



A SAMPLE ITINERARY

Created by
Friendship Ambassadors Foundation

THE BALTICS

DAY 1 – In flight (meals en route)

Please arrive early for your international flight (please double check with Friendship Ambassadors for check-in times and requirements). Try to get some rest on board. To minimize the effects of jet lag, we advise to avoid sugars, caffeine, salts and alcohol. Drink a lot of water to keep hydrated!



DAY 2 – Welcome to Finland! (B, D)

Arrive safely to Helsinki Vantaa airport where your guide, local FAF representative, and your private motorcoach will be waiting for you. Transfer to hotel, check in, rest and freshen up. Your tour guide is also available for a brief orientation of any suggestions.

DAY 3 – Helsinki (B, D)

After breakfast at your hotel we will schedule the traditional guided tour of the beautiful capital of Finland, including a visit to the City Hall. The Finnish capital of approximately a half million inhabitants is a city built on a human scale. Once in the city center, almost every major site is within 20 minutes walking distance. The city is situated on a narrow peninsula nestled amongst an archipelago of islands jutting into the Baltic Sea. The city itself is dotted with green parks, lakes and inlets. Always a major fishing and transit port, the harbor has been guarded by the barrier islands that make up Suomenlinna Fortress.



The rest of the day is free to explore the city. You will meet up again for dinner in your hotel or local restaurant. Concert tonight in town.



DAY 4 – Helsinki (B, D)

After breakfast visit the Finnish Music Association or Sibelius Lukio (Music School) for a true exchange with local artists. Afterwards, transfer to old town of Porvoo, enjoy a sightseeing tour with a local guide and visit to the Museum of Finland's National Poet Runeberg. Dinner or lunch will be provided in local restaurant tonight.

Friendship Ambassadors Foundation, Inc.

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DAY 5 – To Tallinn; Welcome to Estonia!

After breakfast you will have a bit of time to do some last minute shopping or sightseeing, and catch the ferry to Tallin. Be sure to enjoy the scenic journey through the Baltic archipelagos. Upon arrival we'll be met by our motorcoach for transfer from harbor to your accommodations, and have dinner.



Tallinn was established by 10th-century Estonians who liked its strategic location on the Gulf of Finland. Like other Baltic ports, it's been occupied by various peoples: Danes in the Middle Ages, later the Swedes, and recently the Russians. In 1991, Estonians re-established their independence from the Soviet Union, with Tallinn as their capital. The transition from a planned to a privatized economy hasn't been easy, but the unemployment rate among Tallinn's 427,000 residents is low for Estonia. That's due to the relatively stable shipping trade, and the city's growing service sector.



DAY 6 – Tallinn (B, L)

After breakfast we have our formal sightseeing of Tallinn including a visit to Theatre and Music Museum, and ending with lunch in center of town. The Estonian capital - a fine contrast to relatively modern Helsinki, Tallinn retains its medieval features: check out the cannon balls still embedded in the several foot thick walls of the Kiek in der Kook tower! The afternoon is reserved for meeting with the Estonian Music Academy. Concert tonight for the group.

DAY 7 – Parnu (B, L)

Breakfast at your hotel. Today we will take a trip to Pärnu, Estonia's "summer capital", for a guided tour of this charming town and lunch provided in a local restaurant. Your afternoon is free to spend time on the beach or in the Old Town. Concert today for the group. Transfer back to Tallinn in the evening.



DAY 8 – to St. Petersburg; Welcome to Russia! (B, D)

After breakfast transfer to the airport for your flight to St.Petersburg (via Helsinki). Upon arrival, transfer to your hotel on your private motorcoach. Check in and enjoy dinner at your hotel.

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DAY 9 – St. Petersburg (B, D)

After breakfast we will again schedule a guided tour of the city, including visits to the Peter & Paul Fortress and St. Peter & Paul Cathedral. St. Petersburg (Leningrad) is located on the banks of the swift-flowing Neva, and is the most beautiful city in Russia. Designed and built by Peter the Great as Russia's "Window on the West" in 1703, today it claims about 5,020,000 residents, but the layout of the city never gives you the feeling of its being crowded. The Hermitage is a museum that ranks with the Louvre, Prado, British Museum and the Metropolitan Museum of Art; allow at least half a day to just look at the room decorations, but days and days if you really want to see the museum's incredible collection. The Peter and Paul Fortress, on the Neva near the Palace Bridge and downtown, was one of the first buildings constructed in the city. It has been home to many unwilling guests, including Dostoyevsky. In its dungeons Peter the Great killed his son, and Catherine the Great buried her enemies alive.



Dinner will be provided at a local restaurant. We will also schedule a concert tonight for the group.

DAY 10 – St. Petersburg (B, D)

After breakfast enjoy the last tour of St. Petersburg sights, the Petrodvorets (Peterhof), including a walk in the beautiful the park with its fountains, and visit to the Grand Palace. Meeting with local musicians today. Concert. Farewell dinner at a local restaurant.

DAY 11 – Departure (B, other meals en route)

After breakfast transfer to the airport for the transatlantic flight back to the United States.

Welcome home!

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