stateroom each day of the cruise.

The tap water in most countries is considered safe for drinking by the local people but not always for travellers. Look at the information supplied about each country.

In countries where the water is not considered fit for consumption, ask for your drinks without ice and stick to bottled water, coffee, tea, wine, beer or international soft drinks that have been bottled and sealed. In these countries you should also be careful about the food you eat. Do not eat fresh salads, raw vegetables or fruit (unless you peel it yourself). Do not eat watermelon – it contains mostly water. You should also be wary of ice cream and milk, as in some countries they may not be pasteurized.

Even though water is safe to drink it does not mean it will not affect your stomach. All water contains different forms of bacteria, even your tap water at home. When you travel to another country, the water will contain bacteria that are new to your stomach. If you often suffer from upset stomach, you may find the change of water will be enough to cause discomfort and stomach disorders. Keep your tap water consumption to a minimum by drinking bottled water, coffee, tea, soft drinks, wine or beer. Bottled water is widely available all over the world.

Special Diets

If you indicated on your information form that you need a special diet for medical reasons we will inform the airline in advance. We will also pass on any special diet requests to the hotels but we cannot guarantee that your request will be honoured. For best results we suggest you remind the tour guide, advise the hotel when you arrive and most importantly, be careful what you eat.

Traveller's Diarrhea

Diarrhea is the most common affliction of travellers, affecting 30% of those on a two week trip. If diarrhea does occur, it is important to maintain fluid, sugar and salt intake. Here is an easy recipe:

- 1 litre of water (boiled or bottled)
- 1/2 tsp salt
- 2 Tbsp sugar

Relieve symptoms by using Gravol (for nausea), Imodium, Pepto Bismol or Kaopectate.

If you have further concerns about traveller's diarrhea you may want to discuss the use of the vaccine Dukoral or other prescription alternatives with your doctor.

Post diarrhea treatment includes soft foods, poached eggs, plain toast or crackers for the first 24-48 hours. Avoid dairy products.

Insurance

We highly recommend that you have insurance which will cover at least the three most important items: cancellation penalties, medical fees, and baggage damage or loss.

You should always carry proof of insurance and their emergency contact numbers with you when travelling. Be sure to keep all receipts for any expenses which are covered by insurance such as doctor or hospital bills, luggage repair bills, etc. If you have something that becomes lost or damaged while on tour, obtain a written statement from the police, hotel manager, airline, cruise line or tour guide in order to validate your claim to the insurance company. When you return home, read your insurance policy and follow the procedures outlined to make your claim.

If you have purchased insurance through Rostad Tours, contact our office upon your return and we will supply you with the necessary forms for making a claim.

Most insurance policies require that you contact the company within 24 hours of being hospitalized or receiving major emergency treatment. Check your policy, otherwise they may not cover expenses. Keep original receipts or other proof of payment and detailed medical documentation to submit with your claim.



Electricity

The electrical current varies throughout the world. In North America we use a 110/120 volt system. Other regions use 220/240 volts, so standard appliances will not work without the use of a converter. While onboard electricity is 220V, staterooms will have one or two 110V outlets for North American guests to use with shavers, etc, in the bathroom and/or desk area. If you are bringing an electric appliance, check to see if it has a built-in converter that changes from 110/120 to 220/240. For example, laptops and most rechargeable batteries for cameras do not require a converter.

In addition to a converter, if you want to use an appliance you will also need a plug adaptor to fit into an electrical outlet. Here are the different types of plug adaptors:

	Great Britain, Ireland, Hong Kong , Parts of Africa and the Caribbean
	Europe, Middle East and parts of Africa, Asia, South America, Tahiti, China and the Caribbean
	Australia, New Zealand, South Pacific Islands and parts of South America and China
	South Africa

These adaptors and converters are available in the luggage department of larger department stores or specialty stores. Be aware that converters come in dual or single wattages. Check your appliances to see what you require. You may also want to bring along a short extension cord if you need to be close to a mirror.

Before Leaving

Helpful Hints

- Cancel all deliveries (mail, paper etc.).
- Throw out any perishable food.
- Have someone keep your mailbox free of mail and flyers.
- Unplug all electrical appliances not in use (TV, stereo, computer).
- Have someone look after your lawn and indoor plants.
- Your house should be checked every two or three days.
- Store important papers and jewellery in a safety deposit box.
- Install an inexpensive timer to turn lights on at dusk and off at midnight.
- Leave instructions on how to reach you and when you will be returning.



While on Tour Information

Airport Check-in

Please be at the airport no later than two hours before your flight so you can check-in, pass through security, and walk to your departure gate. Unless you have made prior arrangements to assemble in a specific location, you will usually meet the rest of your group at the departure gate prior to boarding your flight. If you are departing from a different city than the Tour Hosts, we will inform you where you will first meet them.

Ensure that your luggage is tagged to go to your final destination by the check-in agent. You do not want to have to claim and recheck it at any of your connection points. This may not be possible if your airline reservations are on two separate tickets.

Your seats on the plane have usually been assigned by the airline in advance so that the group is more or less together on the plane. Even with careful planning, this advance seat selection does not always go according to our instructions to the airline. Although the airline will try to match your requests, there never seem to be enough window or aisle seats to go around. As you are travelling together as a group, feel free to exchange seats amongst yourselves if mutually agreeable. Please verify your seat assignment at the check-in counter and ask them to change it for you if it is not satisfactory.

Web Check-in

If you are only flying on one airline, you may be able to check in on their website within 24 hours of your departure. When starting Web Check-in, please have the following identification in hand:

- The booking reference (the booking reference is found on the bottom of your e-ticket).
- Your passport and any other required travel documents.

During this process you have the ability to:

- Select a seat.
- Print your boarding pass (for most cities).
- Check your baggage.
- Review and change your frequent flyer number.

If you have a connecting flight, you may be able to check-in for all your flights at the same time. However, online check-in becomes available only within the 24 hours prior to your final connecting flight's departure.

Even if you make use of web check-in, you should still plan to be at the airport two hours in advance in order to drop your luggage off and go through security. Please note that you will need to show your boarding pass, or electronic ticket/receipt and identification at the airport.

Flight Delays

If your flight is delayed or cancelled due to weather, mechanical reasons, strike, etc you should:

- Stay calm!!!
- Get in front of airline staff at the airport and insist they rebook you on confirmed flights to your destination. Be sure and let them know you are on a group tour and the dates are not flexible. Rostad Tours is unable to change your flights or routing.
- Within Canada, contact our office by phone (1-800-361-8687) or email (tours@rostad.com) once you know your flight times so we can notify our local agents. If after business hours, leave a message.
- Take a taxi to the hotel if no one is at the airport to meet you when you arrive.
- Keep receipts for any expenses in case they are covered by insurance.

In-Flight Service

The new reality is that airlines do not usually include meals except on long haul international flights. On shorter flights there may be meals to purchase on board but selection will be limited.

Have a Comfortable Flight

Pack a small bag which may include:

- Pain medication, just in case.
- Any required medication (properly labelled).
- Toothbrush and travel size toothpaste.

- Wet wipes/hand sanitizer/facial tissues.
- A great book or magazine to read.
- A tablet or computer chock full of your favourite tunes, podcasts or movies.
- Emergency snacks so you can munch whenever you choose.
- Ear plugs, just in case the person next to you is a constant talker, sniffer or snorer.
- Extra socks, underwear, T-shirt (in case your luggage is delayed).
- Compression stockings – for long flights.
- Pen and paper, to jot down notes, reminders, ideas.
- Travel pillow and blanket – for long haul flights.

Settle in for your flight by:

- Getting comfortable. Wear comfortable, loose fitting clothes.
- Loosen your belt.
- Take off or loosen your shoes.
- Have your reading material, music, water and snacks handy.
- Have your travel pillow and blanket handy.

What to eat/drink:

- Remember to stay hydrated. The cabin microclimate increases the rate of dehydration. It is recommended that you drink one litre of water for every five hours of flying.
- Don't drink a lot of alcohol, tea or coffee as these tend to dehydrate you even more.
- Don't eat too much.

Stay Well While Flying

While flying, it's not the air that makes us sick most of the time; it's contact with surfaces. To protect yourself and cut down on your chances of getting sick, try these tips:

- Keep your immune system strong. This is probably the most important thing you can do. Keep up your defenses with a healthy diet, regular exercise and plenty of sleep before boarding the plane. About a week before departure you may also want to load up on antioxidants, vitamins or products like Echinacea and ColdFX.
- Bring your own water and snacks. You are allowed to bring water and beverages onboard if you purchase them after you clear security. This could protect you from germs lurking in the ice cubes tray and cups used during beverage service. Don't eat snack items that are not completely sealed.
- Pack a travel pillow and blanket. Unless you are travelling on a long overseas flight, it's unlikely the blankets, pillows and other cushy accessories available in your overhead bins are cleaned and sanitized between flights.
- Carry disinfectant wipes. Even when you're using a hand sanitizer regularly throughout the trip, there will be times when you need a little more germ-fighting power. Carry a pack of disinfectant wipes so that you can wipe down the tray table, the arms of your seat and even sanitize your seatbelt buckle on the plane.
- Use a hand sanitizer after using the lavatory. The sink, taps and door handles in airplane bathrooms can be full of germs. Rinse your hands with soap and water if you must, but make sure you keep hands clean and bacteria-free by dousing them in sanitizer. Airport bathrooms are usually cleaner, but you may want to consider using a paper towel to turn the water tapes on and off (if they are not automatic) and sanitize your hands afterwards.
- Don't tamper with the seat pocket. Seat pockets don't get sanitized thoroughly between flights so avoid using them by bringing your own reading materials and keep them in your carry-on bag. If you read the magazine provided by the airline, be sure to sanitize your hands afterwards.

No one is invincible, and while it is impossible to protect yourself 100% against germs and viruses while travelling, these steps can significantly lower your risk of an illness.

Jet Lag

Other hints that may help reduce the effects of "jet lag":

- Walk around the plane whenever possible to get a little exercise and help reduce swelling. Do not do this during meal or beverage service as it will interfere with the flight attendants.
- Get as much sleep as possible, or at least rest your eyes.
- Try to adjust to the local time zone as quickly as possible. Fight the temptation to go straight to bed when you arrive. Most people find it easier in the long run to stay up until the normal local bedtime.

A popular new remedy for jet lag has to do with your diet in the days prior to your flight:

- 3 days prior - "Feast" (eat normally)
- 2 days prior - "Fast" (eat very light meals)
- 1 day prior - "Feast" (eat normally again)
- Departure day - "Fast" (eat very light)

Try it - it may just work for you!

Viking Cruises

Here are some details about what life is like aboard a Viking Cruises ship:

Destination Arrival

If you are arriving on the same flight as your Tour Host you can simply follow their directions.

If travelling on your own, when you arrive in another country you will first need to pass through passport control. Then you should locate the correct luggage carousel and collect your suitcase. You may want to use a luggage trolley in order to ease the transfer of your suitcase to the taxi stand or motor coach. Once you have your suitcase you should pass through customs – typically through the green “Nothing to Declare” channel. If your luggage does not arrive, you must make a claim at the lost baggage counter before leaving the arrivals area.

Once you are through customs you should look for someone holding a sign with "Viking Cruises".

Beverages

Hot coffee and tea are free all day at the coffee station; your meals are always accompanied by hot tea, iced tea or coffee, house wines and beers and soft drinks. Complimentary bottles of water are supplied in your stateroom each day. You may bring local wine aboard and enjoy it with your meals—there is no corkage fee. For those who may wish to enjoy premium wines and beers, cocktails and sparkling wine, they are offered at an extra charge.

Check-in Time on Board

While the crew is preparing staterooms for arriving guests, you can relax in the ship's lounge or leave your luggage with the staff and explore the embarkation city on your own. You will be given access to your stateroom midafternoon, at approximately 3:00 p.m. If you arrive before/during lunchtime, a light buffet will be available in the lounge.

Clothing Suggestions

Dress on board and ashore is casual; we suggest you dress comfortably and bring sturdy walking shoes for sightseeing excursions. Dinner attire is “evening casual,” and the Captain's Dinner is dressy, but not formal.

Cuisine & Dining room Service

All meals aboard are prepared by local chefs under the guidance of Viking's European management team. Meals are open seating during set meal times—no table reservations are accepted. Room service is not available.

Fitness Equipment

Most ships do not have fitness equipment. Guests enjoy getting their exercise during daily shore excursions, and promenade decks provide opportunities for “power walks” while enjoying the scenery.

General Physical Fitness

Our tours and cruises are not physically demanding; however, because of the nature of many of the sites you will be visiting, some tours may not be appropriate for guests with certain medical conditions and physical restrictions. Walking tours are often on uneven ground or cobblestones and may include stairs and steep inclines.

Some ships have elevators and some do not; some ships have split-level decks and/or significant thresholds that could make movement difficult. Motorized scooters are not suited on international cruises and cannot be accommodated. Shore excursions may require movement over cobblestones or up and down stairs; accordingly, a physically challenged guest will require the services of a responsible adult since crew availability is severely limited in most circumstances.

Guests who have any medical, physical or other special needs should check the fleet information to gain an understanding of the layout of any particular ship.

Hair Dryers & Amenities

Your ship has hair dryers for guest use, as do most hotels. Your stateroom amenities include shower gel, shampoo, lotion, shower cap and vanity kit.

Internet & Telephone Access

Emergency contact information: If there is an emergency and you must be contacted while travelling, your family/friends should attempt to reach you directly by contacting the ship or hotel. The ship's phone and fax systems operate on mobile reception and may not get good reception throughout the trip. If unsuccessful, your family/friends can call the Viking River Cruises toll free number (1-877-668-4546) during normal business hours. (Monday-Friday 5:00 am - 9:00 pm; Saturday 6:00 am - 4:00 pm; Sunday 7:00 am - 4:00 pm. All times are Pacific Time).

Internet

All Viking ships have internet access. Ships in Europe, Russia and Ukraine have free WiFi, so you can bring your laptop and get online at any time. Alternatively, each ship has a few computers for guest use; there are desktop machines in Russia for use free of charge, and laptops in Europe that guests may rent for a nominal fee based on amount of time used. Guests who bring laptops to Russia may wish to bring a LAN cable for use in their stateroom; this may work a bit better than the wireless LAN in rural areas along the river. In China, there is an internet café with desktop stations for guest use free of charge. There is no onboard wireless network in China or Southeast Asia, so you will not be able to get internet service on your personal computer while on the ship, although you may be able to do so during hotel stays.

Please note that shipboard service may be unreliable during certain parts of the journey. The internet connection functions via cellular service or satellite, and there may be times

when reception is not possible and/or when the connection is quite slow. For this reason, we recommend only checking and sending email. We do not recommend surfing the Web or downloading large files.

Phoning Home

If you are phoning Canada or the United States from a foreign country, the country code is 001.

Telephones

Each stateroom has its own telephone that can be used for stateroom-to-stateroom calls. Ship-to-shore calls can be placed at the Reception Desk, and charges will be added to your shipboard account. The phones function via satellite and there may be times when reception is not possible.

International Mobile Phones

If you are planning to make or receive phone calls on a non-emergency basis, you should know that your cell phone may not work overseas—or it may work but run up large international roaming charges. You should contact your cell provider to see if you can make arrangements before you go.

Laundry

Laundry services are available for a fee; we regret that clothes cannot be dry cleaned. Self-service laundry is not available.

Meals

Meals are scheduled around the day's programs and activities. There is an early riser's breakfast and a full breakfast buffet between 6:00 and 9:00 a.m. Lunch is served between 11:30 a.m. and 2:00 p.m., and dinner is served around 7:00 to 9:00 p.m. Meals are single seating with an open-seating format, so travellers can come in when they are ready and sit where they like.

Medical Services

In China and Russia, there is a small clinic and a physician onboard your ship; however, the physician may not speak fluent English. A staff member fluent in English will assist you. On European ships, medical care is readily available using local resources.

Mooring and Docking Facilities

In some ports, ships may be required to dock alongside each other. Viking owns many of the docking facilities in the ports visited, and do their best to arrange the most convenient docking available. However, occasionally, your view may be blocked and you may need to pass through other ships when going ashore. Similarly, guests of other vessels may pass through a Viking vessel while docked.

Onboard Language

The onboard language is English. Your Tour Escort, Program Director, key staff and tour guides all speak English.

Onboard Shopping

Each Viking ship has an onboard shop area offering Viking River Cruises logo items, souvenirs and select toiletries. The China ship also offers a tailor who offers custom-made silk jackets and dresses, neckties and other items.

Other Services

Most ships offer a library where reading material, games and puzzles may be borrowed free of charge. A few ships have additional services, such as a hair salon or massage services. Access detailed information about each ship from Viking's fleet pages.

Safes

Please keep all jewellery and valuables in your stateroom safe.

Shore Excursions

Daily shore excursions allow you to explore the sights, sounds, scents and flavours of each

port visited. Each port features at least one included program, and where possible, Viking offers you the opportunity to explore a city or town in a variety of different ways. You may want to take it easy or spend more time on shopping or independent exploring.

While the feature excursion in each port is included in your cruise fare, Viking occasionally offers additional options that you may choose to participate in. These excursions cater to interests not everyone on the ship may share and thus, they allow for individualizing your cruise experience. The approximate prices of these excursions are found in the itinerary part of the Viking booklet.

Smoking

Smoking is not permitted indoors on ship.

Televisions

Most staterooms have a colour television. Depending upon satellite transmission, most ships receive CNN, BBC and other English-language programming. There are usually itinerary specific films as well.

Viking Daily & Onboard Activities

The onboard daily newsletter, Viking Daily, features information about daily activities, shore excursions and tour departure times.

Water Levels

All rivers that Viking ships travel on have shipping channels that are maintained by national nautical authorities. On rare occasions, river travel may be impacted by water levels in these shipping channels. Usually, minor adjustments in the ships cruise schedule will allow safe and unimpeded passage. Precipitation patterns in Europe are relatively even throughout the year and there are no "wet" and "dry" seasons, which makes long-term predicting of high or low water impossible. Major disruptions are rare exceptions, and the vast majority of Viking's cruises take place exactly as planned.

Photography

Here are some practical hints regarding cameras and picture-taking:

- carry spare batteries, battery charger and extra memory for your camera.
- if you are planning to buy a new camera for the trip, be sure to use it before you leave home. Bring the camera manual along in case you have any difficulties.
- For sharp pictures, hold the camera steady by keeping one elbow pressed lightly against your body.
- Add a feeling of depth to your pictures by creating a frame, surround the foreground with tree branches, an arch, etc.
- Make title pages for your album by photographing signs.
- Remember, it is sometimes better to buy professional postcards for some of the hard-to-get shots.
- Do not take pictures of any border crossing, military equipment or compound, police station, train station or airport without asking your guide if it is permissible to do so.
- Certain museums, palaces, churches and religious shrines may not allow picture taking - if in doubt, ask your guide. Some may not allow flash photography while others may charge a fee to take photos or use a video camera.
- As a common courtesy, if you wish to photograph someone you should ask their permission first (often a small tip will persuade them).
- A video camera can provide you with a great memento of the trip. Bring one that is automatic so that you don't miss the tour while you are busy fiddling with your camera.

Shopping

If you purchase anything while you are away, including CDs or DVDs, you do so at your own risk. Whether purchased from local shops or guides, Rostad Tours will not be responsible for anything that is defective, in the wrong language or format, does not arrive from a supplier or is refused by Canada Customs.

Walking

There will be walking involved during the course of any tour. It is not very interesting to just see things out the window of a motor coach and it is impossible to visit historical sites and museums without walking. There will inevitably be stairs and inclines to navigate so tour members are expected to be in reasonable physical condition or have someone along to assist them. Exercise care and attention when walking as there may be cobblestones and uneven pathways. When the coach stops in a parking lot or alongside the road, remember where you are and watch out for any traffic that may be in the vicinity. It is definitely recommended that you wear good walking shoes during the tour. It's a good idea to prepare for the trip by walking at least 2-3 kms every day.

Safety

Odds are very much in your favour that you will have a safe and incident-free trip. However, it is wise to take precautions so here are some hints to help you enjoy a safe trip:

- Never accept letters, packages or gifts from a stranger to take with you.
- Never agree to carry items onto a plane for anyone else.
- Report any suspicious unattended bags or parcels in airports.
- Pay attention to safety briefings at the beginning of flights and know the location of all exits.
- Keep a close eye on your hand luggage, purse, etc. when checking into a hotel. If the lobby is busy, thieves will often take advantage of the distractions.
- If you happen to lose one of the new modern hotel key-cards, be sure to ask reception to re-key the lock when you request a new card.
- Take one of the hotel brochures or business cards with you when you are out sightseeing or shopping. That way if you need to get back to the hotel you will have the information with you and can simply show the card to a taxi driver to return to the hotel.
- Look for information in your hotel room about fire safety and locate the nearest fire exit.
- Never prop your hotel room door open as anyone could walk in.
- Do not leave money and other valuables in your hotel room while you are out. Use the inroom safe.
- Beware of pickpockets. They often have an accomplice who will:
 - jostle you
 - ask you for directions or the time
 - point to something spilled on your clothing
 - or distract you by creating a disturbance
- A child or even a woman carrying a baby can be a pickpocket. Beware of groups of vagrant children who create a distraction while picking your pocket.
- Be especially cautious of pickpockets in crowded subways, train stations, elevators, tourist sites, marketplaces and festivals.
- Never give a thief an easy opportunity. Make sure your purse is closed and in front of you at all times. Try to wear the shoulder strap of your purse or bag across your chest.
- Carry cash/wallets in your front pockets where it is harder for a thief to access it. You may want to carry cash in a different location than your credit cards.
- Don't wear fancy clothes or use expensive looking camera bags. They just attract attention.
- Try not to travel alone at night and don't use short cuts, narrow alleys or poorly lit streets.
- Avoid public demonstrations and other civil disturbances.
- If you are confronted, don't fight back. Give up your valuables. Your money and passport can be replaced, but you cannot.

Lost or Stolen Credit or Debit Cards and Money

Notify the company that issued any lost or stolen credit or debit cards as soon as possible to prevent further loss. If a joint transaction card is missing, inform the second cardholder at once. Obtain a police report; this is required to file an insurance claim for any stolen money and it may also be needed if a credit or debit card is used before you can cancel it.

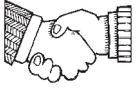
Lost or Stolen Passport

Report the loss or theft to the nearest Government of Canada office abroad and to the local police. Locations can be found on this website: <http://travel.gc.ca/assistance/embassies>

A replacement passport may be authorized if the following requirements are met. These include the submission of:

- A completed application form signed by your guarantor.
- Two identical passport photos.
- The appropriate fee.
- An accepted proof of Canadian citizenship.
- A complete Declaration concerning a lost, stolen, inaccessible, damaged or found Canadian travel document (PPTC 203, PDF, 195 KB).

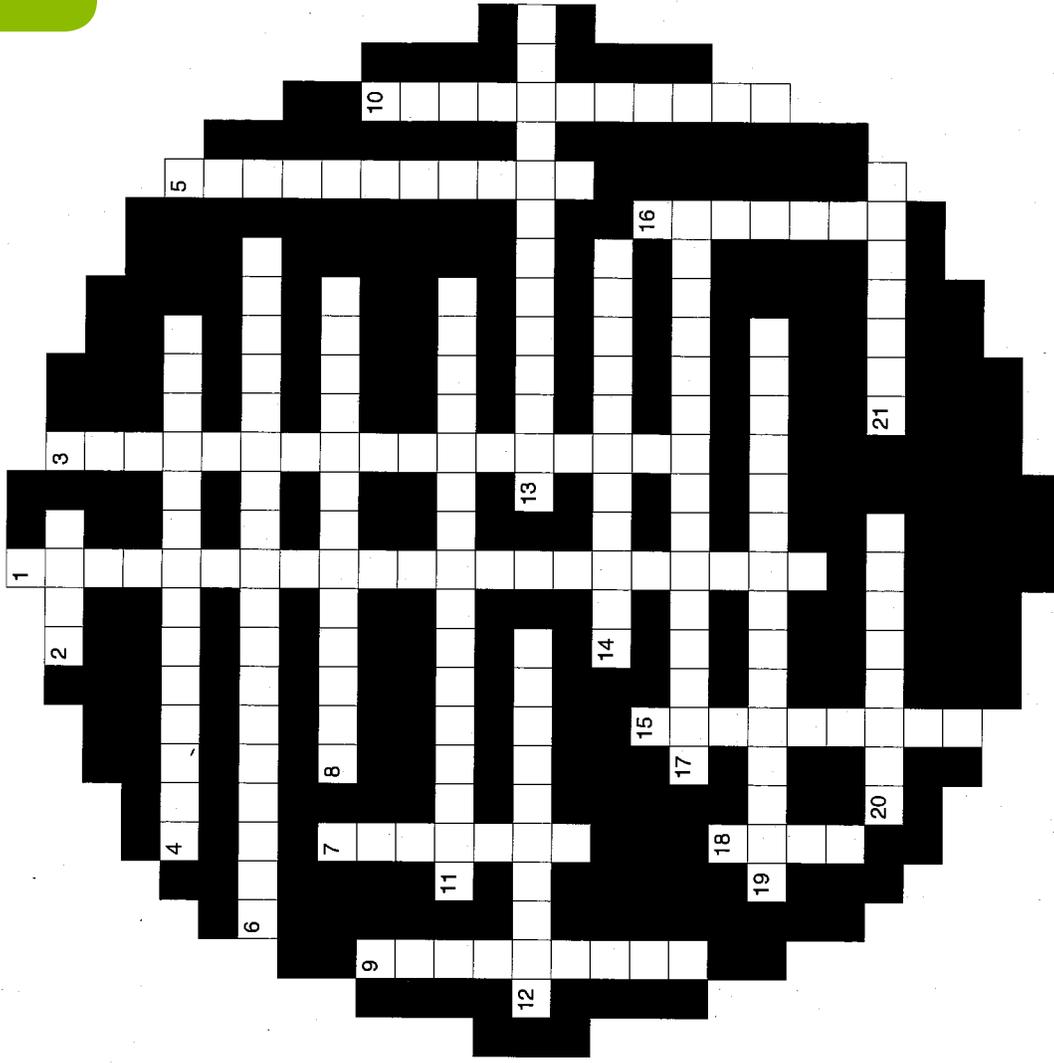
Before the passport can be replaced, Canadian authorities will conduct an investigation into the circumstances of the loss or theft. This may lead to delays in processing the replacement passport.



Friends to Remember

Name _____ Address _____ _____	Name _____ Address _____ _____
Email _____	Email _____
Name _____ Address _____ _____	Name _____ Address _____ _____
Email _____	Email _____
Name _____ Address _____ _____	Name _____ Address _____ _____
Email _____	Email _____
Name _____ Address _____ _____	Name _____ Address _____ _____
Email _____	Email _____
Name _____ Address _____ _____	Name _____ Address _____ _____
Email _____	Email _____

IMPERIAL JEWELS OF CHINA



Across

2. Elegant riverside promenade in Shanghai.
4. Subject of an ambitious engineering project.
6. Remarkable life size battle ready figures.
8. Where we can find the best preserved section of the fabled Great Wall.
11. 17th century 12-storey pavillion along the Yangtze River.
12. Traditional fare prized for its thin crispy skin.
13. 14th century walled city from where 24 emperors ruled China for 500 years.
14. The shortest and most spectacular of the Three Gorges.
17. Don't leave home without it.
19. The site of many key events in Chinese history.
20. Once a small fishing village and now the largest city in China.
21. The second of the Three Gorges along the Yangtze River.

Down

1. Imaginary line on the surface of the earth running from the north to the south pole.
3. An excursion here in small boats allows us to view the exotic and the mysterious, including the hanging coffins of the Ba people.
5. The Terra Cotta Warriors accompanied this emperor in the afterlife.
7. Gateway to the Three Gorges Dam.
9. Magnificent avenue of trees and massive sculptures led to the Ming Tombs.
10. Man-made lake within the Summer Palace complex.
15. This man-made wonder stretches over 4000 miles.
16. The capital of China and host of the 2008 Summer Olympics.
18. Home of the Terra Cotta Warriors.

Imperial Jewels of China

Z E A
 H B E I J I N G M
 K S U M M E R P A L A C E
 J T R K B C H O N G Q U I N G V W
 I L E S S E R T H R E E G O R G E S P
 P E M R E V I R E Z T G N A Y D O T X C W
 E K Y Q Q S P Y R E D I O R B M E K L I S
 D K A E M P E R O R Q I N S H I H U A N G A V
 N I L T R E S O B A D A L I N G H I L L S A N
 H M N G I Q T I V Q C M E G R O G G N I L I X U P
 U I G N A U F U I U O H Z G N I J W U G O R G E W
 T N D I N T E R N A T I O N A L D A T E L I N E E
 M O G U M A A G C C Y T I C N E D D I B R O F A P K T
 Z N D C N N S R I J A N I M A L S C U L P T U R E S
 G G Y K U M G R E A T W A L L O F C H I N A O Z C Q X
 S N N K E G U V L M A D S E G R O G E E R H T C V
 X A A A N O O I M H R I C K S H A W J T T W I Y W
 K S H D S R T R U O R H A N G I N G C O F F I N S
 T U R Q G D G S H I B A O Z H A I T E M P L E
 Y W D U E A N E A O C S E N U T H E B U N D F
 R W A A T I U T R U O C L A I R E P M I T
 T E R Z S K M L S A R T B A P E O P L E P
 M E D O I W A R E P O G N I K E P I C
 C A R V A N E D R A G N A U Y U Y
 D K Y S A C R E D W A Y S
 P I A H G N A H S
 O V Z

ACROBATIC TROUPE
ANIMAL SCULPTURES

ASIA

BA PEOPLE

BADALING HILLS

BEIJING

CHINA

CHONGQUING

EMPEROR QIN SHI HUANG

FORBIDDEN CITY

GREAT WALL OF CHINA

HANGING COFFINS

HUBEI PROVINCIAL MUSEUM

HUTONGS

IMPERIAL COURT

INTERNATIONAL DATELINE

JINGZHOU

KUNMING LAKE

LESSER THREE GORGES

MING DYNASTY

PEKING DUCK

PEKING OPERA

QUTANG GORGE

RICKSHAW

ROSTAD TOURS

SACRED WAY

SHANGHAI

SHIBAOZHAI TEMPLE

SILK EMBROIDERY

SUMMER PALACE

TERRA COTTA WARRIORS

THE BUND

THREE GORGES

THREE GORGES DAM

TIANANMEN SQUARE

UNESCO

VIKING RIVER CRUISES

WU GORGE

WUHAN

XIAN

XILING GORGE

YANGTZE RIVER

YUYUAN GARDEN

10 COMMANDMENTS FOR TOURISTS

- I THOU SHALT not expect to find things as they are at home, for thou hast left home to find things different.
- II THOU SHALT not take anything too seriously, for a carefree mind is the basis for a good vacation.
- III THOU SHALT not let other tour members get on thy nerves, for thou art paying good money to enjoy thyself.
- IV THOU SHALT not worry, for he that worrieth hath little joy and few things are fatal.
- V THOU SHALT not judge all the people of a country by the person with whom thou hast had a problem.
- VI THOU SHALT remember thy passport, so that thou knowest where it is at all times. A person without a passport is a person without a country.
- VII THOU SHALT practice patience. Those who can wait with a smile are blessed, for they shall surely enjoy themselves.
- VIII THOU SHALT learn to say “Thank You” in any language. Verily, it is worth more than gold.
- IX THOU SHALT, when in Rome, do something as the Romans do.
- X THOU SHALT always remember that thou art a guest in every land. He who treateth his host with respect shall be treated as an honoured guest.

-from an unknown author

PRAYER FOR TOURISTS

Heavenly Father, look down on us your humble, obedient tourist servants, who are doomed to travel this earth, taking photographs, sending emails, buying souvenirs and walking around in drip-dry underwear.

Give us this day, divine guidance in the selection of our hotels, that we may find our reservations honoured, our rooms made up and hot water running from the faucets.

We pray that there is WiFi in the rooms and that it is free.

Lead us, dear Lord, to good, inexpensive restaurants where the food is superb, the waiters friendly and the wine is included in the price. Give us the wisdom to tip correctly in currencies we do not understand. Forgive us for undertipping out of ignorance and overtipping out of fear.

Make the natives love us for what we are, and not for what we can contribute to their worldly goods.

Grant us the strength to visit the museums, cathedrals, palaces and castles listed as “musts” in the guidebooks. And if perchance we skip an historic monument to take a nap after lunch, have mercy on us, for our flesh is weak.

Dear God, keep our wives from shopping sprees and protect them from bargains they don't need or can't afford. Lead them not into temptation for they know not what they do!

Almighty Father, keep our husbands from looking at foreign women and comparing them to us. Save them from making fools of themselves in cafes and night clubs. Above all do not forgive them their trespasses for they know exactly what they do.

And when the voyage is over, grant us the favour of finding someone who will look at our pictures and listen to our stories, so our lives as tourists will not have been in vain.

- Art Buchwald

Imperial Jewels of China



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