

Carleton College

ALUMNI ADVENTURES

Explore the world

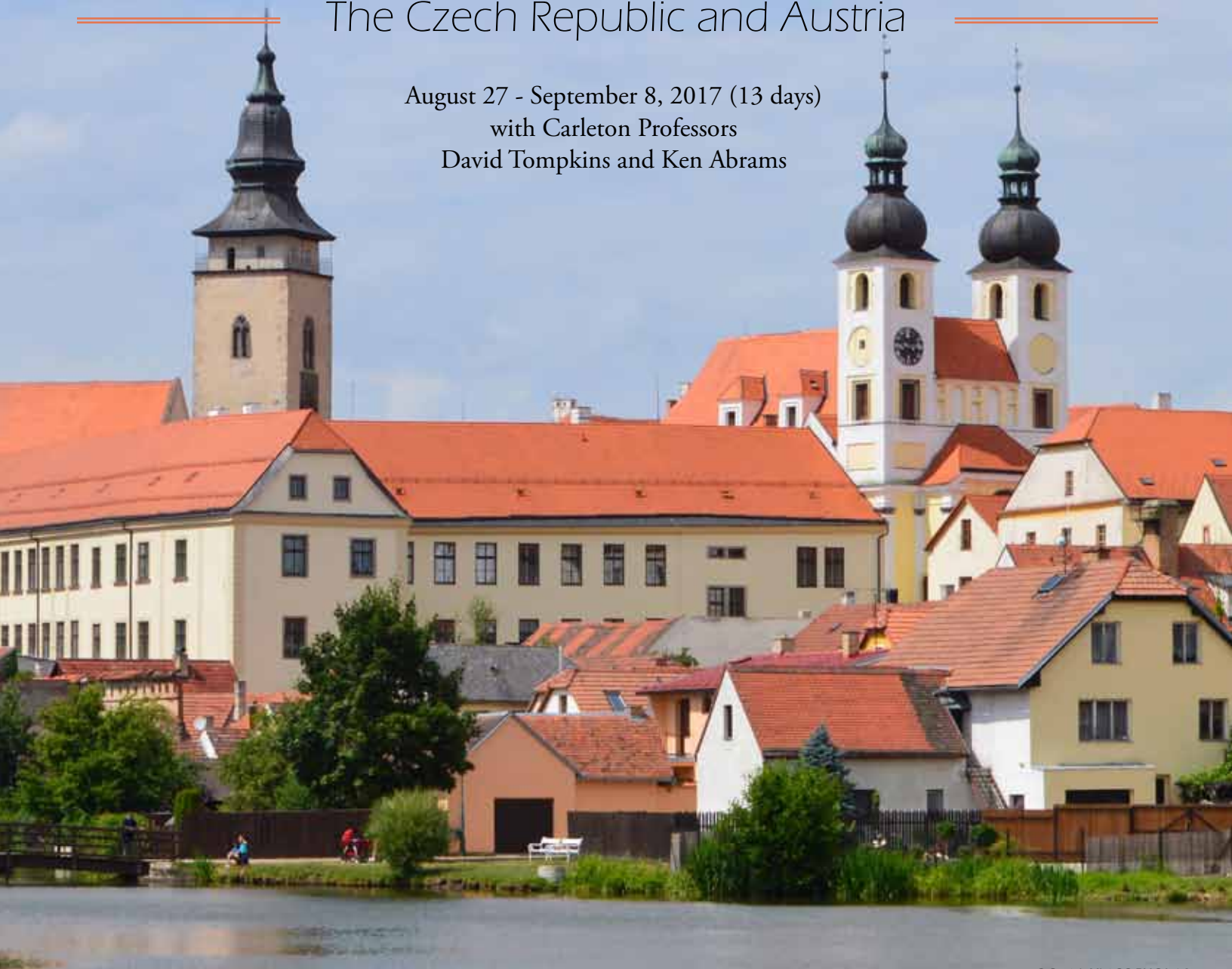
Cycling ^{the} Countrysides ^{of} Central Europe

The Czech Republic and Austria

August 27 - September 8, 2017 (13 days)

with Carleton Professors

David Tompkins and Ken Abrams



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Dear Carleton College Alumni and Friends,

I am delighted to invite you to join Carleton alumni for a brand-new adventure: a cycling tour of charming towns and stunning landscapes steeped in history, architecture, politics, and fairy tale allure. This active program is bookended by two-night city stays in Prague and Vienna—two of Europe's gems, and accompanied by history professor David Tompkins and psychology professor Ken Abrams—two of Carleton's gems.

Imagine cycling (from 16 to 44 miles per day for seven cycling days) between atmospheric medieval towns and along country roads and winding rivers, in the company of two engaging faculty leaders as your guides to the region's history and culture, and with the support of a tour manager to handle the logistics of your vacation while you relax, experience, and learn.

Relish the convenience of a rented bicycle, helmet, and small bike bag for the duration of your cycling days. Those who choose to skip a cycling leg can travel to the next destination in our 20-seater van. Highlights include visiting five UNESCO World Heritage sites; cycling through the Bohemia Lake District, Česká Kanada Nature Park, and Moravian villages; and evenings spent strolling through old town squares.

If you enjoy cycling and wish to experience the past and present of central Europe, I recommend that you contact Alumni Adventures today, as this program is limited to only 16 Carls and friends.

Sincerely,

Sarah Ladner Maris '85

Sarah Ladner Maris ('85)
President, Carleton College Alumni Association

ITINERARY

B= Breakfast L= Lunch D= Dinner

Sunday, August 27, 2017: Depart Home

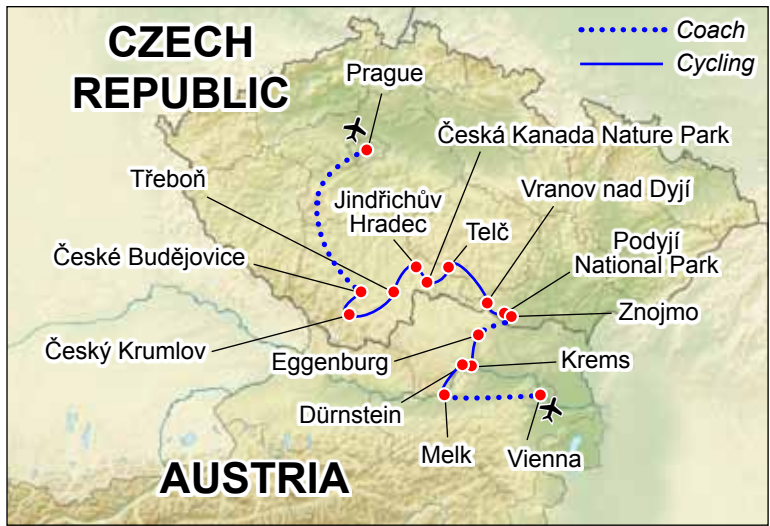
Depart the U.S. on overnight flights to Václav Havel Airport Prague (PRG).

Monday, August 28: Arrive Prague, CZECH REPUBLIC

Upon arrival in Prague no later than 4:00pm, you will be met at the airport and transferred to our hotel. The balance of the day is at leisure to settle in, relax, and perhaps get acquainted with the area. Gather this evening for a welcome dinner at a local restaurant.
Overnight at Hotel AXA for two nights. (D)

Tuesday, August 29: Prague

Take a guided walking tour of Prague this morning. The city, spanning both banks of the Vltava River, is one of Europe's most beautiful, and its historic center is a UNESCO World Heritage site overflowing with magnificent architecture. Start at Prague Castle, the largest old castle in the world, whose walls contain a variety of buildings and museums of eclectic architectural styles, including monumental St. Vitus Cathedral and the



Above, Route No 12 in Česká Budějovice. Below, biking signs in the Central Bohemian Region. Bottom, Prague Castle, Mala Strana and the Charles Bridge spanning the Vltava River, Prague.



picturesque small houses of the Golden Lane. Continue on to admire the Baroque splendor of St. Nicholas Church and the magnificent Charles Bridge, and enjoy the winding streets of the Old Town. The afternoon is at leisure for independent exploration. Gather this evening for dinner at our hotel. (B,D)

Wednesday, August 30: Prague | České Budějovice | Český Krumlov

Cycling: 16 miles

Check out of our hotel early this morning and take a scenic, three-hour drive by private coach to České Budějovice. Take a guided tour of the brewery, followed by lunch in the brewery's restaurant. Set out this afternoon on our first cycling excursion to Český Krumlov, whose historic center is a UNESCO World Heritage site. Take a walking tour of this atmospheric medieval town this evening, before having dinner at our hotel. *Overnight at Hotel Mlýn.* (B,L,D)

Thursday, August 31: Český Krumlov | Třeboň

Cycling: 39 miles

This morning we take a guided tour of Český Krumlov's expansive castle, which demonstrates architecture ranging from the 14th to the 19th centuries, including its fascinating Baroque theater, a tour of which uncovers the behind-the-scenes workings that were integral to baroque theater itself, such as scene-changing and sound effect contraptions. From here we cycle to Třeboň, enjoying a picnic lunch along the way. This Renaissance town is a spa resort and site of a lovely castle and the hexagonal, Neo-Gothic Schwarzenberg Tomb (or Family Vault). Dinner is at our hotel this evening. *Overnight at Lázně (Spa) Aurora.* (B,L,D)

Friday, September 1: Třeboň | Bohemia Lake District | Červená Lhota | Jindřichův Hradec | Česká Kanada Nature Park | Telč

Cycling: 18 miles or 43 miles

Cycle (18 miles) through the mosaic of ponds, woods, and meadows of the Bohemia Lake District to the beautiful castle at Červená Lhota (Red Village), located on a small island in a pond. After a picnic lunch, we continue cycling to the historic town of Jindřichův Hradec, where we visit the magnificent Italianate music pavilion in the castle's garden. Those who are interested may then continue cycling (25 miles) through the rolling hills and forests of Česká Kanada Nature Park to the hilltop town of Telč. (Those who prefer may instead be driven from Jindřichův Hradec to our hotel in Telč.) Dinner is at leisure this evening. *Overnight at Hotel Antoň.* (B,L)

Saturday, September 2: Telč | Vranov nad Dyjí

Cycling: 35 miles

Explore this morning the charming town of Telč, whose historic center is a UNESCO World Heritage site and an outstanding example of Renaissance town planning and architecture. The town boasts a lovely square with rows of late Gothic and early Renaissance houses, Romanesque and Baroque churches, a plague column, and a majestic Renaissance palace. After a guided tour of the palace, visit the extensive landscape park just beyond the city gates. Cycle through charming Moravian villages (with a picnic lunch along the way) to picturesque Vranov nad Dyjí. Gather for dinner at our hotel this evening. *Overnight at Zámecký Hotel.* (B,L,D)

Sunday, September 3: Vranov nad Dyjí | Podyjí National Park | Znojmo

Cycling: 26 miles

This morning we take a guided tour of Vranov Castle, perched on a promontory overlooking the Dyje River. Then cycle through the Podyjí National Park, along the border of Austria, with its unspoiled nature and beautiful views of the deep, forested river valley. Enjoy a picnic lunch along the way, and continue on to Znojmo, with its medieval city walls, Gothic churches, and castle. Gather for dinner at our hotel this evening. *Overnight at Hotel Prestige.* (B,L,D)



Above, Jindřichův Hradec. Below, Austrian scenery.
Bottom, Krems an der Donau, Austria.



Monday, September 4: Znojmo | Eggenburg, AUSTRIA | Krems

Cycling: 44 miles

We check out of our hotel this morning and drive across the Czech-Austrian border. Starting at Eggenburg, we cycle through an undulating landscape of forested hills and vineyards to Krems, a lovely town in the Wachau Valley, with a picnic lunch along the way. This evening in Krems (located in a well-known winemaking region) we gather for a wine tasting and dinner at our hotel. *Overnight at Hotel Unter den Linden.* (B,L,D)

Tuesday, September 5: Krems | Dürnstein | Melk | Emmersdorf

Cycling: 23 miles

Cycle from Krems to Dürnstein, where we find the ruins of the castle in which Richard the Lionheart was imprisoned in 1192-93. Enjoy a picnic lunch and continue cycling to Melk. The scenic countryside of the Wachau Valley between Krems and Melk, known as the Wachau Cultural Landscape, is a UNESCO World Heritage site. Our hotel is just across the Danube River from Melk, in Emmersdorf an der Donau. Dinner is at leisure this evening. *Overnight at Hotel Donauhof.* (B,L)

Wednesday, September 6: Emmersdorf | Melk | Vienna

Spend the morning in Melk, including a guided tour of the picturesque Baroque abbey that served as inspiration for Umberto Eco's *The Name of the Rose*. After a picnic lunch, we depart for Vienna this afternoon via private coach. *Overnight at Azimut Hotel Delta Vienna for two nights.* (B,L)

Thursday, September 7: Vienna

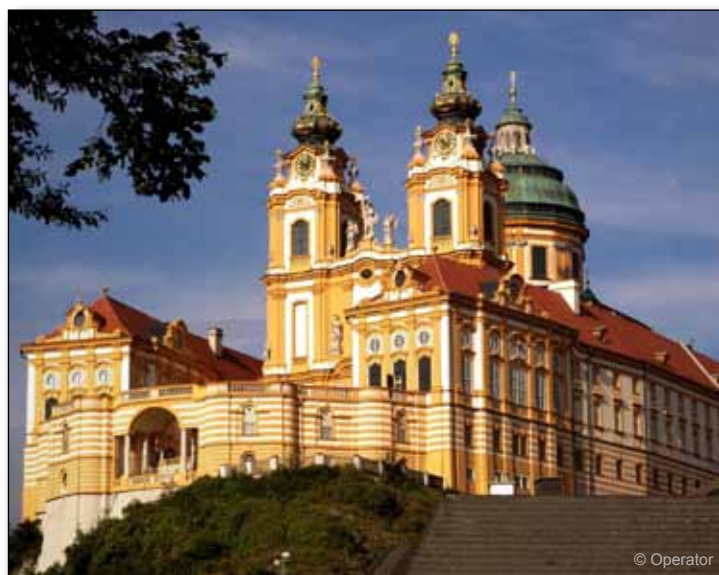
This morning, take a guided walking tour of Vienna, whose historic center is a UNESCO World Heritage site. Our tour features the most prominent of the city's countless sights: the magnificent Gothic Stephansdom, a symbol of Austrian reconstruction post-WWII; the stately Hofburg Palace, currently the seat of the Austrian President; Parliament; the Viennese City Hall; the Opera House; the famous Art Nouveau Anker clock; and Maria Theresa Square. The afternoon is at leisure to explore independently or relax. Vienna has a long tradition of wine-making, and the city boasts more than 1700 acres of vineyards. Gather this evening for a farewell dinner at a typical Viennese *heurige* (wine tavern). (B,D)

Friday, September 8: Vienna | Home

Transfer this morning to Vienna National Airport (VIE) for flights homeward. Flights should depart Vienna no earlier than 7:00am. (B)



Above, cycling through Austria. Below, the Melk Abbey that overlooks the town of Melk and the Danube River.



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Carleton College Faculty Leaders



David Tompkins is an Associate Professor of History and the Director of the European Studies Program at Carleton College, where he teaches a broad range of courses on European history. In his own research, he specializes in the culture and societies of Eastern Europe. David spent his undergraduate years at Rice University (with stints in London, Vienna, and the south of France), and did his graduate work at Columbia University. He has lived for extended periods in East-Central Europe, including in Berlin, Warsaw, Krakow, and Moscow, and travels there regularly. A marathon runner and cycling enthusiast, David has been on extended bike tours in France, Italy, and Central Europe. He has led four previous alumni tours to East-Central Europe, including to the Czech Republic and Austria. During evening discussions, David will talk about communism in Central Europe, the rise of the far right in Europe, and the history and future of the European Union.



Ken Abrams is an Associate Professor of Psychology at Carleton College, where he teaches courses in psychopathology and health psychology. He did his undergraduate studies at Dartmouth College and received his doctoral degree in clinical psychology from the University of Minnesota. Ken taught in the Czech Republic for two years in the mid-1990s, speaks Czech, and has directed six study abroad programs in the Czech Republic. On the study abroad program, Ken teaches cross-cultural psychopathology, which examines the extent to which the etiology and manifestation of mental disorders are affected by culture and politics. An avid biker, Ken frequently does "century rides" and has biked extensively throughout the Czech Republic and Slovakia. Topics Ken plans to address during evening discussions include the political abuse of psychiatry under communism, the rise of eating disorders in post-communist Eastern Europe, the progressive historical approach of the Czechs and Slovaks to individuals with gender dysphoria, and the radical means of treating sex offenders in the Czech Republic.



What to Expect

This program is appropriate for reasonably fit people with at least athletic beginning, if not intermediate, cycling ability. It combines local sightseeing with leisurely cycling on terrain that is flat or gently to moderately rolling with some short hills. Seven of our eleven touring days will involve cycling legs, with an average daily cycling distance of about 30 miles. (Daily distances are estimated in the enclosed itinerary.) Most cycling will be on quiet roads, although surfaces may be wet or rough. If you have any questions about your ability to participate, we suggest that you visit your personal physician with this brochure in hand, and discuss whether or not the program is appropriate for you. The actual itinerary is subject to variables such as the abilities and interests of the group and local weather conditions. Our faculty leaders and tour manager know the region very well, and will assess each day's route and brief the group in advance on planned routes and expected conditions. Some lunches will be packed and eaten (often outside) at appropriate places along our routes. There will be a support van available for those who choose to skip a cycling leg and be driven to the next planned destination, and to allow flexibility for unplanned events. Average daytime temperatures in late August/early September range from the high 60s to high 70s F (occasionally rising to the mid 80s F) with a chance of some precipitation. Durable, comfortable clothing, including proper cycling attire, is essential on this program. *Complete pre-departure details, such as what to take with you and more of what to expect, will be sent to participants.*

Tour Prices (Per Person)

Double Occupancy \$4,395
Single Supplement \$795

Single room supplement will be charged when requested or required (limited availability). Prices are based on 16 participants.

With fewer than 16 participants, a small group surcharge may be added.

Prices Include:

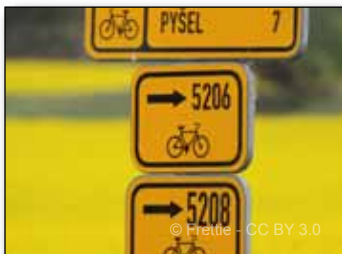
- Carleton College Faculty Leaders David Tompkins and Ken Abrams;
- Accommodations in comfortable 3- and 4-star hotels as indicated in the itinerary;
- 27 meals: 11 breakfasts, 8 lunches, 8 dinners;
- Energy bars and energy drinks provided on cycling days;
- Wine, beer, or a soft drink with the welcome and farewell dinners;
- Group arrival and departure airport transfers on group dates;
- 20-seater Mercedes Sprinter support van that will carry your luggage;
- All sightseeing and excursions as per itinerary, including water;
- Rental of bike, helmet, drinking flask and small bike bag for seven days;
- Local guides in Prague and Vienna plus guided tours as per itinerary;
- Services of a professional Tour Manager throughout;
- Gratuities to drivers, waiters (for included meals), porters and local guides;
- Baggage handling where available;
- VAT, local taxes and service charges;
- Complete pre-departure materials.

Prices Do Not Include: Airfare from/to home; passport and visa fees; all airport fees and departure taxes; cost of personal, trip cancellation, and baggage insurance; transportation of excess baggage; meals other than those listed in the itinerary; personal tips; gratuities to the Tour Manager; items of a personal nature, such as laundry; alcoholic or other beverages except as noted above; taxi, telephone, and fax charges; optional excursions or deviations from scheduled tour.

Passenger Cancellation Penalties: All requests by passengers for cancellations must be received in writing by Alumni Adventures. Cancellations received at least ninety one (91) days prior to departure are fully refunded less an administrative fee of seven hundred fifty dollars (\$750) per person. Cancellations received ninety (90) to sixty-one (61) days prior to departure are subject to a cancellation fee equal to 50% of the total tour cost. Cancellations received sixty (60) days or less before departure are subject to a cancellation fee of 100% of the tour cost. Trip cancellation insurance is strongly recommended. (An application will be sent with confirmation of receipt of your deposit.)

Air Arrangements & Transfers: Airfare from/to home is not included in the tour cost. Group transfers between the airport and hotel on arrival and departure dates are included based on designated times to be advised. Once you have received your final payment invoice, you should book your flights. If you are considering booking your flights before this time, please contact our office first. We do not accept liability for cancellation penalties related to domestic or international airline tickets.

Prices, itinerary and leaders are subject to change. Prices quoted are based on group participation and no refunds will be made for any part of the program in which you choose not to participate. It is understood that refunds cannot be made to passengers who do not complete the tour for whatever reason.



**For questions and to make a reservation please contact
Carleton College Alumni Adventures at:**

800-811-7244

Fax: 603-756-2922 Toll: 603-756-4844

Email: carleton@studytours.org • Website: go.carleton.edu/adventures

P.O. Box 938, 47 Main Street, Suite One, Walpole, NH 03608



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Cycling the Countrysides of Central Europe: The Czech Republic and Austria

August 27 - September 8, 2017 (13 days)

with Carleton Professors David Tompkins and Ken Abrams

To hold your reservation for seven days while this form and your deposit are in the mail, please contact us at 800-811-7244 or carleton@studytours.org

Name 1: _____ Carleton Class of: _____

Name 2: _____ Carleton Class of: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone (h) _____

Phone (w) _____

Phone (cell) _____

Email _____

I/We have read the 'What to Expect' section and am/are physically able to participate fully on the program.

ACCOMMODATIONS:

Double (*one bed*) Twin (*two beds*) Single

I will be sharing with: _____

Share-please assign a roommate (not guaranteed)

I am a Non-smoker Smoker

RESERVATIONS & PAYMENT:

A deposit of \$1,000 per person is required to confirm a reservation. Final payment is due 90 days prior to departure. You will receive an invoice for final payment. **Please note that credit cards are not accepted for final payment.**

All prices and payments are in US dollars.

DEPOSIT TYPE (PLEASE CHECK ONE):

Check payable to: EOS Passenger Account-CAACycling8/17

Visa Master Card American Express

CC# _____

Exp. Date _____ 3 or 4 Digit Code _____

Name on Card _____

Please complete this reservation form, sign the release statement below, enclose your deposit, and mail or fax to:

Carleton College Alumni Adventures

P.O. Box 938, Walpole, NH 03608-0938 Fax: 603-756-2922

By signing this form, you are acknowledging that you have read and agree to the Terms & Conditions on the reverse.

Signature _____ Date _____

Signature _____ Date _____

Terms & Conditions

Prices quoted are based on group participation and no refunds will be made for any part of the program in which you choose not to participate. It is understood that refunds cannot be made to passengers who do not complete the tour for whatever reason nor to passengers whose required documentation for entry into any country on the itinerary is delayed or denied. **RESPONSIBILITY:** Carleton College and its agent, Eos Study Tours (hereinafter "Sponsors"), and the tour operator, and/or its agents (hereinafter "Operator") assume no liability for failure to provide the services, transportation, lecturers and accommodations referred to in this brochure to the extent that such services and accommodations cannot be supplied due to delays or other causes beyond the control of Operator, which include but are not limited to sickness, epidemics, pandemics, weather, strike, war, civil disturbances, acts or threats of terrorism, travel warnings or bans, termination or suspension of war risks or other carrier insurance, quarantine, and acts of God. In the absence of negligence on the part of Operator, the participant agrees that Operator has no responsibility or liability of any nature whatsoever for damage to or loss of property, or injury to, or death of persons due to any act, omission or negligence of any carrier, hotel, restaurant, bus carrier, tender service, sightseeing company, or any other persons rendering any of the services or ground portions of the itinerary. The participant further waives any claim against Operator and Sponsors for any such damage, loss, injury or death. Operator and Sponsors shall not be responsible for any additional expenses, delays, substitution of equipment, and/or any act or omission whatsoever by the suppliers of such services, their agents, servants and employees, and the participant hereby waives any claim arising there from. Operator and Sponsors reserve the right to decline, accept or retain any participant at any time. Sponsors and Operator reserve the right to cancel this tour prior to departure, in which case payment will be refunded without further obligation on our part, except when trip cancellation, itinerary changes and/or delays are mandated by any of the aforesaid causes beyond our control, the passenger shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by us, or else, receiving a refund of as much of such advance tour expenditures as Operator and Sponsors are able to recover on the passenger's behalf from carriers, third-party tour vendors, etc., but, Operator and Sponsors shall not have any obligation or liability to the passenger beyond the foregoing. All refunds of passenger payments are the responsibility of Eos and/or the Operator, and the participant agrees that Carleton College bears no financial responsibility for refunding of participant's payments. The passenger contract in use by the carriers concerned (when issued) shall constitute the sole contract between the transportation companies (such as ship operators and airlines) and the purchaser of this tour and/or passage. Participants are encouraged to purchase airline tickets no sooner than 60 days before the tour begins to avoid airline cancellation penalties if a tour is canceled or otherwise modified subsequent to the participant's purchase of those tickets. Sponsors and Operator accept no liability for the purchase of non-refundable airline tickets to the tour departure city and return. Baggage and personal effects are at all times the sole responsibility of the participant. By forwarding of deposit, the passenger certifies that he/she agrees with these terms and conditions, and that he/she does not have any mental, physical or other condition or disability that would create a hazard for him/herself or other passengers. Itinerary: Sponsors and Operator reserve the right to change the itinerary due to weather conditions, availability of anchorages, political conditions and other factors beyond our control without consulting the participants. Participants have no right to any refund or other considerations in the event of these itinerary changes. Rates are based on tariffs and exchange rates in effect at the time of printing and are subject to change prior to departure. Substantial changes in tariffs, exchange rates, the price of fuel, services and labor may increase the cost of arrangements significantly, and we reserve the right to alter our prices. **AS A CONDITION OF ACCEPTANCE, EACH PARTICIPANT MUST AGREE TO AND SIGN THE FOLLOWING RELEASE OF LIABILITY:** RELEASE: Notwithstanding anything set forth above or otherwise contained herein, the signatory clearly understands that the Sponsors are in no way responsible and can assume no liability of any nature whatsoever for the tour and any acts, omissions or negligence by the Operator or by companies and persons with whom the Operator may contract. The signatory has carefully read the list of activities, requirements and conditions as listed in the brochure and application for the tour and is/are aware that the tour and its activities involve the risk of personal injury or death and damage or loss of property. In consideration of the benefits to be derived from participation in the tour, the signatory voluntarily accepts all risk of personal injury or death and property damage or other loss arising from participation on the tour and hereby agrees that he/she and his/her dependents, heirs, executors and assigns, do release and hold harmless Sponsors and the employees, officers, directors, trustees or representatives of Sponsors, from any and all claims, including claims of negligence, illness, personal injury, death or property damage or loss, however caused, arising from or related to this tour. The signatory has read carefully this agreement, and will abide by the conditions set by Sponsors and the Operator as described in the brochure and in the Terms and Conditions of this and other sections as stated herein or elsewhere published. The signatory affirms that he/she has not received or relied on any oral or written representation of Sponsors as a basis for executing this Release.