

# VIKING DAILY



Saturday, June 22, 2013

Today's Weather: Sunny 

17 – 23 °C / 62 – 73 °F

## Welcome Aboard!

Welcome aboard *Viking Helgi*. We look forward to serving you and helping you explore all the exciting places you will visit. Viking's Waterways of the Tzars is one of our best-loved cruises—every day you can look forward to wonderful new discoveries, both on shore and on board.

This daily newsletter introduces you to the day's destinations and provides additional background on a variety of topics, along with helpful tips and information and news of our onboard activities. It also gives you important contact information for the ship, as well as sailing times.

If you have any questions at all, please do not hesitate to ask; we are always happy to assist. Call us on ext. 241 or find us at the reception desk 24 hours a day.

We hope you have a wonderful time!

Herbert Bachner  
Hotel Manager

Konstantin Grzhelyak  
Program Director

Nikolai Astrovik  
Captain

## 11:30 AM–3:00 PM

**Embarkation Lunch Buffet:** Our restaurant and kitchen staff welcomes you for lunch in the Neva Restaurant.

## 4:00 PM–5:30 PM

**Tea Time:** Have a cup of tea and enjoy a variety of cakes and sandwiches in the Panorama Bar.

## 5:00 PM

**Embarkation Briefing:** Join your fellow travelers and Program Director Konstantin in the Sky Bar, where we will provide you with important information about life on board and your cruise program.

## 6:00–7:00 PM

**Cocktail Hour:** Relax with a beverage while listening to music in the Sky Bar.

## 6:00 PM–6:30 PM

**Dietary Needs:** If you have any special dietary requirements, please meet our Maître d'hotel Andreas in the Panorama Bar.

## 7:00 PM–10:00 PM

**Dinner:** Chef de Cuisine Andre and Maître d'hotel Andreas invite you for dinner in the Neva Restaurant.

## 9:30 PM

**Embarkation Briefing for Late Arrivals:** Join your fellow travelers and Program Director Konstantin in the Sky Bar, where we will provide you with important information about life on board and your cruise program.

## 9:30 PM

**Live Music:** Enjoy some live music and one of our cocktail specials.

*Should you like to attend a walking city tour – **Up-Close Tour by Metro** – instead of the regular coach **City Tour**, please sign up at the Reception by 1:00 PM tonight.*

*If you are interested in our **Optional Excursions in St. Petersburg** and **Mandroggi** please fill the sign up form and leave it at the Reception Desk by 7:00 PM tomorrow.*

## TODAY'S MOVIES

From 9:00 AM to 11:00 PM *Viking Helgi Safety Video* Length: DVD Loop Channel: 16



# Russian History

**Russia has a long and fascinating history**, a diverse population of 143 million, spectacular natural beauty, great art and architecture, and superb culinary traditions. The world's largest country at some 6.5 million square miles, Russia is sparsely populated, with most of its residents living in urban areas. West of the Urals lie broad plains with low hills; vast coniferous forest and tundra in Siberia; uplands and mountains (Caucasus range) are located along the southern borders.

**The largest ethnic group in the country, Russians** are descended from the Slavic tribes that settled the area between what is now Eastern Europe and the Urals, beginning in the 3rd century A.D. Interestingly, the name of the country and that of its inhabitants comes from a Finnish word, *Ruotsi*—the men that row. The Finns used this moniker for the neighboring Vikings, who set out from their coastal villages and sailed the rivers of Russia, eventually making their way to the Dnieper where, according to the oldest written history of Russia, the Slavic tribes asked them to take charge. Soon, the new arrivals were firmly integrated and their first leader, Rurik, became the founder of a dynasty that would rule Russian lands until the end of the 16th century. The first center of power was Kiev, and the loosely formed state that emerged around this core became known as Kievan Rus'. Eventually, the center of power shifted northward to Moscow. The Rurikid dynasty ruled Russia from approximately 862 until 1605.

**In 1712, Peter the Great made St. Petersburg capital of Russia.** Peter was from the House of Romanov, the second dynasty to rule Russia. During his reign, the country grew by leaps and bounds. By the time of the Russian revolution, the country was larger than it is today, and Russia was among the most powerful nations in the world.

**The 1917 Russian Revolution** rocked the country and Soviet power transformed it thoroughly, until the collapse of communism in 1989. Ever since, the country has asserted itself on the world's stage, climbed out of the depths of a terrible recession, exploited its vast natural reserves and elevating its citizens' standard of living. While it is certainly with stops and starts, Russia is confidently marching toward its future.

**The Soviet Union was officially dissolved in 1991**, ushering in an era of great and rapid change that the Russian people do not always remember fondly. Mikhael Gorbachev, the Soviet Union's final president, implemented policies of *glasnost* ("openness") and *perestroika* ("restructuring"). Between 2000 and 2008 Russia was led by Vladimir Putin, an ex-K.G.B. officer who has steered a careful course between reform and centralization. In May 2008 Dmitry Medvedev became Russia's new president, succeeding Vladimir Putin, who became prime minister. In May 2012 they switched places and Vladimir Putin became president again.

## HISTORICAL QUOTE

*Russia...is a riddle, wrapped in a mystery, inside an enigma.*

Winston Churchill, 1939 radio broadcast



# Russia Today

## ECONOMY

Around the time of the 1991 collapse of the Soviet Union, the Russian standard of living fell dramatically. However, real disposable incomes have doubled since 1999, and experts estimate that the middle class now comprises between one-fifth and one-third of the population. As with most of the world's major nations, there is a well-educated labor force (literacy over 99%), but skills must constantly be updated to satisfy the country's rapidly changing needs. Unemployment is about 6%; pockets of high unemployment remain and many Russian workers, especially women and young people, are underemployed. Russia looks set to regain its position as a superpower through its vast gas and oil reserves rather than the nuclear arsenal it focused on in the past.

## POPULATION

The current population is about 143 million and consists of the following ethnic groups: Russian 80%, Tatar 4%, Ukrainian 2%, other 14%. The country's birth rate is comparable to that of other countries, but its death rate is a good deal higher; hence the population is decreasing.

## RELIGION

The main religions are Russian Orthodox (73%) and Islam (6%), with very small groups identifying with Judaism, Roman Catholicism and Protestantism.

## EDUCATION

About 3 million students attend Russia's 519 institutions of higher education and 48 universities, but continued reform is critical to producing students with skills to adapt to a market economy. Because great emphasis is placed on science and technology in education, Russian medical, mathematical, scientific, and space and aviation research are generally of a high order.

## FAMOUS RUSSIANS

**Mikhail Lomonosov** (1711–1765), writer, poet and scientist who made contributions in chemistry, physics, optics, cosmology, Russian language and more. Devoted to education, he was founder of Moscow State University.

**Alexander Pushkin** (1799–1837), considered by many to be the greatest Russian poet and founder of modern Russian literature.

**Ivan Pavlov** (1849–1936), physiologist and researcher who won a Nobel prize for his famous experiments on the conditioned reflex.

**Constantin Stanislavki** (1863–1938), Russian actor and theatrical director who developed "method acting."

**Wassily Kandinsky** (1866–1944), influential abstract painter and art theorist.

**Igor Stravinsky** (1882–1971), influential Russian-born classical composer.

**Vaslav Nijinsky** (1889–1950), Russian-Polish dancer and choreographer admired as the greatest male dancer of the early 20th century.

**Ayn Rand** (1905–1982), writer and philosopher, author of *The Fountainhead* and *Atlas Shrugged*.

**Isaac Asimov** (1920–1992), biochemistry professor and prolific writer of science fiction and mystery novels and stories and of books on popular science, ancient history, the Bible and more.

**Boris Spassky** (1937– ) One of the world's greatest living chess players.

**Natalie Wood** (1938–1981), American film actress and daughter of Russian-American immigrants.



# Russian Language Lesson

ENGLISH	RUSSIAN	PRONUNCIATION
Hello	Привет	Privet
How are you?	Как ваши дела?	Kak vashi dela?
I'm fine, thanks	Хорошо, спасибо	HarashO, Spasiba
What is your name?	Как Вас зовут?	Kak vas zavUt?
My name is _____.	Меня зовут_____.	MinyA zavUt _____.
Nice to meet you	Очень приятно	Ochin' priyAtna
Please	пожалуйста	Pozhaluysta
Thank you	Спасибо	Spasiba
You're welcome	пожалуйста	PazhAlusta
Yes	Да	Da
No	Нет	N'et
Excuse me (getting attention)	Извините	Izvinite
Excuse me (to pass by)	Разрешите	Razrehshlyte
Sorry	Простите	Prastite
Goodbye	Пока	PakA
Good morning	Доброе утро	dObraYe Utra
Good evening	Добрый день	dObriy dEn
Good night	Спокойной ночи	SpakOynay nOchi
See you later	До встречи	Da vstrEchi
Do you speak English?	Вы говорите по-английски?	Vy gavarite pa angllyski?

## Opening Hours

Sky Bar: 4:00 PM – open end  
 Panorama Bar: 6:00 AM – 7:00 PM

Shop: 9:00 AM – 12:00 PM\* 5:00 PM - 7:00 PM

*Your Viking Helgi team  
wishes you a happy and*

## Ship Contacts

Reservation: +7 (921) 900 14 18

## Ship Location

St Petersburg, Russia

# VIKING DAILY



Sunday, June 23, 2013

Today's Weather: Partly Cloudy   
17 – 21 °C / 62 – 69 °F

**6:00–11:00 AM**

**Café Breakfast:** Coffee, juice and pastries are served in front of the Neva Restaurant.

**6:00–10:00 AM**

**Continental Breakfast:** Enjoy light breakfast in the Panorama Bar.

**7:00–9:30 AM**

**Breakfast:** Start your day with a generous breakfast buffet served in the Neva Restaurant.

**8:00–8:30 AM**

**Mandatory Guest's Safety Drill:** We kindly ask you to follow the announcements that will guide you through the drill.

**8:45 AM–5:00 PM**

**Pre-booked Excursion: Exclusive Hermitage Tour.** Lunch will be served on the tour in the Storage canteen. Please meet your Tour Escorts outside at the buses.

*We kindly ask you not to bring big bags, food and water bottles with you to the Hermitage. You may leave your belongings in the bus.*

*Please take your electronic receivers and earphones with you. Please leave your key at the reception desk before you go on the shore.*

**9:45 AM–2:30 PM**

**Classical Excursion: Hermitage Visit.** Please meet your Tour Escorts outside at the buses.

*We kindly ask you not to bring big bags, food and water bottles with you to the Hermitage. You may leave your belongings in the bus.*

*Please take your electronic receivers and earphones with you. Please leave your key at the reception desk before you go on the shore.*

**3:00–7:00 PM**

**Early Dinner Buffet:** We welcome you for early dinner in the Neva Restaurant. Bon appétit!

**4:00–5:00 PM**

**Onboard Concert:** Mariinsky Music Performance in the Sky Bar.

**6:00–7:00 PM**

**Cocktail Hour:** Relax with a beverage while listening to music in the Panorama Bar.

**7:00–11:15 PM**

**Classical Excursion: "Swan Lake" Ballet Performance at the Conservatory:** Please meet your Tour Escorts for the transfer to the Conservatory Theatre. Ballet starts at 8:00 PM. Regular groups on buses **4A – 4F**.

**11:15 PM**

**Late Snack:** A late-night snack is served in the Neva Restaurant. Enjoy!

**For the further excursions and lectures on the cruise please stay with the group you have chosen today.**

## TODAY'S MOVIES

From 9:00 AM to 11:00 PM *Viking Helgi Safety Video* Length: DVD Loop Channel: 16

9:00 AM / 1:00 PM / 5:00 PM / 9:00 PM *Win Win* Length: 106 min Channel: 17



# St. Petersburg

**Peter the Great founded his famous city on swampland in 1703.** Canals were dug to drain the marshy south bank, and in 1712 he named it his capital and forced administrators, nobles and merchants to build new homes there. Architects and artisans came from all over Europe and transformed the swamp into a modern city of baroque and neoclassical architecture with a decidedly European flair—one often described as the most Western and most beautiful city in Russia. Virtually unharmed by the period of Stalinist reconstruction of 1930–1950, the downtown area is crowded with majestic palaces, impressive historical monuments, tree-lined avenues and stunning bridges.

**St. Petersburg has always been a city of ideas.** Its residents incited the Russian Revolution, ushering in 70 years of communist rule, and then also encouraged democracy when the tides had changed. From Rastrelli's architecture and Tchaikovsky's operas to beatnik bands, edgy art galleries and delectable dining, the city is bursting with creativity. It is Russia's second largest city after Moscow with almost five million inhabitants. It's one of Europe's major cultural centers and an important Russian port on the Baltic Sea.

# The Hermitage

**Situated in the center of St. Petersburg,** the State Hermitage Museum is the largest art gallery in the country and among the largest and most respected art museums in the world. Its five magnificent buildings, arranged side by side along the embankment of the Neva River, were created by celebrated architects of the 18th and 19th centuries. Its main building, the Winter Palace, built between 1754 and 1762 after a design of Bartolomeo Rastrelli, was formerly the residence of the Russian czars.

**The museum was founded in 1764** when Catherine the Great purchased 255 paintings from the city of Berlin. Since then, the Hermitage has collected almost three million works of art and artifacts from all over the world from the Stone Age to the present. They include works by da Vinci, Michelangelo, Raphael, Rembrandt, Rubens, Renoir, Cézanne, Manet, Monet, Pissarro, van Gogh, Matisse, Gauguin and Rodin among them. The collection is both enormous and diverse. Experts say that if you were to spend a minute looking at each item on display, you would need 11 years to see them all!

## AT THE BALLET

*No one can arrive from being talented alone; work transforms talent into genius.*

Anna Pavlova (1882–1931)



# Peter the Great

Reigned May 1682–February 1725

**Peter Alexeyevich Romanov ushered the Romanov Dynasty** into the 18th century. He not only employed his army to expand the Russian Czarism into a huge European power; he also led Russian culture into a more modern age, replacing medieval-era social and political structures with scientific systems based on rational thought. Indeed, Peter was “great” in many ways in the eyes of Russia, not least in his height: he stood a towering 6'8".

**Peter became Czar at age 10** after the death of his father, Czar Alexis I. It was an ad hoc decision to put the boy on the throne as his two older half-brothers were ill and unable to rule. Peter's half-sister Sophia, however, was not happy with the choice and led Russia's Streltsy military troops into rebellion. The young Peter witnessed the resulting murders of his mentors and relatives.

**After Sophia's coup d'état**, she demanded that Peter share the crown with the leader of her clan, Ivan. The dual Czarism became her puppet state for seven years, which she literally ruled in secret from behind their thrones, feeding responses to the pair of rulers as they gave audience to nobles and diplomats. At 17 years old Peter overthrew Sophia and exiled her to a nunnery. Ivan remained as co-ruler until his death five years later.

**Peter wanted to make his empire a mighty maritime power.** But in 1694 Russia had only one port, on the White Sea. His army conquered the Black Sea port of Azov, winning it from the Ottoman Empire in 1696. He later lost it, but added Estonia, Ingria, Livonia and some of Finland to his empire in the Northern War. Having gained an enemy in the Ottoman Empire, Peter needed European allies and so journeyed west with a delegation. His attempts to forge alliances failed. But he returned home enlightened with European notions of civility and civic engineering that he rigorously applied in the continued development of Russia. For example, Peter decreed that the children of nobility, government workers and other officials receive compulsory education in mathematics and geometry from ages 10 to 15.

**In 1724 Peter crowned his second wife Catherine as Empress**, positioning her to reign. (All of Peter's sons had died, the eldest on order of his father after having disobeyed the crown.) Peter died in 1725 from an infected bladder.

**Peter's eponymous city**, St. Petersburg, lost its name for much of the 20th century. From 1914 to 1924, it was called Petrograd, or Peter's City, thus removing *Sankt* and *Burg*, two words from the then-hated German language. From 1924 to 1991, it was known as Leningrad, after the country's revolutionary leader and Premier.



# Borscht Recipe

**Borscht (sometimes spelled borsch)**, beetroot soup, is a staple of the Russian diet, and also of many central and eastern European cultures. No, it's really more than a staple—many a Russian would say that that a life without borscht is a life not worth living. There are as many borscht recipes as there are cooks in Russia, and no borscht could ever taste as good as your mother's.

**Borscht is thought to have originated in Ukraine** and the name appears to have come from Yiddish. It can be thick and hearty or clear and light, and it can be served hot in winter and cold in summer. Made with beef stock, this hearty version is similar to the Ukrainian type. Our recipe was created by Reiner Marks, who served as an executive chef aboard our European fleet for many years—from our kitchen to yours.

## DIRECTIONS:

Combine beef stock, tomato sauce, cabbage, carrots and onions in a large pot and bring to boil over medium heat. Skim occasionally. Add sugar and continue to cook slowly for 20 minutes or until vegetables are tender. Add the beets. Season with salt and pepper to taste and add vinegar. Continue cooking until beets are tender, about 10 to 15 minutes.

Traditionally the soup is served in a large tureen and garnished individually with a dollop of sour cream per serving, sprinkled with the chopped dill. You can experiment with other garnishes, such as julienne beets, celery or cucumber, chopped spring onions or very thinly sliced red onion rings, herbs such as curly parsley or even sliced hard-boiled eggs.

**Makes 4–6 servings.**

## Ingredients:

- Two quarts beef stock
- Two cups tomato sauce
- Two and one-half cups shredded cabbage
- One-half cup shredded carrots
- One cup thinly sliced onions
- Two teaspoons sugar
- Two cups raw beets, cut into strips
- Salt and pepper
- Two teaspoons vinegar
- One-quarter cup finely chopped fresh dill

## Opening hours Bars & Shop

Sky Bar: 3:00 PM – open end  
Panorama Bar: 6:00 AM – 7:00 PM

Shop: 7:30 AM – 9:15 AM \* 05:45 PM – 6:45 PM

*Your Viking Helgi team  
wishes you a happy and*

## Ship Contacts

Reception: +7 (921) 900 14 18  
+7 (921) 900 14 28

## Ship Location

St. Petersburg, Russia



# VIKING DAILY



Monday, June 24, 2013

Today's Weather: Mostly Sunny  
19 – 26 °C / 66 – 79 °F 

**6:00–11:00 AM**

**Café Breakfast:** Coffee, juice and pastries are served in front of the Neva Restaurant.

**6:00-9:00 AM**

**Continental Breakfast:** Enjoy a light meal in the Panorama Bar.

**6:30-8:30 AM**

**Buffet Breakfast:** Enjoy a buffet breakfast and a choice of dishes cooked to order in the restaurant.

**8:00 AM–12:00 Noon**

**Classical Excursion: Visit to Catherine's Palace in Pushkin (Tsarskoe Selo).** Please meet your tour escorts and local tour guides at the buses outside.

**Buses: 4A-4F.**

**12:00 Noon**

**Lunch:** We welcome you for lunch in the Neva Restaurant.

**1:45–7:00 PM**

**Classical Excursion: St. Petersburg City Tour with visit to Peter and Paul's Fortress.** Please meet your tour escorts at the buses outside.

**Buses: 4 A, 4 B, 4 D, 4 E & 4 F.**

**1:45–7:00 PM**

**Alternative Excursion: St. Petersburg Up-Close City Tour by Metro without Peter & Paul's Fortress.** Please meet your tour escort at bus outside. Previous sign up is required.  
**Bus: 4 C.**

**6:00–7:00 PM**

**Cocktail Hour:** Relax with a beverage while listening to live music in the Panorama Bar.

**7:00 PM**

**Dinner:** Our Chef de Cuisine xxx and the restaurant staff invite you for dinner in the Neva Restaurant. Bon appétit!

**9:30–11:00 PM**

**Optional Excursion: Cossack Folkloric Show.** Please meet your Program Director Konstantin **at the door to the colorful tent** in the port area to check in for the show. Open sitting in the tent.

*There will be an intermission between two parts of the show.*

*You may take pictures during the show.*

Enjoy the spectacular Cossack Performance!

**9:00 PM**

**Live Music:** Join fellow guests for an after-dinner drink and live music featuring Rose & Sigmund.

## TODAY'S MOVIES

Channel: 16	9:00 / 10:00 AM ... every hour	<i>Treasures of the Hermitage. Age of Renaissance</i> Length: 30 min
Channel: 17	9:00 AM / 1:00 / 5:00 / 9:00 PM	<i>Limitless</i> Length: 105 min



# Pushkin or Tsarskoye Selo

The town of **Pushkin**, named for Russia's greatest poet, is a charming suburb of St. Petersburg and surrounds Tsarskoye Selo (Tsar's Village). The park and palace of Tsarskoye Selo is one of two suburban estates (along with Peterhof) that demonstrate the extravagance of Russia's imperial rulers, whose grandeur and excess surpass even that of Versailles.

In the **17th century**, the estate belonged to a Swedish noble. In 1708, Peter the Great gave it to his wife, the future Empress Catherine I, as a present. It was Catherine who started to develop it into a royal country residence. Her daughter, Empress Elizabeth, and her architect Bartolomeo Rastrelli were largely responsible for the oldest structure, the Catherine Palace, which is undoubtedly the top attraction. However, the whole of Tsarskoye Selo is a majestic architectural ensemble created by the most famous architects, painters and craftsmen of the time who transformed the residence into a baroque and classical masterpiece between 1744 and 1756. By the end of the 18th century, Tsarskoye Selo had become a popular place of summer residence among the nobility.

# Peter and Paul Fortress

The **Peter and Paul Fortress** is the original citadel of St. Petersburg—the oldest building and therefore birthplace of the city. The brainchild of Peter the Great, the fortress was built beginning in 1706 as a defense against the Swedes, but Peter defeated them before it was finished. Its main use up to 1917 was as a political prison. Famous residents include Dostoevsky, Gorky, Trotsky and Vladimir Lenin's older brother, Alexander.

# Nevsky Prospekt

**Nevsky Prospekt** is **St. Petersburg's main avenue** and one of the best-known streets in the country. It cuts through the historic center of the city, running from Admiralty to the Moscow Railway Station, and then jogs to the Alexander Nevsky Monastery. Planned by Peter the Great as the beginning of the road to Moscow and to the ancient city of Novgorod, it quickly became the heart of the bustling, rapidly growing city, adorned with beautiful buildings, squares and bridges. Nevsky Prospekt is also the city's central shopping street, and the hub of the city's entertainment and nightlife.

## TIP FOR TODAY

The St. Petersburg metro system is the second largest in Russia. Like in Moscow, the subterranean tunnels are adorned with beautiful artwork. Trains are fast, frequent and inexpensive, with one brass token getting you where you need to go. Station names are printed in both Cyrillic and Roman letters. Ask at Reception for a subway map and instructions on how to walk between your ship and the nearest subway stop.



# Catherine I

Reigned February 1725–May 1727

**The origins of Catherine I**—born Marta Helena Skowronska—are not known for certain. Some speculate that her father was a gravedigger. Others say he served in the Swedish army. Regardless, both her father and mother died of the plague in 1689 and she was sent to be raised by a Lutheran pastor named Johann Glück in Latvia. Her rise to power is nothing short of fairy tale material.

**Despite that she was raised by a Lutheran pastor and educator**, Marta never learned to read or write; she remained illiterate all her life. But her beauty was legendary. When Swedish troops occupied her village in 1702, she married one of the cavalymen. But on the 8th day of their marriage, the Swedes withdrew and the union was dissolved.

**When Russian forces took the town of her youth**, Pastor Glück offered to work as a translator for the army. His proposal was accepted and he and Marta moved to Moscow. Marta spent her early days in Moscow as a housemaid to military men and nobility. There is some evidence that she was also a mistress and was later sold to Prince Alexander Menshikov, Peter the Great's confidant and best friend. In 1703 Marta's life forever changed when she met Peter the Great. She became his mistress, but a platonic friendship with Menshikov endured and would last the rest of their lives. Marta took her new name—Catherine Alexeyevna—in 1705. She and Peter secretly married in 1707 and lived a quiet, modest life in a tiny cabin on the outskirts of St. Petersburg while Peter's great capital was being built. Catherine is said to have saved the empire when she joined him on the Pruth Campaign in 1711. Surrounded by Turks and their Grand Vizier, she offered her jewels and those of the other women in return for their freedom. The Grand Vizier let them go.

**Upon return to St. Petersburg the couple married again**, this time officially, and she became Czarina—and later Empress when Peter proclaimed Russia an Empire. Peter and Catherine co-ruled briefly; after Peter's death Catherine feared that a change in government would favor the elite. She and her supporters quelled opposition and went on to rule for "new men," the commoners Peter had placed into powerful positions based on their ability rather than their status. When Catherine came to power Russia had the largest army in Europe despite that it was at peace. She reduced the military against the advice of her council, providing enormous tax relief on the peasant class. As Russia's first Empress, Catherine paved the way for her female descendants—Elizabeth and Catherine the Great—to dominate 18th-century Russia.

# Cossacks

**Cossacks have a long, varied and dramatic history** in large areas of both Russia and Ukraine. The name "cossack" can be traced to an Old East Slavic word for a free man—a person without a niche in society who went to live in the steppes, where he acknowledged no authority. Russian Cossacks can be traced back to the 13th century; they formed democratic, semi-military communities, riding the tides of shifting borders and loyalties. Cossack groups are usually led by a *hetman* (head man). Originally tribal and nomadic, they formed settlements where they were needed. They tended to adopt aspects of the local culture, and frequently married local residents.

**Unfortunately, the Cossacks fought on the White Army** or anti-Bolshevik side of the Russian revolution, and after the victory of the Red Army Cossacks were actually banned. But today the Cossacks are enjoying a comeback, with an image of colorful pride and amazing athletic skill.



## St. Petersburg On Your Own

Northern Russia's gilded and glorious city of canals is a work of art. Meticulously planned and constructed to convey the full pride of Russia under orders of Peter the Great, it is a lavish showcase of Romanov-era grandeur. It overflows with surprise and elegance! Suggestions:

Be sure to visit **Alexander Nevsky Lavra**. Founded by Peter the Great's decree in 1710, this gorgeous monastery became one of the first building sites in the Northern Russian capital of St. Petersburg. In the center of the Lavra—a term reserved for the highest order of monasteries—is the Holy Trinity Cathedral built by I. Starov, a famed Russian architect. This building boasts a stunning high dome and a famous icon of Reverend Seraphim Sarovsky. The Lavra's three cemeteries are named after the churches erected there—the St Lazarus (Lazarevskoye), the Tikhvinskoye, and the St Nicolas (Nikolskoye). Many famous Russians are buried here, including author Fyodor Dostoyevsky and composer Pyotr Tchaikovsky. (Open: Daily 11 AM–6 PM. Closed on Thursday and the first Tuesday of the month. Address: 1 Nab. Reki Monastyrki.)

You can visit the final home and view the personal belongings of the famed writer of novels and short stories at the **Dostoyevsky Museum**, which was opened in 1971 on the 150th anniversary of his birth. This building is where he wrote his famous final novel, *The Brothers Karamazov*. (Open: 11 AM–6 PM, closed Monday. Address: Kuznechnyi Pereulok 5/2. Metro: Vladimirskaia. Entrance Fee: approximately 160 RUR.)

For a glimpse at a key moment in Russian history, visit the **Church of Our Savior on Spilled Blood**. This impressive cathedral was built at the end of the 19th century on the spot where Emperor Alexander II was fatally wounded by members of the revolutionary movement in March 1881. The temple is known all over the world for its beautiful mosaics; the walls of the church are faced with 7,000 square meters of stunning mosaic panels. The Cathedral was badly damaged during the Second World War. Restoration took many years, but in 1997 it was reopened to the public. (Open: 11 AM–6 PM, closed Wednesday. Address: 2a Canal Griboyedova. Metro: Canal Griboyedova. Entrance Fee: approximately 200 RUR.)

Russian monuments are not all about history, as the Kunstkammera proves. Also known as the **Peter the Great Museum of Anthropology and Ethnography**, it has been the symbol of the Russian Academy of Sciences since the early 18th century. Its purpose was to collect and examine natural and human-made curiosities and rarities. Today, the collections are among the most complete and interesting in the world, with more than one million artifacts from China, the Middle East, Japan, North America, Indonesia and other exotic locations. (Open: 11 AM–6 PM. Closed on Monday and the last Tuesday of each month. Address: 3 University Emb. (entrance from Tamozhenny Lane). Entrance Fee: approximately 200 RUR.)

### Opening Hours

Sky Bar:	6:00 PM – open end
Panorama Bar:	6:00 AM – 7:00 PM
Shop:	7:00 AM – 8:00 AM * 12:45 PM – 1:45 PM 8:30 PM – 10:00 PM

*Your Viking Helgi team  
wishes you a happy and  
memorable day!*

### Ship Contacts

Reception: +7 (921) 900 14 18  
+7 (921) 900 14 28

### Ship Location

St. Petersburg, Russia

# VIKING DAILY



Tuesday, June 25, 2013

Today's Weather: Mostly Sunny  
22 – 28 °C / 72 – 82 °F



**6:00–11:00 AM**

**Café Breakfast:** Coffee, juice and pastries are served in front of the Neva Restaurant.

**6:00-9:30 AM**

**Continental Breakfast:** Enjoy a light meal in the Panorama Bar.

**6:30-9:00 AM**

**Buffet Breakfast:** Enjoy a buffet breakfast and a choice of dishes cooked to order in the restaurant.

**7:45 AM–1:00 PM**

**Optional Excursion: Peterhof Grand Palace, Park and Fountains.** Please meet your tour escorts and local guides outside.

**Buses: 4A, 4C, 4E & 4G**

**12:30 PM**

**Lunch:** We welcome you for lunch in the Neva Restaurant.

**2:30–5:30 PM**

**Optional Excursion: River and Canal Cruise.** Please meet your tour escorts and local guides outside.

**Buses: 4A, 4C, 4E**

**2:30–6:15 PM**

**Optional Excursion: Visit to Kommunalka** . Please meet your tour guide outside.

**Bus: 4G**

**6:00–7:00 PM**

**Cocktail Hour:** Relax with a beverage while listening to live music in the Panorama Bar.

**7:00 PM**

**Cast Off!** *Viking Helgi* leaves St. Petersburg for Mandrogi.

**7:15 PM**

**Welcome Cocktail:** Captain Nikolai Astrovik and Hotel Manager Herbert Bachner have the pleasure of welcoming you for a toast in the Sky Bar.

**Followed by**

**Daily Briefing:** Join your Program Director Konstantin in the Sky Bar for a briefing about tomorrow's program in Mandrogi.

**8:00 PM**

**Welcome Dinner:** Our Chef de Cuisine Andre and the wait staff invite you for dinner in the Neva Restaurant.

**9:30 PM**

**Live Music:** Join fellow guests for an after-dinner drink and live music featuring Rose & Sigmund.

**Approximately at 10:30 PM**

*Viking Helgi* passes the fortress of Schlüsselburg on the starboard (right) side of the ship. Here we leave the Neva River and enter Lake Ladoga.

## TODAY'S MOVIES

Channel: 16    **9:00 / 10:00 AM ... every hour**    *Treasures of the Hermitage. Impressions.*  
Length: 30 min

Channel: 17    **9:00 AM/ 1:00/ 5:00/ 9:00 PM**    *Midnight in Paris*  
Length: 94 min



# Neva River

The Neva is a river in northwestern Russia flowing from Lake Ladoga to the Gulf of Finland. It is just 46 miles long, but this section of the Volga-Baltic Waterway is important for two reasons: its volume rivals that of the Volga and Danube, and at its mouth lies St. Petersburg.

**Because of its extraordinary location**, the Neva has been the site of many historic events. In 1240 the Battle of the Neva, wherein the Novgorod Republic held off Swedish invaders, gave 19-year-old Alexander—Prince of Novgorod and Grand Prince of Kiev—the new name of Alexander Nevsky. In 1703 St. Petersburg was founded in what was then a low and swampy area; it overcame these difficulties beautifully with the canals, bridges and earthworks we enjoy today, and was made capital of Russia in 1712. During World War II, the Germans laid siege to Leningrad there.

**With few shoals and steep banks, the Neva is navigable** along its entire length, except when frozen (December through early April). Its water volume is due to rainfall and ice runoff, which together greatly exceed evaporation. The water in Lake Ladoga, and hence the water in the Neva River, is fresh. In spite of its short length, it has quite a few tributary rivers, including the Mga, the Tosna, the Izhora, the Slavyanka, the Murzinka the Okhta and the Chernaya. The river has little aquatic vegetation, but is lined by forest and peat bogs. Fish include perch, ruffe and roach and seasonal migratory species like smelt and salmon. Unfortunately the Neva does experience heavy pollution from upriver factories, which have introduced copper, zinc, manganese, nitrites and nitrogen, and from oil spills. The Neva is the main source of drinking water for greater St. Petersburg; formerly cleaned with chlorine, the water is now purified by UV rays—and the city's waste water is 100% purified by sewage plants before it goes into the Gulf.

**In August of 1963, something amazing happened** on the Neva. A Soviet airliner took off from Tallinn airport with 45 passengers and 7 crew on board, on its way to Moscow. After liftoff, the crew noticed that the nose gear failed to retract. Since there was fog at Tallinn, ground control tried to divert the flight to Leningrad. However, while circling above Leningrad, both engines stalled for unclear reasons. The crew performed an emergency landing on the Neva River, narrowly missing several bridges and a vintage 1898 steam tugboat. The tugboat rushed over to the plane and towed it to shore. In spite of the fact that no casualties were sustained, the pilot lost his job. However, authorities reconsidered their decision, reinstated the pilot and awarded him the Order of the Red Star for his bravery. Would anyone like to purchase the film rights to this story?

# Schlüsselburg or Petrokrepost

**Known as Petrokrepost from 1944 to 1992**, Schlüsselburg sits at the head of the Neva River on Lake Ladoga surrounded by marshes. A cathedral and fortress stand opposite the town on an island in the lake. Built in 1323, the fortress fell to Sweden in 1611. It was recaptured by Peter the Great in 1702 and named Schlüsselburg. The fortress soon lost its military significance and was used until the 1917 Revolution as a prison for high-ranking persons and political prisoners. Today, the fortress and the city center are UNESCO World Heritage Sites.



# Kommunalka

During the course of the 20th century, Russia undertook intensive industrialization in its cities, going from 20% of the country's population living in the urban centers at the time of the Revolution to 80% by 1990. Housing for workers was needed, and the grand apartments of the wealthy were inconsistent with egalitarian Soviet values. Thus the communal apartment, or *kommunalka*, was born. Apartments were commandeered and rearranged so that several families shared a flat; each family had a private room for living, dining and sleeping, while the hallways, kitchen and bathroom were shared. Now, the *kommunalka* is a way of life—many families have lived this way for generations and are quite comfortable with it.

# Peterhof Palace

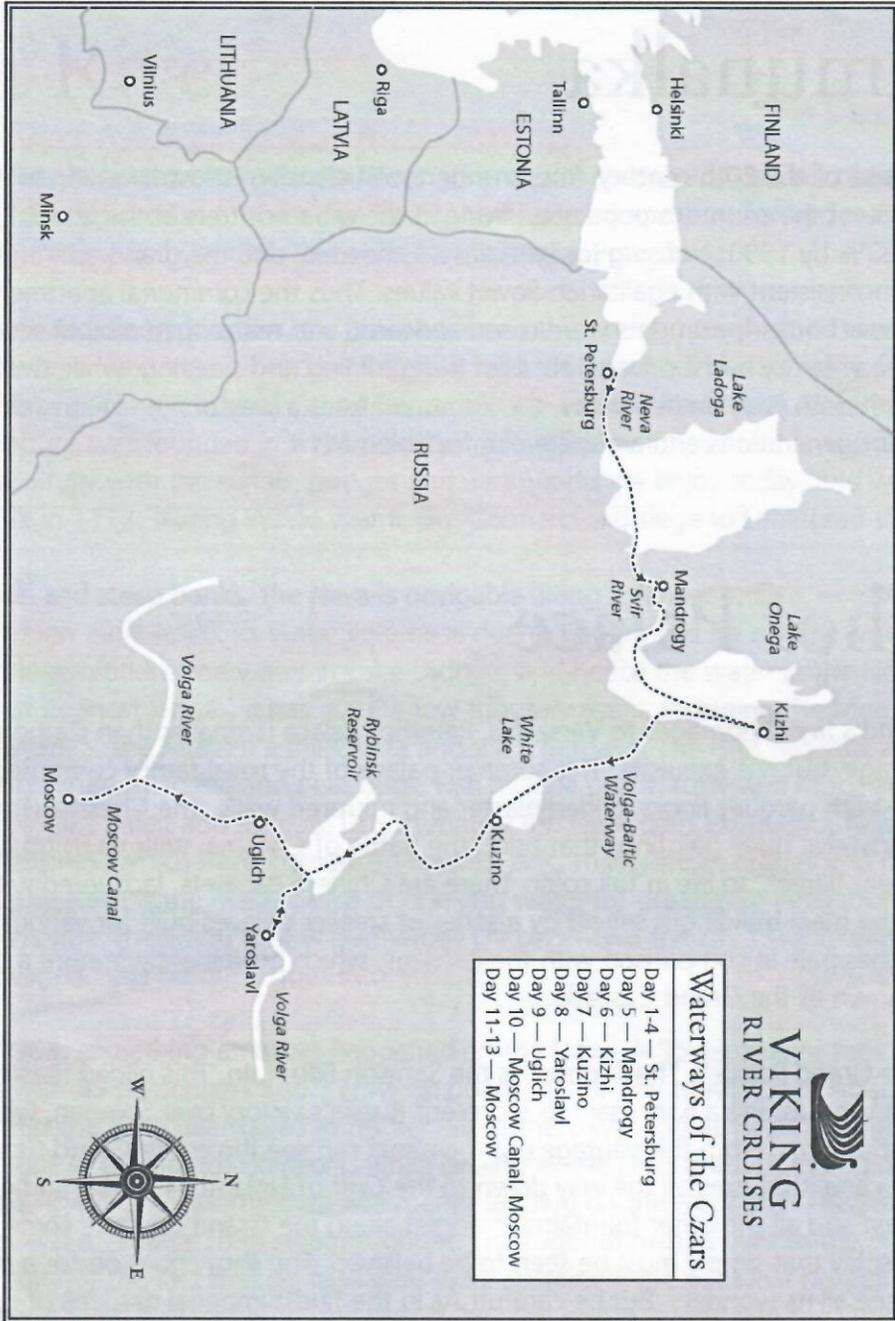
One of the world's finest homages to Versailles, Peterhof Palace is smaller than Catherine's Palace and the Hermitage, but it is exquisite. This summer palace of the royal family comprises thirty rooms done up with parquet floors, gilded plaster and mirrored walls. The Chesma Hall is decorated with twelve huge paintings that bring the Battle of Chesma, with its flying timbers, fireballs and great flames, to life in full color. There are Chinese cabinets, lacquered with Oriental patterns. And the main building is set off by a series of smaller palaces built for various purposes. Yet all these riches pale in comparison with the gardens, which prominently feature a brilliant series of fountains known as the Grand Cascade.

Just outside the Grand Palace's "back door" is the Samson Fountain. This gilded masterpiece depicts Samson vanquishing a lion—said to represent Russia's victory over Sweden, which includes a lion in its coat of arms. From this vantage point, visitors can see the entire Grand Cascade and Sea Channel, a canal that runs all the way down to the Gulf of Finland. At certain times of day, the Samson Fountain and all the other fountains arranged along the Grand Cascade come to life, putting on a display that simply must be seen to be believed. The show goes on for a quite a while, so visitors can see all its wonders. But be careful! As in the finest imperial gardens of Europe, several of the fountains are designed to surprise you with a soaking. The most amazing feature of the Grand Cascade is that the fountains are designed to operate without the use of a single pump. Water comes from nearby springs and is driven completely by gravity.

## LITERARY QUOTE

*But Sasha was from Russia, where the sunsets are longer, the dawns less sudden and sentences are often left unfinished from doubt as how to best end them.*

Virginia Woolf (1882–1941), *Orlando*



**VIKING**  
RIVER CRUISES

**Waterways of the Czars**

Day 1-4	— St. Petersburg
Day 5	— Mandrogy
Day 6	— Kizhi
Day 7	— Kuzhno
Day 8	— Yaroslavl
Day 9	— Uglich
Day 10	— Moscow Canal, Moscow
Day 11-13	— Moscow

**Opening Hours**

Sky Bar:	6:00 PM – open end
Panorama Bar:	6:00 AM – 7:00 PM
Shop:	7:00 AM – 10:00 AM * 1:30 PM – 3:30 PM 9:00 PM – 10:00 PM

*Your Viking Helgi team wishes you a happy and memorable day!*

**Ship Contacts**

Reception: +7 (921) 900 14 18  
+7 (921) 900 14 28

**Ship Location**

St. Petersburg, Russia



# VIKING DAILY



Wednesday, June 26 2013

Today's Weather: Mostly Sunny  
18 – 30 °C / 64 – 86 °F 

**6:00–11:00 AM**

**Café Breakfast:** Coffee, juice and pastries are served in front of the Neva Restaurant.

**6:00-10:00 AM**

**Continental Breakfast:** Enjoy a light meal in the Panorama Bar.

**7:00-9:30 AM**

**Buffet Breakfast:** Enjoy a buffet breakfast and a choice of dishes cooked to order in the restaurant.

**9:00 AM**

**Presentation: "Russia and Your Cruise"** Join your fellow passengers in the Sky Bar for an informative lecture by Tatiana. Groups **4A, 4B & 4C**.

**10:00 AM**

**Repeated Presentation: "Russia and Your Cruise"** Join your fellow passengers in the Sky Bar for an informative lecture by Tatiana. Groups **4D, 4E & 4F**.

**11:00**

**Presentation: Gifts on Your Cruise and Russian Food Culture:** Hear some interesting stories about the Russian Food Culture and the typical souvenirs along the Russian Waterways. Please join us in the Sky Bar.

**approx. 11:30 AM**

*Viking Helgi* will go through the first lock at Svirstroy.

**12:00 PM**

**Lunch:** We welcome you for lunch in the Neva Restaurant.

**1:30 PM**

*Viking Helgi* arrives in Mandrogi.

**1:30 PM**

**Regular Excursion: Guided Orientation Walk.** Please meet your tour escorts on the pier for the Orientation Walk.

**2:00-3:00 PM**

**Optional Excursion: Matrioshka Doll Painting.** After the Orientation Walk your tour escorts will take you to the meeting point for the Matrioshka Painting.

**2:00 -3:30 PM**

**Optional Excursion: Banya Experience.** After the Orientation Walk your tour escorts will take you to the meeting point for Russian Banya.

**3:45 PM**

**Please be back on board!**

**4:00 PM**

**Cast Off!** *Viking Helgi* leaves Mandrogi for Kizhi Island. Join your fellow travellers for the Sail Away Party on the Sun Deck!

**4:30 PM**

**Russian Cuisine:** Executive Chef's presentation in the Neva Restaurant—learn how to make pelmeni.

**6:00-7:00 PM**

**Cocktail Hour:** Relax with a beverage while listening to live music in the Panorama Bar.

**6:00 PM**

**Nautical Talk:** Haven't you always wanted to know how much fuel our ship needs? How many crew members there are? We invite you to the Sky Bar for a comprehensive discussion of life on board.

**6:30 PM**

**Port Talk:** What's on: Join your Program Director Konstantin in the Sky Bar for a briefing on tomorrow's program and Moscow's optional excursions.

**7:00 PM**

**Dinner:** Our Chef de Cuisine Andre and Maitre D' Andreas invite you for dinner in the Neva Restaurant. Bon Appetit!

**8:30 PM**

**Live Music:** Enjoy some live music featuring Sigmund and Rose and try one of our cocktail specials!

## TODAY'S MOVIES

Channel: 16    **9:00 AM/ 1:00/ 5:00/ 9:00 PM**

*Anna Karenina (1935).*

Length: 94 min

Channel: 17    **9:00 AM/ 1:00/ 5:00/ 9:00 PM**

*Black Swan*

Length: 103 min



# Vladimir the Great

Reigned June 980–July 1015

**The rule of Russia began with a Viking.** In the 9th century the semi-nomadic Khazars controlled a large swath of land north and east of the Black Sea. But in 882 the Varangians—a Viking tribe hailing from Sweden—liberated its people and moved the capital to Kiev in today's Ukraine, and the Rurik dynasty was installed. A century later Vladimir the Great would catapult the new Kievan Rus' into its next chapter. Here is how the story unfolded:

**Vladimir's history is made from the stuff of mythology.** He was the son of his father's housekeeper Malusha, a prophetess who lived to the age of 100. Malusha's brother was his teacher and trusted counsel.

**Vladimir's father, Prince Sviatoslov, dubbed him ruler of Novgorod** and gave Kiev to his other son Yaropolk. Upon their father's death Yaropolk murdered their other brother Oleg, who ruled the Drevlians, a tribe in Ukraine. Fearing a similar fate as Oleg, Vladimir fled to Norway, but he was intent on returning to overthrow his fratricidal brother. He returned with a Norse army to conquer Yaropolk and expanded his domain, building fortresses and establishing colonies throughout his newly acquired land.

**Vladimir is credited with bringing Christianity to Russia,** but his background was anything but Christian. He is said to have taken 800 concubines in his time and had numerous wives. He had pagan statues erected in his cities and shrines made to multiple gods. He is even thought to have performed human sacrifices.

**A violent clash between Vladimir's paganism and a Christian citizen** gave the ruler pause concerning the popularity of his own beliefs; he sent envoys to take stock of the major religions of the civilized world. Returning from Constantinople, one of them said, "We knew not whether we were in Heaven or on Earth." Vladimir embraced Orthodox Christianity, "exporting" it from Constantinople. Whether he did so for spiritual or political gain is unclear, but one thing is certain: Vladimir would benefit from an alliance with Byzantium.

**Upon conquering the town of Kherson in Crimea** (a Black Sea peninsular state), Vladimir asked to marry the Byzantine Emperor Basil's sister Anna. Never before had an imperial family member married outside of the empire. Vladimir used Crimea as a negotiating tool: He would evacuate Kherson only when Basil agreed to the marriage. Basil agreed on the condition that Vladimir be baptized. And so he was, at the cathedral that still bears his name. This marked the beginning of the Christianization of Kievan Rus'.

**While preparing to send troops to attack his son,** Yaroslav the Wise, Vladimir fell ill from old age and died. In a gruesome ritual, his body was dismembered and its various parts were distributed as relics among several sacred sites.



# Lake Onega

**Lake Onega is the second largest lake in Europe** after Lake Ladoga and covers an area of nearly 4,000 square miles. Fifty rivers enter the lake, which empties into the River Svir. It contains 1,650 islands, including Kizhi, and the eastern shores display about 1,200 petroglyphs from the 4th to the 2nd millennia B.C.

**The lake also contains a well-developed navigation system** that is part of the Volga–Baltic Waterway as well as the White Sea–Baltic Canal, which allows water transport of goods from the lake to countries from Germany to Iran with traffic through Finland, Sweden and Denmark. The lake sees about 10,000 ship voyages per year carrying more than 10 million tons.

# Svir River

**The Svir River flows 135 miles from Lake Onega west to Lake Ladoga**, connecting the two largest lakes in Europe. After Peter the Great connected the Svir with the Neva River by way of the Ladoga Canal, the river has been part of the Volga–Baltic Waterway. There are two locks, one opening bridge and two hydroelectric plants on the Svir.

# Lake Ladoga

**Lake Ladoga is Europe's largest freshwater lake at 6,800 square miles**, and the 14th largest lake in the world. The lake lies in northern Russia near the Finnish border, and some 70 rivers pour their icy waters into it keeping it filled with ice about six months of the year. Canals have been built along the southern shore through which vessels carry timber, iron, granite and other products from St. Petersburg by way of the Neva River. A system of waterways, including the River Svir and Lake Onega, connects Lake Ladoga with the White Sea to the north.

## HISTORIC QUOTE

*Civilization is a movement and not a condition, a voyage and not a harbor.*

Arnold J. Toynbee (1889–1975)



# Mandrogy

**Mandrogy looks like a traditional riverside Russian village**—and that is exactly the point. Verkhnie Mandrogi, or “Upper Falls,” was once a small village on the banks of the Svir between Lake Ladoga and Lake Onega. The town was ruined during World War II and disappeared from maps for many years. But in 1996 an enterprising Russian, Sergei Gutzeit, got the idea of reconstructing it as an open air museum about traditional Russian villages for the benefit of travelers taking river cruises between St. Petersburg and Kizhi. It has a small hotel, houses built of brightly painted pine logs, windmills, vodka and bread museums, costumed craftspeople (potters, weavers, jewelers, etc.), a moose farm, a stable, an archery range, trout and carp fishing, and a small zoo featuring bears, raccoon dogs and other animals. If you feel like shopping, the goods on offer are very good quality; if you don't feel like shopping, you will still enjoy seeing the town's colorful houses and exhibits of how life was lived here long ago.

## Shopping Tips

**Here you will find every size and style of matryoshkas**, or Russian nesting dolls—you can even attend a workshop where you can paint your own set! This is also a great place to find Russian boxes made of lacquered wood or papier mâché, or of pliable birchbark. Other lacquered wood items, like bowls and ladles, can be found as well—these make fantastic gifts. Note: the lacquering technique comes from icon painting, but be careful about purchasing the icons themselves as their export may be restricted.

**Fabric items—woven shawls or scarves**, or embroidered goods like tablecloths, are lovely here. Jewelry lovers will find all sorts of Baltic amber pieces in both traditional and modern designs. You can also find items modeled on the exquisite Fabergé eggs, either life-size to display or adorn your Christmas tree, or miniature versions to be worn as a pendant. If you are an art collector, look around and you may find some unique items from the potters and wood-carvers who play their trade here.

## The Russian Banya

**For a truly immersive experience**, you can treat yourself to a banya in Mandrogy. Similar in many ways to a sauna, most Russians enjoy the banya with family and friends. There is a hot room with steam and heat; the banya attendant can provide a rub with mineral salts or honey to cleanse and purify, as well as a massage with softened birch or oak leaves, to improve circulation. Cool off with a bucket of refreshing cold water—or the more traditional dip in the lake!

### Opening Hours

Sky Bar:	8:30 AM – 12:00 Noon* 3:30 PM – open end
Panorama Bar:	6:00 AM – 7:00 PM
Shop:	9:00 AM – 12:00 Noon *4:30 PM – 7:00 PM 9:00 PM – 10:00 PM

*Your Viking Helgi team wishes you a happy and memorable day!*

### Ship Contacts

Reception: +7 (921) 900 14 18  
+7 (921) 900 14 28

### Ship Location

Mandrogi,  
Leningrad Region

# VIKING DAILY



Thursday, June 27, 2013

Today's Weather: Cloudy   
18 -27 °C / 64 - 81 °F

6:00-11:00 AM

**Café Breakfast:** Coffee, juice and pastries are served in front of the Neva Restaurant.

6:00-8:30 AM

**Continental Breakfast:** Enjoy a light meal in the Panorama Bar.

6:00-8:00 AM

**Buffet Breakfast:** Enjoy a buffet breakfast and a choice of dishes cooked to order in the restaurant

7:30 AM

*Viking Helgi* arrives at Kizhi Island

8:15-9:30 AM

**Classical Excursion: Walking Tour of Kizhi Island.** Please meet your tour escorts at the end of the pier for the tour.

*Enjoy some free time after the guided walk.*

**Groups 4 A - 4 F**

**Group 4 L - Leisurely Walking Tour** (Slower paced version of the Classical Excursion).

*Please sign up in advance at the Reception Desk.*

10:15 AM

**Please be back on board!**

10:30 AM

**Cast Off!** *Viking Helgi* leaves Kizhi Island for Kuzino. Join your fellow travellers for the Sail Away Party on the Sun Deck!

*Enjoy spectacular views from the outside decks while sailing through the Kizhi Archipelago.*

11:00 AM

**Russian Language Lesson I.** Join your tour escort Sasha for a Russian language lesson in the Sky Bar.

12:00 Noon

**Lunch:** We welcome you for lunch in the Neva Restaurant.

2:00-3:30 PM

**Visit to the Captain's Bridge:**

Please meet your tour escorts on the Sun Deck.

**Groups 4 A & 4 B at 2:00 PM,**

**Groups 4 C & 4 D at 2:30 PM,**

**Groups 4 E & 4 F at 3:00 PM.**

*Please bring your earphones and electronic receivers with you.*

3:00 PM

**Presentation: "The Romanovs".**

Join us in the Sky Bar for an interesting lecture by tour escort Natasha.

**Groups 4 A, 4 B & 4 C.**

4:15 PM

**Repeat Presentation: "The Romanovs".**

Join us in the Sky Bar for an interesting lecture by tour escort Natasha.

**Groups 4 D, 4 E & 4 F.**

5:30 PM

**Daily Briefing:** What's on: Join your Program Director Konstantin in the Sky Bar to find out about tomorrow's excursions and events.

6:00-7:00 PM

**Cocktail Hour:** Relax with a beverage in the Sky Bar.

6:30-7:00 PM

**Viking Explorer Society Cocktail Reception for the Repeat Guests:**

Join our Captain and Hotel Manager in the Panorama Bar.

7:00 PM

**Dinner:** Chef de Cuisine Andre and Maître D' Andreas invite you for dinner in the Neva Restaurant. Bon appétit!

9:00 PM

**Musical Tour Around the World:**

Guess the melodies and enjoy singing in the Sky Bar!

**Followed by:**

**Live Music:** Enjoy some live music featuring Sigmund and Rose and try one of our cocktail specials!

## TODAY'S MOVIES

Channel: 16 9:00 AM & 1:00 / 5:00 / 9:00 PM

*Nicholas and Alexandra (1971).*

Length: 183 min

Channel: 17 9:00 AM & 1:00 / 5:00 / 9:00 PM

*Ladies in Lavender (2004)*

Length: 104 min



# Michael I

Reigned February 1613–July 1645

**Feodor, the son of Ivan the Terrible**, was ill-suited to wear the crown when his father died in 1584. But he ruled nonetheless, with the aid of Boris Godunov as regent, until his death in 1598. Feodor was the last of the Rurik Dynasty and this led to much posturing and hostility in the Kremlin over the next 15 years. Several men, including Godunov, took the throne during a period that coincided with famine, uprisings and occupation by Polish-Lithuanian forces. This turbulent period has come to be known as the “Time of Troubles” and it took the establishment of the Romanov Dynasty to bring it to a close. Here are some highlights of Michael’s reign:

**Michael’s election was unanimous** among the national assembly because of his blood relationship to the past Tsarina Anastasia (his grandfather was her brother). But at age 16 he was reluctant to accept. He even refused until messengers from the assembly offered him an ultimatum: they would hold him responsible for the destruction of Russia if he did not accompany them to the Kremlin. As Michael Romanov took the throne, he calmed the Russian people by reminding them that he was like old family: Anastasia was a cousin and Ivan the Terrible was an in-law.

**Moscow had been so ransacked during the Time of Troubles** that there was no decent accommodation for Michael. He had to wait several weeks at the Troitsa Monastery while suitable chambers were prepared for him. (Ironically, Boris Godunov was buried in the Monastery’s Assumption Cathedral in 1605, just eight years earlier.) Among his first diplomatic victories, Michael expelled Sweden and Poland from Russia with treaties—the Treaty of Stolbovo and the Truce of Deulino respectively. The Truce of Deulino with Poland released Michael’s father from captivity, freeing Michael to play the role of Czar in title while his father led the government until his death in 1633.

**Michael suffered from a leg injury** sustained during a horsing accident early in his life. His resulting limp reflected a larger vulnerable and self-effacing quality that made him a much-beloved ruler. Michael fathered ten children from his second wife, Eudoxia Streshneva. He agreed to offer his daughter Irene’s hand to a Count, the son of King Christian IV of Denmark, but only if the latter embraced Orthodoxy. The Count refused and was briefly imprisoned for his contempt. It is said that Michael was so distraught by the unrealized wedding that his health declined and put him on his deathbed.

**Michael’s son Alexis ascended the throne after his father’s death.** Like his father, he was 16 years old at the time.

## RUSSIAN PROVERB

Бѣдному одѣться—только подпоясаться.

He that has no money needs no purse.



# Volga–Baltic Canal

The **Volga–Baltic Waterway, formerly known as the Mariinsk Canal System**, is a series of canals and rivers that link the Volga River with the Baltic Sea along a 230-mile route. Originally constructed in the early 19th century, the system was an outstanding monument to the era's civil engineering capabilities and proved to be vitally important to the national economy. It was rebuilt for larger vessels in the 1960s, becoming a part of the United Deep Inland Waterway System of European Russia, a navigable 90,000-mile network of inland waterways. The canal connects Lake Onega with the Rybinsk Reservoir and includes several natural waterways such as the Sheksna River. It has seven locks and three hydroelectric power stations.

**The canal is actively used for oil and lumber export.** In recent years, it has gained additional importance as a tourist route for ships sailing along the Silver Ring of Russia, the unofficial name for the ancient cities and fortresses in the northwest of the country—similar to the Golden Ring in Russia's heartland.

# Kizhi Island

**The Island of Kizhi lies near the center of Lake Onega;** it is 3½ miles long and a half-mile wide. Settlements and churches on the island were known from at least the 15th century. In the 18th century, two major churches and a bell tower were built, which are now known as Kizhi Pogost. Although most villages had disappeared by the 1950s, dozens of historical wooden buildings began appearing, moved to the island from various parts of Karelia for preservation purposes. While today only a small, rural settlement remains, the entire island forms a national open air museum with more than 80 historical wooden structures, the most famous of which is the Kizhi Pogost. In 1990, it was included on UNESCO's list of World Heritage sites, and in 1993 it became a Russian Cultural Heritage site.

**The island is home to the oldest wooden church in Russia,** the Church of the Resurrection of Lazarus, built in the late 14th century. And of the many multi-domed wooden churches built during the reign of Peter the Great, only the Church of the Transfiguration (1713–14) survives. No nails were used in the construction of the wooden architecture. Instead, pieces of wood have been notched together.

**In addition to a walk through the Transfiguration Church,** a visit to the island also includes a fascinating tour of a typical northern Russia house. You will see firsthand how an extended family lived alongside its livestock, preparing for and weathering the long winters together, and demonstrations of some local handicrafts.

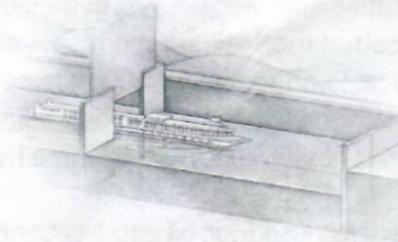


# How Does a Lock Work?

A lock works by raising and lowering boats in a device between stretches of water of different levels on rivers and canal waterways. The distinguishing features of locks are fixed chambers whose water levels can be varied; whereas in caisson locks, boat lifts or on canal inclined planes, it is the chamber itself (usually then called a caisson) that rises and falls.

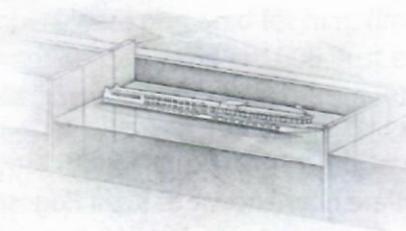
Locks are used to make a river more easily navigable, or to allow a canal to take a reasonably direct line across country that is not level.

Figure 1



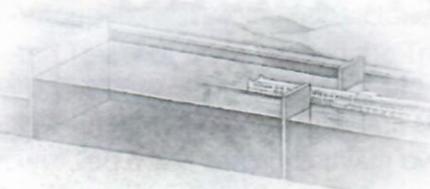
The ship approaches a lock. The forward door opens, and the ship enters the lock compartment

Figure 2



The doors close behind the ship. The lock compartment is filled with water, raising the ship

Figure 3



The far lock door opens, and the ship departs at the new, higher level of the river. Alternately lock sections can be drained to incoming ships from higher levels.

## Opening Hours

Sky Bar:	10:30 AM – open end
Panorama Bar:	6:00 AM – 7:00 PM
Shop:	7:00 AM – 8:00 AM * 10:00 AM – 12:00 Noon 2:00 PM – 4:00 PM * 5:00 PM – 7:00 PM * 8:30 PM – 10:00 PM

*Your Viking Helgi team wishes you a happy and memorable day!*

### Ship Contacts

Reception: +7 (921) 900 14 18  
+7 (921) 900 14 28

### Ship Location

Kizhi Island,  
Republic of Karelia



# VIKING DAILY



Friday, June 28, 2013

Today's Weather: Partly Cloudy   
12 – 30 °C / 54 – 86 °F

6:00–11:00 AM

**Café Breakfast:** Coffee, juice and pastries are served in front of the Neva Restaurant.

6:00–10:00 AM

**Continental Breakfast:** Enjoy a light meal in the Panorama Bar.

7:00–9:30 AM

**Buffet Breakfast:** Enjoy a buffet breakfast and a choice of dishes cooked to order in the Neva Restaurant.

9:00 AM

**Presentation: "Russian History 1917–1985"** Join your fellow guests in the Sky Bar for an informative lecture by tour escort Natasha.  
**Groups 4A, 4B, 4C.**

10:15 AM

**Repeat Presentation: "Russian History 1917–1985"**  
Join your fellow guests in the Sky Bar for an informative lecture by tour escort Natasha.  
**Groups 4D, 4E, 4F.**

11:30 AM

**Lunch:** We welcome you for lunch in the Neva Restaurant.

1:00 PM

*The Viking Helgi* arrives at Kuzino.

1:00–4:30 PM

**Classical Excursion: Viking Show and Kirillo-Belozersky Monastery, school tour and viking show**

**Groups 4A, 4C and 4E.** Please meet your tour escorts **at the buses** for the visit to the Kirillo-Belozersky Monastery and Kid's Art School followed by the Viking Show in the fort in the port area.

**Groups 4B, 4D and 4F.** Please meet your Program Director Konstantin **at the fort** in the port area for the Viking Show. After the show please meet your local guides for the visit to the Kirillo-Belozersky Monastery and Kid's Art School.

4:45

**Please be back on board!**

5:00 PM

**Cast Off!** *The Viking Helgi* leaves Kuzino for Yaroslavl.

5:00 PM

**Russian Language Lesson II.** Join your tour escort Sasha for your second Russian language lesson in the Sky Bar.

6:00–7:00 PM

**Cocktail Hour:** Relax with a beverage while listening to live music in the Panorama Bar.

6:45 PM

**Daily Briefing:** What's on - Join your Program Director Konstantin in the Sky Bar to find out about tomorrow's excursion and events.

7:00 PM

**Russian Dinner:** Chef de Cuisine Andre and Maître D' Andreas invite you for dinner in the Neva Restaurant. Bon Appétit or Priyatnogo Appetita!

8:30 PM

**Live Music:** Listen to some live music featuring Sigmund and Rose, while enjoying one of our cocktail specials in the Panorama Bar.

9:30 PM

**Vodka Tasting:** Maître D' Andreas invites you to the Panorama Bar to learn about the secrets of Vodka.  
*Please sign up at the Reception Desk if you would like to join us (there is a fee of 15 Units).*

*The Vodka Tasting is not included in the Silver Spirits Beverage Package.*

## TODAY'S MOVIES

Channel: 16    9:00 AM & 1:00/ 5:00/ 9:00 PM

*War and Peace (1956).*

Length: 208 min

Channel: 17    9:00 AM & 1:00/ 5:00/ 9:00 PM

*Enemy at the Gates (2001).*

Length: 121 min



# Vodka

**vod·ka** *noun* A colorless liquor of neutral spirits distilled from a mash (as of rye or wheat). Russian, diminutive of *voda* ("water").

**The dictionary definition above is accurate**, but it does not begin to cover the subject. The first documented production of vodka in Russia was at the end of the 9th century, but the first known distillery, at Khylnovsk, came about 200 years later. During the Middle Ages, distilled liquor was used mainly for medicinal purposes and as an ingredient in the production of gunpowder.

**In the 14th century a British emissary to Moscow** first described vodka as the Russian national drink and by the mid-16th century it was the national drink in Poland and Finland too. Early production methods were crude and vodka often contained impurities; distillers used various methods to remove these, such as seasoning, aging, freezing and precipitation, and also flavored their spirits with fruit, herbs or honey.

**Around 1450**, vodka production increased, and the first recorded exports of Russian vodka went to Sweden in 1505. In 1716, owning distilleries in Russia became the exclusive right of the nobility, who were granted further special rights in 1751. For the next 50 years there was no attempt to standardize the basic product; many types of aromatic vodka—absinthe, cherry, dill, ginger, hazelnut, horseradish, juniper, lemon, mint, pepper, raspberry, sage and watermelon to name just a few—appeared.

**Awareness of vodka continued to spread throughout the 19th century**, helped by soldiers on both sides of the Napoleonic Wars. To meet increasing demand, lower-grade products based largely on distilled potato mash were made. Earlier attempts to control production having failed, an 1894 law made the production and distribution of Russian vodka a state monopoly.

**After the Russian Revolution**, the Bolsheviks confiscated private distilleries. A number of Russian vodka-makers promptly emigrated, taking their skills and recipes with them. One such exile revived his brand in Paris, using the French version of his family name: Smirnoff. Together with a Russian émigré from America, he set up the first vodka distillery in Paris in 1934. In the 1940s vodka began to achieve international popularity; now it is made and enjoyed all over the world.

## RUSSIAN PROVERB

Готовь сани летом, а телегу зимой.

Prepare the sled in summer and the cart in winter.



# The White Lake

The White Lake, or Beloye, is one of the ten biggest natural lakes in Europe. It has often been mentioned in Russian history, first in connection with a settlement on its banks in the 8th century. Since then it has served as a point of trade, linking the north and south of Russia.

**During the 17th century the lake**, renowned for its abundant source of fish, became known as the Czar's fishing grounds. Government boats patrolled the waters and all fishermen, with the exception of those from the nearby monasteries, were subject to high taxes on their catches. During the 19th century, White Lake became part of the Mariinsk Waterway and later, the Volga-Baltic Waterway, when a major dam constructed on the Sheksna River raised the water level of the lake by 5 to 6 feet allowing large ships to cross it without having to dredge a navigation channel. However, while a number of rivers flow into White Lake, only the Sheksna drains it. As a result, its natural currents were affected and widespread flooding occurred. The circular shoreline that had formed over thousands of years suddenly disappeared, and decaying, submerged forests soon endangered the underwater ecosystem. An Ecology Center in nearby Belozersk was set up to monitor and repair the damage.

**White Lake is in an area of the country known as the Vologda Oblast**, and the town of Belozersk, one of the oldest towns in Russia, lies on its banks. The relative desolation of the Vologda lands in early times attracted monks looking for solitude and resulted in a large number of monasteries. The Kirillo-Belozersky Monastery, the Spaso-Prilutsky Monastery, the Goritsky Monastery and the Troitse-Glendensky Monastery represent examples of Russian medieval fortification architecture and contain buildings rated among the best-preserved cultural heritage sites. The Ferapontov Monastery, included on the UNESCO World Heritage list, contains the surviving frescoes of Dionisius, the head of the Moscow school of icon painters at the turn of the 15th and 16th centuries. His style of painting is sometimes termed "the Muscovite mannerism."

# Cyrillic Alphabet

**The Cyrillic alphabet dates back to the First Bulgarian Empire** (c. 680–1014); it was based on the Greek uncial script alphabet, enhanced with letters from the ancient Slavic Glagolitic alphabet for sounds not included in Greek. Legend has it that both the Glagolitic and the Cyrillic alphabets were created by Saints Cyril and Methodius, two brothers from 9th-century Thessaloniki. At the time, Byzantine and Frankish priests were in competition for the honor of spreading Christian practice; rites could be conducted in Latin or in vernacular languages including Greek and Slavic ones. The new alphabet facilitated the spread of Slavic languages for not only liturgical purposes but everyday life. The Cyrillic alphabet, as it came to be called, is now used in countries such as Romania, Slavonia, Bosnia, Bulgaria, Macedonia, Montenegro, Russia, Serbia and Ukraine, as well as ethnic groups and regions including Mongolia, Tajikistan, Chechnya, Azerbaijan, Uzbekistan and dozens more. It is even used by Aleuts (Eskimos) and Dungan (a Chinese ethnic group).



# Modern Russian History

**In the late 1980s, the U.S.S.R. had trouble.** Economic stagnation was taking a terrible toll, and an ill-advised and costly involvement in Afghanistan dragged on for a decade. As the first and final president of the Soviet Union, Mikhail Gorbachev attempted to institute much-needed reforms. His policies of *glasnost*, or openness, and *perestroika*, or restructuring, lay the groundwork for change, but they also led to a "revolution of rising expectations" amongst the nations of the U.S.S.R., and turmoil began to boil over.

**The year 1991 was an eventful one.** In August, when Gorbachev went on vacation in the Crimea, several Soviet republics staged a coup; Gorbachev was even put under house arrest for three days. Back in Moscow, Boris Yeltsin was elected president of Russia. In early December the presidents of Russia, Ukraine and Belarus met and agreed to dismantle the Soviet Union. Gorbachev resigned on December 25 and two days later Boris Yeltsin moved into his former office at the Kremlin.

**The Russian economy remained troubled** and there were many political challenges associated with such an abrupt change of governmental structure. Social services collapsed and the 1990s saw corruption and a rise in violent crime. By the 1996 presidential election, nostalgia for the Communist era was common and Yeltsin's career seemed doomed. He staged a comeback but there was another financial crisis in 1998 and Yeltsin's health had begun to fail. In 1999 he resigned, leaving power in the hands of then little-known Prime Minister Vladimir Putin. Yeltsin faded into obscurity and died of heart failure in 2007.

**Born in Leningrad (St. Petersburg) in 1952,** Putin studied law at Leningrad State University and after graduation joined the Soviet secret police (K.G.B.). He worked in East Germany in the 1980s but after the fall of the Berlin Wall and the failed coup against Gorbachev he quit the K.G.B. and went into politics. He landed a job with the Yeltsin administration and soon rose to prime minister. Putin won the presidential election in 2000 and again in 2004, serving until 2008 when Dmitry Medvedev—born in 1965 and another law alumnus of Leningrad State University—was elected president of Russia. Putin became prime minister and then in 2012 the two leaders switched places, with the charismatic Putin—who cultivates an image of sportsmanship and outdoor adventure—regaining the presidency and Medvedev becoming prime minister. The two men work very closely together on economic, industrial, military and environmental policies.

**While many of Putin's reforms have been criticized** as not entirely democratic, it is generally agreed that Putin's leadership has seen the return of order and stability, and clearly great economic progress has been made. Russia has taken its place on the United Nations Security Council and the G8 economic summit and international relations are generally positive.

## Opening Hours

Sky Bar:	9:00 AM – 11:30 AM * 5:00 PM – open end
Panorama Bar:	6:00 AM – 7:00 PM
Shop:	9:00 AM – 11:30 AM * 12:15 PM – 1:00 PM 5:00 PM – 7:00 PM * 8:30 PM – 10:00 PM *

*Your Viking Helgi team  
wishes you a happy and  
memorable day!*

### Ship Contacts

Reception: +7 (921) 900 14 18  
+7 (921) 900 14 28

### Ship Location

Kuzino,  
Vologda Region

# VIKING DAILY



Saturday, 29 June 2013

Today's Weather: Sunny   
19 – 31 °C / 66 – 88 °F

6:00–11:00 AM

**Café Breakfast:** Coffee, juice and pastries are served in front of the Neva Restaurant.

6:00–10:00 AM

**Continental Breakfast:** Enjoy a light meal in the Panorama Bar.

7:00–9:30 AM

**Buffet Breakfast:** Enjoy a buffet breakfast and a choice of dishes cooked to order in the Neva Restaurant.

9:00 AM

**Presentation: "Gorbachev and Perestroika"** Join your fellow guests in the Sky Bar for an informative talk by tour escort Sasha.

**Groups 4 A, 4 B and 4 C.**

10:15 AM

**Repeat Presentation: "Gorbachev and Perestroika"** Join your fellow guests in the Sky Bar for an informative talk by tour escort Sasha.

**Groups 4 D, 4 E and 4 F.**

11:45 AM

**Discover more of the World in Comfort with Viking:** Join your Program Director Konstantin in the Sky Bar for a presentation on other Viking River Cruises.

12:30 PM

**Lunch:** We welcome you for lunch in the Neva Restaurant.

3:00 PM

*Viking Helgi* arrives in Yaroslavl.

3:15–6:45 PM

**Classical Excursion: City Tour of Yaroslavl.** Please meet your tour escorts and local guides at the buses outside for the City Tour with a visit to the former Governor's House and the Farmer's Market.

**Buses 4 A–4 F.**

6:45 PM

**Please be back on board!**

6:00–7:00 PM

**Cocktail Hour:** Relax with a beverage and enjoy live music in the Panorama Bar.

7:00 PM

**Cast off!** *Viking Helgi* leaves Yaroslavl for Uglich.

7:00 PM

**Dinner:** Chef de Cuisine Andre and Maître d'hôtel Andreas invite you for dinner in the Neva Restaurant. Bon appétit!

9:00 PM

**Daily Briefing:** What's on - Join your Program Director Konstantin in the Sky Bar to find out about tomorrow's excursion and events.

9:30 PM

**Viking Helgi Liars Club:** Join us in the Sky Bar for a fun game and guess who the liar is.

**Followed by:**

**Live Music:** Enjoy some live music featuring Sigmund and Rose and try one of our cocktail specials!

## TODAY'S MOVIES

Channel: 16    9:00 AM & 1:00/ 5:00/ 9:00 PM

*The Cranes Are Flying (1959).*

Length: 94 min

Channel: 17    9:00 AM & 1:00/ 5:00/ 9:00 PM

*Anastasia (1956).*

Length: 105 min



# Yaroslavl

**Stretching for 18 miles on both banks of the Volga**, Yaroslavl developed into a major commercial center beginning in the 11th century. It is renowned for its numerous 17th-century churches, and stands as a premier example of the urban planning reform that Catherine the Great ordered for the whole of Russia between 1763 and 1830. The town was renovated in the neoclassical style on a radial urban master plan, yet it kept some of its significant historic structures like the Spassky Monastery that dates from the late 12th century, an elegant rotunda and the remnants of the ancient trading center. The Church of Elijah the Prophet, situated in the town's central square, contains frescoes on the walls that constitute a veritable museum of Old Russian painting.

**Yaroslavl was founded in 1010 A.D.** by a prince of Kievan Rus', Yaroslavl the Wise. (Archeological excavations in the area have yielded evidence of an earlier Scandinavian-Slavic settlement which was itself a major outpost along the Volga trade route.) Two important monasteries—Petropavlovsky and Passo-Preobrazhensky—were built nearby in the 12th century, and Yaroslavl was one of the principle residences of Konstantin of Rostov, a member of the Rurikid dynasty (1186–1218).

**During the 13th and 14th centuries Yaroslavl**, which was mostly built of wood, experienced some disastrous fires; it also found itself under attack by the Mongol Horde (1257), the Golden Horde (1293, 1322) and the Plague (1278, 1364). By the middle of the 16th century things began to look up for the city; use of the Volga trade route increased greatly at around this time and, with the sponsorship of the czar, Ivan the Terrible (1530–1584), there was a building boom. Yaroslavl came under attack by Polish-Lithuanian troops, but these attacks were unsuccessful—though the Poles took control of the Moscow Kremlin. Yaroslavl actually became the de facto Russian capital for a few months in 1612 until the Kremlin was liberated from Polish-Lithuanian control.

**During the 20th century Yaroslavl felt the effects of the 1917 October Revolution**, the Russian Civil War (1917–1920) and World War II air raids. Because it had a well-developed manufacturing infrastructure, it produced armaments and equipment for the Soviet Red Army; it also served as a refuge for some of St. Petersburg's children during the blockade of Leningrad. The city was inscribed as a UNESCO World Heritage Site in 2005 and celebrated its millennium in 2010; it is one of Russia's eight Golden Ring cities. Today it is a pleasant, modern city with important historical churches, monasteries, state buildings and cultural institutions, as well as green park-like spaces, to enjoy.

## "WHAT WAS THE HIGHLIGHT OF YOUR CRUISE?"

*We had a chance to go through the Armory at the Kremlin in Moscow, where we experienced the grandeur of the czarist era. We saw fabulous jewels, gowns and carriages, thrones, china, silver, crystal—and several of the famous, incredibly intricate Fabergé eggs, each one a tiny, exquisite world. Unforgettable!*

Jeff & Julie Gale



# Rybinsk Reservoir

At the time of its construction, the Rybinsk Reservoir was the largest Manmade body of water on Earth with a surface area of more than one million acres. Fed by more than 60 rivers, it makes up part of an expansive system of canals and reservoirs connecting Moscow through St. Petersburg to the Baltic Sea. It also marks a dark chapter in Russia's history.

**Large rivers like the Volga, the Sheksna and the Mologa** once flowed through the huge low-lying plain, but because they dried up during the summer months, they were navigable only under very difficult conditions. Ships had to be drawn by ropes and, as a result, the trip from Rybinsk to St. Petersburg would often take three months. Additionally, as World War II approached, energy was required for the defense of Moscow. So Joseph Stalin devised the "Great Volga Plan" to solve both problems, and he refused to accept any alternatives to his idea. Beginning in 1941, the Volga and Sheksna were dammed for construction of a hydroelectric power station, and 700 villages were flooded along with forests, monasteries and historic sites that can still be seen below the surface. The demand for water power was so great that the reservoir did not reach its capacity until 1947. Today, the dam is less important for electric power than it once was, and the ecological damage caused by the reservoir is being reassessed.

# An Enduring Passion

**Russians love ice hockey**, and they especially love the Lokomotiv Yaroslavl team, established in 1959 and named for its sponsor, Russian Railways. Professional players came from other countries to play for the club in league tournaments—always to sold-out crowds. Then, on September 7, 2011, disaster struck—a plane carrying the team, including players from Germany, Sweden and Slovakia, to a match in Minsk, Belarus crashed and burst into flames shortly after taking off from Yaroslavl's Tunoshna Airport. Forty-four people, including nearly the entire team and coaching staff, were killed and hockey fans everywhere went into mourning.

**The team had to rebuild itself for the 2012-2013 season**, hiring Tom Rowe, former assistant coach for the Carolina Hurricanes, and filling out its roster of players with young Russians, Scandinavians and locked-out N.H.L. players. Photos of the players and coaches killed in the disaster are displayed at the team arena and a memorial bell is rung before each home game.

**The Russian men's national ice hockey team** has been competing internationally since 1993; the team is recognized by the International Ice Hockey Federation (IIHF) as the successor to the Soviet Union Hockey Federation and it is currently ranked Number One in the IIHF World Rankings.



# Yaroslav the Wise

## Reigned 1019–1054

**Yaroslav I, Grand Prince of Rus'** (circa 978–1054), was one of the Varangian (Viking) Grand Prince Vladimir the Great's many sons. He was dubbed **Yaroslav the Wise** by Nestor the Chronicler (1056–1114), a monk of the Monastery of Caves in Kiev, Ukraine, and has been remembered this way through history.

**In 1010, Yaroslav was sent to Novgorod** to be vice-regent. While living there, he founded the town of Yaroslavl (which means "Yaroslav's") on the Volga. When his father died in 1015, his oldest surviving brother, Svyatopolk the Accursed, proceeded to kill three of his other brothers—including Boris, the heir apparent—and seize power in Kiev. With support from both the Novgorodians and some Varangian troops, Yaroslav attacked and defeated Svyatopolk in 1016; Svyatopolk retreated to Poland, gathered some Polish troops and the war was on. Finally in 1019 Yaroslav defeated Svyatopolk and became Grand Prince of Kiev. He reigned until his death in 1054—and during this lengthy reign, Rus' reached new cultural and military heights.

**Among his accomplishments** were the founding of a court of law (Yaroslav's Court) with the first legal code in the East Slavic lands (Yaroslav's Justice). He forged a powerful alliance with Scandinavia, marrying the Swedish king's daughter Ingegerd Olofsdotter (who changed her name to Irene) and giving her the lakeside fortress of Ladoga as a wedding gift. He retook Rus' lands from the Poles and then forged an alliance with Poland via his sister's marriage to the Polish king. He engaged Constantinople in battle but then made a favorable alliance via his own son's marriage to the Byzantine emperor's daughter. He took Chersonesus and built a series of forts along the southern border. He built Kiev's Saint Sophia Cathedral—named to honor the Hagia Sophia in Constantinople—in 1037. This church still displays a fresco of Yaroslav and his family—wife Irene, daughter Elizabeth (married to the king of Norway), daughter Anastasia (married to the king of Hungary), daughter Anne (married to the king of France) and daughter Agatha (married to Edward of England), sons Iziaslav, Sviatoslav and Vsevolod, who reigned in Kiev, one after the other, following their father's death. He had an older son who died young; he later had two younger sons, Igor of Volyn (1036–1060) and Vyacheslav of Smolensk (1036–1057) but little is known of them.

**Yaroslav was buried** in Saint Sophia Cathedral; his sarcophagus was found there centuries later. Four towns in four different countries were named after him; Yaroslavl, Russia; Tartu, Estonia (previously named Yuryev); Bila Tserkva, Ukraine (also once named Yuryev); and Jarosław in Poland. In 2010, in time for Yaroslavl's millennial celebration, a film was made about Yaroslav's early life; the English-

## Opening Hours

Sky Bar:	9:00 AM – 12:30 PM * 7:00 PM – open end
Panorama Bar:	6:00 AM – 7:00 PM
Shop:	9:00 AM – 12:30 PM * 2:00 PM – 3:00 PM 8:30 PM – 10:00 PM

*Your Viking Helgi team  
wishes you a happy and  
memorable day!*

## Ship Contacts

**Reception: +7 (921) 900 14 18  
+7 (921) 900 14 28**

## Ship Location

Yaroslavl,  
Yaroslavl Region



# VIKING DAILY



Sunday, June 30 2013

Today's Weather: Sunny   
14 – 28 °C / 57 – 83 °F

**6:00–11:00 AM**

**Café Breakfast:** Coffee, juice and pastries are served in front of the Neva Restaurant.

**6:00–9:00 AM**

**Continental Breakfast:** Enjoy a light breakfast in the Panorama Bar.

**6:30–8:30 AM**

**Buffet Breakfast:** Enjoy a buffet breakfast and a choice of dishes cooked to order in the Neva Restaurant.

**8:00 AM**

*The Viking Helgi arrives in Uglich.*

**8:15 -11:15 AM**

**Classical Excursion: Walking Tour of the Kremlin of Uglich and a Home Hosted Visit.** Please meet your tour escorts on the pier outside.  
*The tour consists of two parts. We kindly ask you to follow the directions of your tour escorts on the pier.*  
**Groups: 4A & 4B; 4C & 4D; 4E & 4F.**

**Group 4 L - Leisurely Walking Tour** (Slower paced version of the Classical Excursion).  
*Please sign up in advance at the Reception Desk.*

**11:45 AM**

**Please be back on board!**

**12:00 Noon**

**"A Taste of Russia":** Join us on the Sun Deck to taste some delicious Russian specialties as we enter the lock of Uglich. *Lunch is also served in the Neva Restaurant.*

**12:00 Noon**

**Cast Off!** *The Viking Helgi* leaves Uglich for Moscow.

**2:00 PM**

**Presentation: "Putin, Medvedev and the Russian Economy"** Join your fellow guests in the Sky Bar for a lecture by tour escort Tatiana.  
**Groups 4 A, 4 B and 4 C.**

**3:30 PM**

**Repeat Presentation: "Putin, Medvedev and the Russian Economy"** Join your fellow guests in the Sky Bar for a lecture by tour escort Tatiana.  
**Groups 4 D, 4 E and 4 F.**

**6:00–7:00 PM**

**Cocktail Hour:** Relax with a beverage while listening to live music in the Panorama Bar.

**7:00 PM**

**Captain's Farewell Dinner:** Captain Nikolai Astrovik and Hotel Manager Herbert Bachner have the pleasure to invite you for the Captain's Dinner in the Neva Restaurant. Bon appétit!

**9:45 PM**

**Viking Helgi Crew Parade followed by Video Presentation "Memories of your Cruise".** We warmly welcome you to the Sky Bar for the video presentation of your cruise. Enjoy!

**Followed by:**

**Live Music:** Enjoy some live music featuring Sigmund and Rose and try one of our cocktail specials!

## TODAY'S MOVIES

Channel: 16    **DVD Loop from 9:00 AM**

*Discover the World in Comfort with Viking River Cruises.*

Channel: 17    **9:00 AM & 1:00/ 5:00/ 9:00 PM**

*From Russia with Love (1963).*  
Length: 110 min



# Uglich

The approach to Uglich is one of the most memorable sights along the Volga. Founded in 1148, it flourished during the 13th and 14th centuries and was favored in the 16th century by Ivan the Terrible, who used it as a base for his campaigns. Upon Ivan's death, his son Dmitry joined his mother in Uglich, only to be killed—allegedly by Boris Godunov, as part of his campaign to seize the crown. On the spot where the murder took place, the city built the iconic Church of St. Dmitry on the Blood. The next articles will give you a little more of the story.

## Ivan the Terrible

The long-awaited son of Vasily III Ivanovich, Grand Duke of Muscovy, Ivan IV was proclaimed Grand Prince of Moscow at the age of three upon his father's death. His mother, Yelena Glinskaya, acted as his regent until he was eight years old, but she died and a group of squabbling noblemen took over as regents. Though Ivan was treated with respect in public, he was neglected in private, and witnessed all sorts of palace intrigue. When he was crowned Czar at age 16, he was ready to clean house—he revised the code of laws, centralized governmental functions, created an elite standing army, introduced the printing press and opened up new trade routes. In 1552 he crushed the Tatar strongholds of Kazan and Astrakhan, then pushed into Siberia and annexed its largely Muslim population. He also constructed Russia's most famous landmark, St. Basil's Cathedral, to commemorate the victories in the Tatar campaign.

Ivan's extraordinary effectiveness as a leader is one of the reasons he is known as Ivan the Terrible (the Russian word, *grozny*, means something closer to awe-inspiring). The other is that he underwent striking personality changes later in his life. He became paranoid and vindictive against the hereditary nobility and pursued useless wars in the west. In 1571 the Crimean Tatars took the towns around Moscow and set fire to the capital. Ivan's personal behavior became erratic and in 1581 he accidentally killed his eldest son and heir, Ivan Ivanovich.

When Ivan IV died in 1584 he left two sons: Feodor and Dmitry. Feodor was crowned czar on his 27th birthday, but he was unhealthy, possibly mentally disabled and uninterested in affairs of state. He let his wife's brother, the boyar Boris Godunov, handle his duties. Feodor's three-year-old half-brother, Dmitry, was sent into exile at Uglich, along with his mother and her brothers. At the age of eight Dmitry was killed in Uglich—some say by Boris Godunov's henchmen, though there was an alternative story where Dmitry accidentally stabbed himself in the neck during a seizure. In any case, Dmitry was out of the picture. Feodor died childless at age 40, putting an end to the Rurikid dynasty.

### TIPS FOR TODAY

If you don't feel like walking to the Church of St. Dmitry on the Blood, you will find a colorful display of handcrafted merchandise just across from your ship. Here you can find matryoshka dolls, lacquer boxes, woven and embroidered textiles, a wide variety of clothing choices and even some Soviet-era items like medals.

It is an easy stroll to the downtown area with inviting parks, onion-domed churches and neoclassical civic buildings. There is also a small but comprehensive Uglich Museum of Art and History—opened in 1892, it is one of Russia's oldest museums.



# After Dmitry's Death

**Instigated by the loud claims of Dmitry's mother** Maria Nagaya and uncles that Dmitry had been murdered, a riot broke out in Uglich. Enraged citizens lynched 15 of Dmitry's supposed assassins, including local government representatives and one of Dmitry's playmates. The subsequent official investigation concluded that Dmitry had somehow died from a self-inflicted stab wound to the throat. Following this verdict, the presumably still unhappy Maria Nagaya was exiled to a nunnery. Even the bell that had announced Dmitry's death was exiled—sent to Siberia with its “tongue” (clapper) cut out.

**A third version of the story** was that Godunov's people had actually killed the wrong boy by mistake. For years afterward a series of impostors presented themselves, two of whom are thought to have been sponsored by Polish nobility. *False Dmitry I* was supported by Maria Nagaya and by a number of the Russian boyars and actually ruled as Czar from July 1605 until conspirators killed him in May 1606. *False Dmitry II* appeared in 1607, secretly married the widow of False Dmitry I and tried to take Moscow with his Polish troops. He was killed in 1610 by a Tatar princeling whom he had previously flogged. The third and final false Dmitry, *False Dmitry III*, appeared in 1611 and was backed by Cossacks who were then ravaging the Moscow neighborhoods. But in 1612 he was seized, brought to Moscow and executed.

## Boris Godunov

**Boris Fyodorovich Godunov (1551–1605) was the de facto regent** of Russia from 1585 to 1598; he then became the first non-Rurikid Russian czar, ruling from 1598 until his death in 1605.

**As scion of an ancient Russian family of Tatar origin**, Godunov was well-positioned to be a powerful member of the Russian court. He distinguished himself at age 19 as an archer, then became a member of Ivan the Terrible's secret police. His position was strengthened by two marriages—his own to the daughter of the head of the secret police, and his sister's to the czar's son Feodor, then 14 years of age. At that time, Godunov was promoted to boyar, a rank second only to that of the ruling princes. In 1581, he was present at the scene when the czar killed his own eldest son, the crown prince Ivan—Godunov tried to intervene but the czar beat him as well. On his deathbed, Ivan IV appointed a council to guide Feodor, who he knew was physically and mentally unfit to rule. Feodor took refuge in religion while the council took the reins. Godunov was second in command on the council after the czar's uncle Nikita Romanovich, but when Nikita died in 1586 Godunov was left without serious rivals for the regency. Other boyars were enraged and sought to ruin him, even trying to break up the marriage of Feodor and Boris's sister, but to no avail. It is generally agreed that he did a good job as regent, undoing some of the damage of Ivan's last years.

**In 1591 Ivan's son Dmitry was killed.** Upon Feodor's death and there being no more male heirs of the Rurikid line, Godunov took over as czar. At his own insistence he was duly elected by the *Zemsky Sobor* (national assembly). He was popular and ruled well, bringing about educational and social reforms and improving relations with Scandinavia. He ruled until his death in 1605, which ushered in Russia's so-called Time of Troubles.



## The Volga

**The greatest of Russia's rivers is intimately linked to its history.** The Volga is considered to be the national river of Russia and celebrated in songs, poetry and literature. At 2,300 miles in length, it is the longest river in all of Europe, and nearly all of it is navigable. It is widely believed to have been a cradle of the prehistoric people known as the Proto-Indo-European civilization and later served as a vital trade route giving rise to trading posts, fortresses and towns. In fact, the cities along its banks were among the largest in the medieval world, and today, 11 of the 20 largest cities in the country—as well as 25% of the total population—are situated in the Volga basin.

**The river rises in the Valdai Hills northwest of Moscow,** heads east, then turns south and discharges into the Caspian Sea. Europe's largest estuary, the Volga Delta is home to several surprising species, such as pelicans, flamingos and lotuses. Russia's famous caviar comes mainly from Astrakhan in the delta area. The fertile river valley yields large quantities of wheat and provides resources such as petroleum, natural gas, salt and potash (a type of salt used in products such as fertilizers).

**As Russia's largest waterway,** the Volga is connected to the country's five seas by a network of canals, including the Moscow Canal, the Volga-Don Canal and the Volga-Baltic Waterway. The river and its hundreds of tributaries carry about two-thirds of all the river freight in the country. All the dams have been equipped with ship locks so that large vessels can travel from the Caspian Sea almost to the upstream end of the river. The dams also provide irrigation and hydroelectric power with some of the largest reservoirs in the world. The river is frozen along most of its length for about three months out of every year.

**You may have learned of the Volga Boatmen,** or heard their haunting work songs. The boatmen, or *burlaks*, hauled barges upriver during the period between the 17th and the 20th centuries. As you might imagine, burlaks were poor, landless peasants, and this was the best work they could get. They earned little, during the winter months they were unemployed, and an injury could end their career. The Industrial Revolution caused this type of work to decline and eventually to disappear altogether; at the beginning of the 19th century there were about 600,000 burlaks working on the Volga and Oka Rivers, by the middle of that century there were one-quarter of that number and by the beginning of the 20th century the burlaks had pretty much disappeared.

## Kalyazin

**The lonely belfry of Kalyazin rises above the mirror-like surface of the river.** It once belonged to the church of the Trinity, which was built in 1654 and held the sepulcher of the monk Makarii Kalyazinskyi. The belfry is now a tourist curiosity because when the canal was dug and the valley was flooded for the reservoir, the monastery and church were submerged while the tower remained above the water line.

### Opening Hours

Sky Bar:	11:00 AM - open end
Panorama Bar:	6:00 AM – 7:00 PM
Shop:	7:30 AM - 8:15 AM * 1:30 PM – 4:00 PM 5:00 PM – 7:00 PM

*Your Viking Helgi team  
wishes you a happy and  
memorable day!*

### Ship Contacts

Reception: +7 (921) 900 14 18  
+7 (921) 900 14 28

### Ship Location

Uglich,  
Yaroslavl Region

Monday July 1, 2013

Today's Weather: Sunny   
16 – 26 °C / 61– 79 °F

## HAPPY CANADA DAY!

6:00–11:00 AM

**Café Breakfast:** Coffee, juice and pastries are served in front of the Neva Restaurant.

6:00–10:00 AM

**Continental Breakfast:** Enjoy light breakfast in the Panorama Bar.

7:00–9:30 AM

**Buffet Breakfast:** Enjoy a buffet breakfast and a choice of dishes cooked to order in the Neva Restaurant.

9:30 AM

**Moscow Program and Disembarkation Briefing:**

Join your Program Director Konstantin in the Sky Bar for a talk about our program in Moscow and disembarkation plan.

11:00 AM

**Round Table Discussion: "Russia Today".** Meet your tour escorts in the Sky Bar and talk about present-day Russia.

12:00 PM

**Lunch:** We welcome you for lunch in the Neva Restaurant.

1:30 PM

*Viking Helgi* arrives in Moscow.

*Please pick up a snack box when you exit the ship, as you will not return to the ship until late evening.*

*There will be security check point on the pier and you might be asked to go through it.*

1:30 – 9:30 PM

**Classical Excursion: City Tour of Moscow.**

Please meet your tour escorts at the buses outside for the tour followed by a concert performed by an orchestra of Russian traditional folk music instruments.

**Buses 4A, 4C, 4E and 4F.**

1:30 – 9:30 PM

**Alternative Excursion: Up-Close City Tour by Metro and on Foot.**

Please meet your tour escorts at the buses outside for the tour followed by a concert performed by an orchestra of Russian traditional folk music instruments.

**Buses 4B and 4D.**

*The checking in for the tour will be on the buses where you may also leave your belongings.*

6:00–7:00 PM

**Cocktail Hour:** Relax with a beverage while listening to music in the Panorama Bar.

9:30 PM

**Late Dinner:** Chef de Cuisine Andre and Maître d'hotel Andreas invite you for dinner in the Neva Restaurant. Bon appétit!

10:00 PM

**Live Music:** Enjoy some live music featuring Sigmund and Rose and try one of our cocktail specials!

## TODAY'S MOVIES

Channel: 16    DVD Loop from 9:00 AM

*Memories of Your Cruise*

Channel: 17    9:00 AM & 1:00/ 5:00/ 9:00 PM

*The Hunt for Red October (1990).*  
Length: 120 min



# Moscow On Your Own

In Moscow, Russia's robust capital, 860 years of intrigue played out behind thick Kremlin walls and under the gaily painted onion domes of St. Basil's Cathedral. It is simply an astounding city, built on the passion and power of czars. Today, the eras of communism and iron fists have faded into history. And its sprawling squares invite endless exploration.

Moscow's **metro** is famous the world over for its elegant and beautifully lit stations. Sculptures, huge chandeliers and gilded details make any journey a thrill. Best of all, this underground museum is cheap. Tickets can be purchased at vending machines.

Any exploration of Moscow begins in Red Square. And the curious will surely want to see **Lenin's Mausoleum**. Immediately after his death in 1924, a wooden mausoleum was erected on the square. In 1929, architect Aleksey Shchusev was commissioned to design a more lasting home for Lenin's body. If you do wish to pay your respects, you must check bags and cameras in the Kutayfa tower cloakrooms. The line is often very long but it tends to move along fairly quickly. (Open: Daily 10 AM–1 PM, closed Mon and Fri. Address: Krasnaya Ploshad. Metro: Ploshad Revolutsii/Teatralnaya/Okhotny Ryad. Entrance Fee: Free.)

Nearby, the Kremlin's Armory houses the **State Diamond Fund**, a collection of the most valuable gems in Russia. Here, behold the priceless diamond-encrusted Coronation Crown of Catherine the Great and the 190-carat Orlov Diamond given to the Empress by her lover, Count Grigory Orlov, and set into the Imperial Scepter. A host of jeweled necklaces and earrings, as well as the world's largest sapphire, are also magnificently displayed. (Open: Daily 10 AM–5 PM. Closed for lunch 1 PM–2 PM and closed Thursday. Address: In the State Armory Chamber Kremlin; Sobornaya Ploshad. Metro: Borovitskaya / Alexandrovsky Sad. Entrance Fee: approximately 500 RUR.)

For something more affordable, browse the lively and enormous **Izmailovsky Souvenir Market**, just a few minutes' walk from Izmailovsky Park Metro. It is surrounded by a mock wooden fortress and decorated with charming statues of figures from Russian myth and folklore. You can expect the usual painted wooden matryoshka dolls, Cold War chess sets, amber jewelry and Soviet memorabilia. But this market is also interesting for its pre-war cameras and binoculars, traditional Russian handicrafts and an impressive selection of original paintings. (Open: 9 AM–5 PM, Address: Ismailovsky Park. Metro: Partizanskaya (formerly Izmailovskiy Park). Entrance Fee: approximately 100 RUR.)

Explore the more creative side of Russia at the **Museum of Modern Art**. This museum showcases works of 20th-century European art, featuring works by many of that century's major avant-garde Russian and European artists: Chagall, Goncharova, Kandinsky, Malevich, Picasso, Shemiakin, Kustodiyev, Petrov-Vodkin, Popova and Konchalovsky among others. (Open: Tues–Sun 10 AM–7:30 PM. Closed on the last Monday of every month. Address: Ulitsa Petrovka 25. Metro: Pushkinskaya. Entrance Fee: approximately 250 RUR.)



# Nicholas II

Reigned November 1894–March 1917

**The reign of Nicholas II, the last Romanov,** began with an omen. To celebrate his coronation in 1896, a large festival was held in Khodynka Field outside Moscow. More than 100,000 attended. When word got out that there was not enough food to go around, crowds rushed the stalls. In the frenzy 2,600 were killed or injured. Nicholas was convinced by his aides that the day's events, including a gala with the French ambassador, must go on. This advice did not bolster his popularity.

**When Nicholas II took the throne,** Russia was a great power. At his abdication it was near economic and military collapse. Some historians believe he was ill-prepared to take the crown after his father's death. At 26 years old, he had not received political training of any sort. He even asked his cousin Alexander, "What is going to happen to me and all of Russia?"

**Early in his reign Nicholas visited** the U.S. Congress and the United Kingdom's House of Commons. Despite that those hallowed halls impressed him, he wanted nothing to do with democracy. Back home, he made clear that he was the absolute autocrat of Russia.

**The Russo-Japanese War was Nicholas's first great failure.** Russia's expansion eastward conflicted with Japan's own ambition to grow its empire, so the Japanese attacked a Russian fleet without provocation. The ensuing long-distance war was unwinnable for Russia, but Nicholas pressed on, assuring his countrymen victory. He finally conceded.

**In 1903 and 1905 anti-Jewish pogroms, or riots, erupted.** They were fueled by materials in a newspaper funded by Nicholas's Minister of the Interior. Hundreds of Jews were injured and many were killed. Though Nicholas publically condemned the violence, he privately viewed anti-Semitism as a way to unify the rest of Russia behind him.

**When the priest George Gapon informed the government** that he would lead a peaceful procession to Nicholas's Winter Palace to deliver a petition, Nicholas left. The march was met with gunfire and chaos, staining the horrible event as "Bloody Sunday."

**The 1905 Revolution did much to change Russia.** The wave of unrest included strikes, uprisings and mutinies and opened the door to a limited constitutional monarchy, a multi-party system and the Russian Constitution of 1906. The legislative State Duma was also formed, which met four times until the empire's collapse in 1917.

**Nicholas and Russia were not prepared for World War I.** Despite its reputation as a "Russian steamroller," with millions of troops, its infrastructure and military equipment could not face the scale of what was before them. Revolution from within festered as the economy fell into ruin. In 1917 Nicholas had no choice but to abdicate and he and his family were exiled to Tobolsk. There, they were executed by Communist soldiers and local Bolsheviks.

## Anastasia

**Youngest daughter of Nicholas,** the Grand Duchess Anastasia was killed with the rest of her family. Or was she? At least 10 women came forward during the 20th century claiming to be Anastasia. These stories were bolstered by reports of missing remains—and of Bolshevik soldiers going house to house, searching for Anastasia Romanov. No one was ever able to prove any of these claims and, thanks to modern DNA testing, all Romanov remains are now accounted for.

## Moscow Canal

Because water has always been an important means of trade and travel, where there was no waterway, humans have been inclined to dig one. In Russia, Peter the Great, who ruled the empire in the early 18th century, envisioned an inland transportation network of canals that not only could transport goods more quickly, but could also bypass ports that were closed. His series of canals formed the beginning of a canal system that would later, in the 1960s, become the Volga–Baltic Waterway linking the Volga with the Baltic Sea.

The canal system may have been the brainchild of Peter the Great, but it was Joseph Stalin who made the most progress. Stalin rose to power after the Bolshevik Revolution and the creation of the Soviet Union in the 1920s. Within a few years of his reign, several million inmates populated his Gulag forced labor camps, and their most massive construction project was the 80-mile Moscow Canal connecting the Moskva River to the Volga. Begun in 1932, the entire project included constructing 7 concrete dams, 8 earthen dams, 11 locks, 8 hydroelectric power stations, 5 pump stations, 15 bridges and the Northern Passenger Terminal with its nearby cargo harbor. The dimensions of the project were far greater than those during the building of either the Panama or the Suez Canal projects, and yet the canal was finished within five years. When it opened on July 15, 1937, Moscow became an important port connected to all five Russian seas: the Black, Baltic, Caspian, Azov and White Seas. In addition, the canal provides for about half of Moscow's water consumption, and it is an important source of hydroelectric power. The ships' captains praise the even depth of the canal, its straight course and the fact that it is well protected from wind currents. Locals enjoy the shores of its numerous reservoirs as recreation zones, and passengers love the peace and quiet, the beautiful view and the attractive countryside.

## GUM

The ornate Neo-Russian façade of GUM (pronounced "goom" and meaning "main universal store") takes up nearly the entire eastern side of Red Square and looks far more like a palace than a shopping center. Built between 1890 and 1893, the building features an interesting combination of Russian medieval ecclesiastical architecture with an elegant steel framework and glass roof reminiscent of the great turn-of-the-century train stations of Paris and London. The stunning interior has three parallel arcades around a central fountain overlooked by galleries. As the largest store in Moscow, it was built to replace the old hall of the Upper Trading Rows, which existed earlier on the same site but burned down in 1825. The original hall contained some 1,200 separate shops and stalls and was one of Moscow's liveliest markets. After the 1917 Revolution, the arcade was nationalized and renamed GUM.

### Opening Hours

Sky Bar:	9:00 AM – 12:00 Noon * 7:00 PM – open end
Panorama Bar:	6:00 AM – 7:00 PM
<hr/>	
Shop:	9:00 AM – 12:00 PM * 12:45PM – 1:30 PM

*Your Viking Helgi team  
wishes you a happy and  
memorable day!*

### Ship Contacts

Reception: +7 (921) 900 14 18  
+7 (921) 900 14 28

### Ship Location

Moscow, Russia



# VIKING DAILY



Tuesday, July 02, 2013

Today's Weather: Partly Cloudy   
16 – 28 °C / 61 – 82 °F

**6:00–11:00 AM**

**Café Breakfast:** Coffee, juice and pastries are served in front of the Neva Restaurant.

**6:00–10:00 AM**

**Continental Breakfast:** Enjoy light breakfast in the Panorama Bar.

**7:00–9:30 AM**

**Buffet Breakfast:** Enjoy a buffet breakfast and a choice of dishes cooked to order in the Neva Restaurant.

**8:00 AM–3:30 PM**

**Optional Excursion: Sergiev Posad (Zagorsk).**  
Please meet our tour escort and local guide outside.  
**Bus 4C.**

*Lunch will be served on the tour.*

*Please keep in mind that "religious" dress code is recommended for the tour.*

**10:00 AM–5:00 PM**

**Optional Excursion: Bus to the City Center.**  
Please meet our tour escorts at the buses outside.  
**Buses 4A and 4E.**

**12:00 Noon**

**Lunch:** We welcome you for lunch in the Neva Restaurant.

**2:30–6:30 PM**

**Optional Excursion: Cosmonaut Museum.**  
Please meet our local guide at the bus outside.  
**Bus 4G.**

**5:30–9:45 PM**

**Transfer to the Bolshoi Theatre.**  
Please meet our tour guide at the bus outside.  
The ballet performance starts at 7:00 pm.  
**Bus 4J.**

**6:00–7:00 PM**

**Cocktail Hour:** Relax with a beverage while listening to live music in the Panorama Bar.

**7:00 PM**

**Dinner:** Chef de Cuisine Andre and the restaurant staff invite you for dinner in the Neva Restaurant. Bon appétit!

**9:00 PM–12:30 PM**

**Optional Excursion: Moscow by Night.**  
Please meet tour escorts at the buses outside.  
**Buses 4A, 4C, 4E and 4G.**

**8:30 PM**

**Live Music:** Enjoy some live music featuring Sigmund and Rose and try one of our cocktail specials!

**9:45 PM**

**Late Snack for the Bolshoi Theatre Group.**  
A snack is served in the Panorama Bar. Enjoy!

## TODAY'S MOVIES

Channel: 16    DVD Loop from 9:00 AM

*Memories of your Cruise*

Channel: 17    9:00 AM & 1:00/ 5:00/ 9:00 PM

*Gone with the Wind (1939) Part I*  
Length: 118 min



# Москва

**Moscow is the capital city as well as** the financial and political center of Russia and the former Soviet Union. Its population of about 13 million people makes it the most populous city in Europe.

**Named after its river, the city was first mentioned** by name in 1147 A.D. Just nine years later, in 1156, a wooden wall called the Kremlin was first built to surround and protect the new city. In 1237–1238 the Mongols burned the city to the ground, but during the succeeding years the city recovered and by 1327 it had become the capital of the independent principality of Vladimir-Suzdal, which collected and paid taxes to the Mongol-Tatar rulers. Moscow continued to expand, becoming the late medieval Rus' principality known as the Grand Duchy of Moscow (1300–1547), a precursor to the early modern Czarism of Russia (1547–1721). In 1480 Russia broke free from Tatar control and, under Ivan III, Moscow became the capital of a large and ever-expanding Russian Empire. In 1571, the Crimean Tatars sacked Moscow, burning everything but the Kremlin. The 17th century was an eventful one for Moscow—there was an uprising against the Czar, which the Swedes came to help suppress, then the Polish-Lithuanian army invaded but was defeated, then there were popular uprisings (the Salt Riot, the Copper Riot, the Moscow Uprising) and plague epidemics. Moscow ceased being the Russian capital in 1712 after Peter the Great founded St. Petersburg; in 1721, Peter the Great founded the Russian Empire. The plague outbreaks continued, including one in 1771 which took up to 100,000 lives in Moscow.

**In 1812 Napoleon invaded;** the Muscovites burned the city and evacuated as the French approached in mid-September. The famous Russian winter came, nearly annihilating the French army during its retreat; an estimated 400,000 died. Following the Russian Revolution of 1917, on March 12, 1918, Moscow became the capital of the Russian Soviet Federative Socialist Republic, and the Soviet Union less than five years later. It has remained the capital through the Second World War and the end of the U.S.S.R. A market-based economy has emerged and begun to thrive; in 1980 it hosted the Summer Olympic Games.

**Although the improved economy and modern era** have brought a variety of construction projects like the Moscow Monorail and new architecture, the city retains the spirit of old Russia with a downtown area dotted with majestic buildings of a faintly Islamic character. The Moskva River bends its way through the city, and most of the main sites are situated on the northern bank.

## TIP FOR TODAY

It is quite easy and not very expensive to make your way around Moscow on the city's subway system. One of the most heavily used rapid transit systems in the world, the Moscow Metro trains and escalators are fast and efficient—and as a bonus, a number of the stations are beautifully decorated with marble walls, soaring ceilings, elaborate chandeliers, mosaics depicting historic events and heroic statuary, including one guard dog whose nose can give you good luck if you rub it. Ask at Reception for a subway map and instructions on how to walk between your ship and the nearest subway stop.



# The Space Race

**At the height of the Cold War**, there was intense competition between the U.S.S.R. and the U.S.A. for supremacy in space exploration. A presence in space was seen both as a mark of technical superiority and critical for national security. In 1955, both countries announced plans to put an artificial satellite into Earth's orbit "in the near future."

**The U.S.S.R. achieved this goal first** with its October 4, 1957 launch of Sputnik 1, the first artificial satellite in space. The U.S. had done test launches by this time but President Eisenhower had taken a cautious approach toward using military equipment and legalities of international airspace. The U.S.A. scheduled its Project Vanguard launch for December 6 at Cape Canaveral but the launch failed. On January 31, 1958, nearly four months after the launch of Sputnik 1, the U.S. team launched Juno 1, its first artificial satellite.

**The next big milestone was putting a human in space.** Again, the U.S.S.R. was first; in April of 1961 cosmonaut Yuri Gagarin orbited earth aboard Vostok 1. The craft was automated because at the time nobody knew what would happen to a person in space and they could not be sure Gagarin would be able to operate controls. Vostok 1 orbited for 108 minutes and then came down; Gagarin ejected and landed safely using a parachute. Three weeks later, on May 5, 1961, Alan Shepard became the first American in space, steering Freedom 7 manually through space, though the craft did not achieve orbit. In February of 1962, astronaut John Glenn became the first American to orbit the earth; his craft, Friendship 7, completed three orbits before splashing down in the Atlantic Ocean.

**Finally—the race to the moon.** On May 25, 1961 President Kennedy announced the goal of landing a man on the moon and returning him to earth before the decade was out. The 1960s saw heroic efforts by both nations to complete a manned mission to the moon. Unfortunately there were accidents and fatalities on both sides, including the loss of the first Apollo mission crew—Gus Grissom, Ed White and Roger Chaffee—in a cabin fire in 1967 and the death of cosmonaut Vladimir Komarov that same year. On December 21, 1968 the Apollo 8 mission achieved lunar orbit. Then on July 20, 1969 the Apollo 11 mission crew—Neil Armstrong, Michael Collins and "Buzz" Aldrin—finally landed their lunar module Eagle on the moon. Some six hours later Neil Armstrong stepped outside for the first moon walk, saying the memorable words, "That's one small step for man, one giant leap for mankind." The following day Eagle rendezvoused with the Columbia command module; they left lunar orbit and splashed down in the Pacific Ocean on July 24. Beaten to the goal and plagued by technical problems, Soviet leadership cancelled their lunar landing program in 1970.

**The early 1970s** saw several more U.S. manned moon landings, probes to other planets and a new focus on orbiting space stations like Skylab and Mir. The U.S.A. and U.S.S.R. jointly conducted an orbital rendezvous by manned spacecraft in 1975. By the end of the 1970s, both were working on space shuttles and launching various scientific missions. While the Space Race was certainly a serious competition, in retrospect we can see that, unlike the arms race, space projects ultimately supported the easing of international tensions.



## Russia's Golden Ring

The Golden Ring is a grouping of cities northeast of Russia's capital, Moscow. These picturesque places are open air museums whose onion-domed kremlins, churches, cathedrals and monasteries preserve the memory of significant events in Russian history between the 12th and the 18th centuries—most significantly in the formation, development and preservation of the Russian Orthodox Church.

There were eight original Golden Ring cities, and more have been added to the list. On this itinerary you have the opportunity to visit three of the Golden Ring cities: Sergiev Posad, Yaroslavl and Uglich. Sergiev Posad developed in the 15th century around one of Russia's greatest monasteries, the 14th-century Trinity Lavra established by St. Sergius of the nearby town of Radonezh. (Its name was changed to Zagorsk in 1930, in memory of revolutionary Vladimir Zagorsky, but the original name was restored in 1991.) The monastery's buildings are beautiful from the outside, with their blue and golden domes, and also extraordinarily lovely on the inside, decorated with spectacular icons and cared for by black-robed Orthodox priests. Breathe in the incense and listen to haunting choral harmonies. The town also claims to be the birthplace of the *matryoshka*, Russian nesting dolls.

The historic center of Yaroslavl is not only a Golden Ring city but also a UNESCO World Heritage Site. Founded by Yaroslav the Wise, a prince of Kievan Rus', during his rule (988–1010 A.D.), Yaroslavl recently celebrated its millennium. The city center has numerous excellent examples of traditional Russian architecture, such as the 13th-century Assumption Cathedral, the 17th-century St. John the Baptist Church, the 17th-century Church of Elijah the Prophet and the 16th-century Transfiguration of the Savior Cathedral at the Spassky Monastery, all contained within a roughly triangular historic city wall. The city offers several secular buildings of interest, such as government offices, theaters, university buildings and the main train station, as well as green park-like spaces along the riverside.

Smaller than Yaroslavl, Uglich also offers a wealth of history to see and experience. In the city center are two beautiful monasteries, the Alexeyevsky and the Resurrection; the Alexeyevsky's 17th-century Assumption Church, featuring three tent-shaped roofs, is considered a true gem of Russian architecture. There are a number of other important churches in the area, but most visitors come to see the Church of St. Dmitry on the Blood. A Church on Blood is one specifically built to commemorate the murder of a member of the royal family; this one was sited on the spot where Ivan the Terrible's son Dmitry was killed.

Immerse yourself in the Golden Ring of Russian history.

### Opening Hours

Sky Bar:	2:00 PM – open end
Panorama Bar:	6:00 AM – 7:00 PM
Shop:	8:30 AM – 10:00 AM * 2:00 PM – 3:00 PM 5:00 PM – 7:00 PM * 8:30 PM – 10:00 PM

*Your Viking Helgi team  
wishes you a happy and  
memorable day!*

### Ship Contacts

Reception: +7 (921) 900 14 18  
+7 (921) 900 14 28

### Ship Location

Moscow,  
Russian Federation

Wednesday, July 3, 2013

Today's Weather: Sunny 

17 – 29 °C / 63 – 84 °F

*Dear Guests,*

*we are closing your accounts in the morning in order to prepare the bills for payment. From today we kindly ask you to pay cash or with credit cards for items purchased in the Shop, Restaurant or Bars.*

**6:00–11:00 AM**

**Café Breakfast:** Coffee, juice and pastries are served in front of the Neva Restaurant.

**6:00–10:00 AM**

**Continental Breakfast:** Enjoy light breakfast in the Panorama Bar.

**7:00–9:30 AM**

**Buffet Breakfast:** Enjoy a buffet breakfast and a choice of dishes cooked to order in the Neva Restaurant.

**8:45 AM-1:30 PM**

**Optional Excursion: Moscow Kremlin with the Armory.** Please meet our tour escorts and local guides at the buses outside.

**Buses 4A, 4C and 4E.**

**9:30 AM- 1:30 PM**

**Classical Excursion: Moscow Kremlin.** Please meet our tour escorts and local guides at the buses outside.

**Buses 4B, 4D and 4F.**

**1:00 PM**

**Lunch:** We welcome you for lunch in the Neva Restaurant.

**2:00-7:00 PM**

**BILL SETTLEMENT:** Authorized management is available at the **Reception Desk.**

**3:00 -7:00PM**

**Optional Excursion: Tretyakov Gallery.** Please meet your tour escort and local guide at the bus outside.

**Bus 4E.**

**6:00–7:00 PM**

**Cocktail Hour:** Relax with a beverage while listening to live music in the Panorama Bar.

**7:00 PM**

**Dinner:** Chef de Cuisine Andre and the restaurant staff invite you for dinner in the Neva Restaurant. Bon appétit!

**9:30 PM**

**Live Music:** Mingle with fellow guests in the Sky Bar for an after-dinner drink while enjoying some live music entertainment with Rose and Sigmund.

*Dear Guests,*

*The video "Memories of Your Cruise" will be distributed to your staterooms by our Cameraman Dmitry during the night time. Please contact the Reception Desk if you would like to purchase the video of the cruise.*

*Please hand in your Cruise Questionnaires at the Reception Desk.*

*We kindly ask you to return the books and games to the Library.*

*Viking Transfer schedule has been posted on the Information Board in the Reception Desk area.*

*Please leave your electronic receivers in the charger in your stateroom.*

## TODAY'S MOVIES

Channel: 16 DVD Loop from 9:00 AM

*Memories of your Cruise*

Channel: 17 9:00 AM & 1:00/ 5:00/ 9:00 PM

*Gone with the Wind (1939) Part 2.*

Length: 105 min

DEPARTURE INFORMATION - **UPDATED**



Luggage Outside of your Cabin Door	Room Number & Color Code Ribbon	Time of Departure from Ship	Airport	Flight Number	Time of Departure from Airport
2:00 AM	PINK 316/2, 324/2, 410/2	2:30 AM	SVO	KL 902	05:30 AM
2:00 AM	ORANGE 211/2, 331/2	2:30 AM	DME	OS 606	05:45 AM
	215/1, 317/2			BA 236	05:50 AM
	209/2, 305/2, 433/2			LH 2531	05:50 AM
	217/2			LX 1339	06:35 AM
	215/1, 221/2, 227/2, 229/2, 312/2, 409/2, 411/2			LH 1451	07:05 AM
3:00 AM	BLUE 208/1, 320/2, 321/2	4:00 AM	SVO	AF 1845	07:25 AM
3:00 AM	PURPLE 207/1, 228/2, 322/2, 436/2	4:00 AM	DME	LX 1325	09:10 AM
	210/2, 418/2, 430/2			UA 7695	09:10 AM
5:00 AM	GREEN 323/2	5:30 AM	SVO	AF 1145	09:45 AM
6:00 AM	RED 204/2	6:30 AM	SVO	SU 100	10:15 AM
6:00 AM	PINK 439/2	6:30 AM	SVO	KL 3181	10:40 AM
7:00 AM	ORANGE 200/2, 406/2, 438/2	7:30 AM	SVO	DL 31	11:40 AM
7:30 AM	BLUE 403/2	8:00 AM	DME	BT 419	1:00 PM
	203/2, 208/1, 224/2, 315/2, 414/2, 422/2, 437/2		DME	LH 2527	1:05 PM
	206/2, 223/1, 307/2, 308/2, 313/2, 333/2, 400/2, 404/2, 415/2, 431/2, 432/2		DME	LH 1445	1:40 PM
8:00 AM	PURPLE 329/2	8:30 AM	SVO	AF 1271	12:40 PM
10:00 AM	GREEN 303/2	10:30 AM	DME	AB 8395	2:40 PM
10:00 AM	RED 325/2	11:30 AM	SVO	SK 735	3:45 PM
10:00 AM	ORANGE 213/2, 214/2, 216/2, 219/2, 220/2, 222/2, 226/2, 230/2, 300/2, 301/2, 302/2, 304/2, 306/2, 311/2, 318/2, 319/2, 330/1, 419/2, 421/2, 423/2, 424/2, 425/1, 427/2, 429/2	12:00 NOON	DME	BA 232	5:15 PM
	405/2, 407/2		DME	EK 134	5:55 PM
10:00 AM	PINK 201/2	1:00 PM	SVO	SU 3704	4:55 PM
10:00 AM	BLUE 202/2, 212/2, 218/2, 309/2, 310/2, 402/2, 420/2, 428/2	2:00 PM	SVO	KL 904	6:00 PM
<b>MOSCOW EXTENTIONS - RED</b>					
8:00 AM	326/2, 328/2, 408/2, 412/2, 413/2, 416/2, 417/1	8:30 AM			

**TIP FOR TODAY**

At the Kremlin you will see a very large bronze bell. The Czar Bell, which weighs 445,170 pounds and is 20 feet tall with a diameter of 22 feet—is the world’s largest; it was broken during the casting process and has never been rung. The bell is so large that it has been used as a chapel. In 1836 the bell was raised onto its stone pedestal—an extraordinary challenge. According to a report on NPR, some Eastern Orthodox worshippers believe that on Judgment Day the bell will miraculously be repaired.



# The Kremlin

**From medieval citadel to modern power center**, Moscow's Kremlin has played a dominant role in Russia for over 800 years. Strikingly majestic and picturesque, it is the chief architectural wonder of the city with its mighty walls, ridge-roofed towers and eclectic mix of architecture that reflect all the paradoxes and cultural shifts of this fascinating country.

**Originally a small, fortified settlement on Borovitsky Hill**, by the end of the 14th century the citadel was surrounded with stone walls. Under Ivan the Great (1462-1505), the Kremlin became the center of a unified Russian state and the base of the twin powers of state and religion. This period saw the construction of the magnificent Cathedrals of the Assumption, the Annunciation and the Archangel, and the uniquely Russian Terem Palace, the royal residence. The addition of the Ivan the Great Bell Tower added to the imposing effect of the Kremlin skyline.

**Even when Peter the Great moved the capital to St. Petersburg**, Russia's rulers continued to leave their mark on the medieval town with the Kremlin Arsenal and the Neoclassical masterpieces of the Senate Building and the Great Kremlin Palace. After the 1917 Revolution, the Kremlin regained its rightful place as the seat of the Russian government; the legacy of the communist era is still visible in the large red stars that top many of the defensive towers and in the vast, modern State Kremlin Palace, originally the Palace of Congresses.

**Today, the Kremlin remains as alluring and enigmatic as ever**, a mixture of lavish opulence and austere secrecy. Two-thirds of the citadel territory is closed to visitors, but the remaining third contains enough treasures to occupy several days of sightseeing with not only one of the largest and most interesting museums in the world, but also the official residence of the President of the Russian Federation.

## Kremlin Armory

**One of the oldest museums in Moscow**, the Armory is a staggering treasure trove of czarist artifacts. Jeweled crowns and scepters; fabulous jewelry; embroidered vestments, gowns and shoes; furniture, china and tableware, religious icons and jewel-encrusted hymnals; carriages, hand-tooled saddles and golden harnesses; and regal thrones are on display, along with weapons and armor. Many of the items were exotic gifts from royalty of other countries, such as the Shah of Persia and the Sultan of Turkey. Perhaps the greatest treasures of the collection are ten extraordinary Fabergé eggs—each one an incredibly detailed miniature world unto itself.

## The Tretyakov Gallery

**Moscow's Tretyakov Gallery houses the greatest collection** of Russian fine art in the world with more than 150,000 works of painting, sculpture and graphics, ranging from the 11th century to the present. For most Westerners, Russian art has been something of a closed book. Then, in the 20th century, the world became familiar with Kandinsky, Chagall and Malevich. Now, the Tretyakov gives curious visitors the chance to discover the rich tradition from which these great artists sprang onto the world stage with realism, neoclassicism and the entire history of Russian art on display. *Please note: The tour focuses on the Gallery's collection of icons. If interested in the*



## Matryoshka Dolls

Contrary to popular belief, Russian nesting dolls, *matryoshka*, or “little matrons,” are not a primitive or traditional form of folk art. They are not pagan relics or even fully Russian, although Russia has made these intricate dolls its own. At over 100 years old, legend has it that the original matryoshka were inspired by a doll brought from Honshu, Japan.

In 1890, Sergey Malutin began to design the first set of eight dolls, and Vasily Zvyozdochkin carved them. Ten years later they earned a bronze medal at the Paris World Expo and became an exemplar of “Russian folk art.” Today the dolls are created much as they were by the original toymaker—each is hand-carved with the smallest dolls carved first, and the artisan works his way up to successively bigger dolls. Traditionally, one artisan carves the dolls and a separate artist decorates and paints them, making each little doll an individual work of art nestled within the greater artistic expression of the final product. The nesting doll has become a sort of cultural metaphor.

Traditional dolls depict women but some have other themes, like onion-domed churches, animals or Christmas. Some of the most popular sets depict Russian leaders in chronological order.

## Lacquer Boxes

Russian lacquer art is the direct descendant of icon painting, a highly developed art that was forbidden after the collapse of Imperial Russia. The icon painters found a new way to use their traditional skills, decorating papier-mâché and wooden boxes and other items with egg-based tempera paints and gold-leaf highlighting. The lacquerware, which is usually in the form of boxes for keeping jewelry or other small objects, is given a black background and then hand-painted with very colorful pictures, often depicting scenes from Russian folk tales. Some of the boxes are music boxes. It is also possible to get brooches, hair combs and other small items decorated in this manner.

The lacquerware is made in four Russian villages—Fedoskino, Palekh, Kholuy and Mstyora—all located in the Vladimir-Suzdal principality of central Russia. Fedoskino painters use oil-based paints while the other three centers continue to work in the egg-based tempera medium.

Prices and quality vary widely; you may be told that a box with a “signature” guarantees quality but this may not always be the case. The best way to choose a high-quality box is to look for the artwork’s level of detail—but the most important criterion is to get something you really like!

### Opening Hours

Sky Bar:	2:00 PM – open end
Panorama Bar:	6:00 AM – 7:00 PM
Shop:	8:00 AM – 9:30 AM * 2:00 PM – 4:00 PM 5:00 PM – 7:00 PM * 8:30 PM – 10:00 PM

*Your Viking Helgi team  
wishes you a happy and  
memorable day!*

#### Ship Contacts

Reception: +7 (921) 900 14 18  
+7 (921) 900 14 28

#### Ship Location

Moscow,  
Russia



# VIKING DAILY



Thursday, July 04, 2013

Today's Weather: Partly Cloudy 

18 – 30 °C / 64 – 86 °F

## Happy Independence Day to the US citizens!

*Your transfer to the airport is arranged according to your Viking Transfer Schedule.*

*You may find the Viking Transfer Schedule on the Information Board in the Reception Desk Area.*

*Your luggage will be picked up by our sailors and delivered to the pier at your transfer time.*

*Please make your way to the pier 10 min prior to the transfer time.*

*Please identify your luggage before boarding the transfer bus.*

### From 1:30-6:00 AM

**Early Disembarkation Breakfast:** Coffee, juice, pastries, yogurts and sandwiches are served in front of the Neva Restaurant for early departures.

### 6:00–11:00 AM

**Café Breakfast:** Coffee, juice and pastries are served in front of the Neva Restaurant.

### 6:00–10:00 AM

**Continental Breakfast:** Enjoy a light breakfast in the Panorama Bar.

### 7:00–9:00 AM

**Buffet Breakfast:** Enjoy a buffet breakfast and a choice of dishes cooked to order in the Neva Restaurant.

### 10:00 AM

**Disembarkation:** We kindly ask you to vacate your cabins and place your luggage in front of your cabin door.

### 11:00 AM –3:00 PM

**Disembarkation Lunch Buffet:** Please enjoy a lunch buffet in the Neva Restaurant.

## Thank You for Traveling with Us!

It has been a pleasure to serve you, and a privilege to share your journey—we hope that that you had a wonderful time, and that you are inspired to join us again.

Viking offers a variety of river cruises and cruise tours through Europe, Russia, China and Asia. For details and up-to-date information on availability, see your travel agent or visit our website at

[vikingrivercruises.com](http://vikingrivercruises.com).

On behalf of Viking River Cruises and your entire crew, we wish you a safe and comfortable journey home.

Nikolai Astrovik  
Captain

Herbert Bachner  
Hotel Manager

Konstantin Grzhelyak  
Program Director

## LITERARY QUOTE

*Rivers know this: there is no hurry. We shall get there some day.*

*A.A. Milne (1882–1956)*



# Featured Cruise

After entering the petite shop we headed down a long set of stairs to an underground system of tunnels, wine barrels, stone ceilings and a long table set up with tiny little wine glasses. It was after that first swirl, sniff and sip that it dawned on me: I'm wine-tasting in Beaune...in Burgundy...in France!

That was the beginning of what would become a wonderful week sailing with Viking on our *Portraits of Southern France* cruise, humming Edith Piaf's "La Vie En Rose" the whole way.

**In Vienne we opted out of the tour** and instead spent the afternoon at a café table on the sidewalk right in front of the Roman Temple of Augustus and Livia. I had two café crèmes that day—naughty, but I am on vacation. Fortified with caffeine, we strolled the charming streets of the city and eventually came across the Archaeological Gardens of Cybèle. It turned out to be a very "Roman empire in France" kind of day, and a memorable one, at that.

**My favorite (favorite!) day in France** was the one spent in Arles (I've always been a van Gogh fan) and Lex Baux de Provence. To see the setting of Café Terrace at Night, my favorite painting of van Gogh's, was an actual dream come true. I stood across the street, taking in the details of the yellow building, the tree above me that is also featured in the painting, and the little tables, all so very French-looking. I had always loved that painting—always wanted to step inside it and sip a glass of Sancerre while speaking fluent French under the stars on a warm summer night.

**These are just a few of the days** and experiences that float to the top of my memory whenever someone asks me how my trip was. In truth, I could write for pages, go on and on about each day and the ways in which it was special to me. The one true surprise was the seemingly insignificant way in which I grew up (at my age!). I love food of all kinds, but on the short list of things I would never eat was lamb (my mother served me mutton as a child and apparently I never recovered). Chef Magalie's food was so over-the-moon divine that when she recommended the lamb before dinner one night, I simply had to trust her. It was delicious. And as much as I loved the gorgeous towns of southern France, and as much as I loved her gorgeous food, I would do the whole week over again. In a heartbeat.

*No one realizes how beautiful it is to travel until he comes home and rests his head on his old, familiar pillow.*

Lin Yutang (1895–1976)

林語堂



# Love History? You'll Love Russia, China and Europe

History is, of course, a part of every place we visit, and you can trust Viking's expert guides to bring each and every historic discovery to life. From the Roman ruins of Arles in southern France to Beijing's Forbidden City and St. Petersburg's Winter Palace and hundreds of fascinating places in between, the myriad historical sites are as exciting as the destinations themselves. Take a look at one of our favorites...

## IMPERIAL JEWELS OF CHINA

**In Shanghai, China's largest city,** the Shanghai Museum features a world-class collection of ceramics, bronzes and paintings. Another great museum—the Hubei Provincial Museum in Wuhan—is home to artifacts dating to the Warring States period. Here you can listen to the music of ancient bronze bells.

**The Three Gorges and Lesser Three Gorges** treat you to magnificent scenery of mist-shrouded mountains and the legendary Twelve Peaks. There are a number of historical sights, including the hanging coffins of the Ba people and the ancient plank road carved into the cliff side. Also overlooking the Yangtze is Shibaozhai Temple, a Qing Dynasty architectural masterpiece built in 1650. Translated as 'Precious Stone Fortress,' the temple has been constructed without nails. Perched atop a sheer, 721-foot-high cliff, the 12-story red pavilion offers breathtaking views of the river below.

**One of the greatest highlights of your Viking journey** through China is the Terra Cotta Warriors. Xian's history stretches back more than 3,100 years and it was China's capital city for 12 imperial dynasties. The city is encircled by the most complete ancient city wall in China, and is home to what is possibly China's greatest archeological treasure, the Qin mausoleum. Here, Emperor Qin Shi Huang was entombed more than 2,200 years ago, with thousands of life-sized terra cotta warriors. He was just 13 years old (246 B.C.) when work began on this extraordinary mausoleum. Now a UNESCO World Heritage Site, each warrior and horse has its distinctive features. Equally impressive is the size—the home of the Tang Dynasty covers more than 19 square miles.

**From Beijing, travel to nearby Badaling Hills** to see one of the most impressive and best-preserved sections of the Great Wall of China—a 4,000-mile-long fortification built between the 5th century B.C. and the 16th century A.D.



# Catherine the Great

Reigned July 1762–November 1796

**Catherine the Great came to power after the assassination of her husband**, Peter III, at the close of the Seven Years' War. Peter III only ruled for seven months. During her rule—the longest by a female in Russian history—she revitalized a stalled Russia and grew the country into one of Europe's great powers. The Catherinian Era, as her rule is often called, gave rise to the Golden Age of the Russian Empire.

**It would be an understatement** to say that it was Catherine's failed marriage that brought her to power. Several influential political groups opposed her husband, Czar Peter III, mostly because of his admiration for Prussian king Frederick II. Indeed, Peter's relationship with Frederick alienated those with whom Catherine had worked to foster good will toward the throne. So she quietly allied herself with the so-called rebels. She had Peter arrested and forced him to sign a document abdicating the throne to her. Shortly after, Peter's guards strangled him to death, perhaps at the order of the new Empress. There was no love lost: during her marriage to Peter III, Catherine earned a reputation for promiscuity. When Peter came to believe he was not their child's true father, he yelled at her to "Go to the devil!" Later during her rule she took many lovers and gave them high positions in her court. When she lost interest in them she sent them on their way with a parting gift of a large estate or an army of serfs.

**Catherine expanded the Russian Empire** to reach into Poland and areas around the Black and Azov Seas. In the 1740s Russian fur traders set sail to the Aleutian Islands of Alaska and formed a series of settlements that would come to be known as Russian America.

**Catherine established the Smolny Institute**, or the Institute for Noble Maidens, Europe's first higher education institution for women financed by the state. She held western European philosophies, culture and education in high regard, and was a vigorous patroness of the arts. The massive collection at St. Petersburg's Hermitage Museum—originally built as the royal Winter Palace—began as her private collection. She supported the writings and works of French writer Voltaire; they corresponded for 15 years until his death. And she was a great fan of Russian opera and ballet, even having a private theater built at the Winter Palace.

**Because Catherine was not a direct descendant of Russian royalty**, her technical status as ruler has been debated. She began her royal life as Empress consort, or "merely" the wife of a reigning Emperor. As such she had no right to the throne upon Peter's death. She took those rights anyway, making her an Empress regnant, or one who rules in her own right.

## Opening Hours

Sky Bar:	4:00 PM – open end
Panorama Bar:	6:00 AM – 7:00 PM
<hr/>	
Shop:	8:00 AM – 12:00 Noon * 3:00 PM – 7:00 PM

*Your Viking Helgi team  
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### Ship Contacts

Reception: +7 (921) 900 14 18  
+7 (921) 900 14 28

### Ship Location

Moscow,  
Russia