



Stockholm old town

# Dental Cruise in the Baltic

14 – 23 September 2020





Church of Spilt Blood, St Petersburg

**This 9-night fully inclusive cruise takes you to some beautiful parts of the Baltic. Cruise on the MS Norwegian Escape from Copenhagen to Warnerbunde, Tallinn, St Petersburg, Helsinki and Stockholm. The cruise includes two private escorted shore excursions, exclusive to Jon Baines Tours participants, as well as a wide array of optional excursions, alongside CPD dental lectures from Dr Derek Mahony during sailing time at sea. There will be a number of other lectures and these will be confirmed prior to the cruise taking place. You will also have the opportunity to add your own contribution to discussions in the Open Forum section.**

Arrive in Copenhagen and board the MS Norwegian Escape for a welcome cocktail party to meet the group before dinner and setting sail.

The first morning dock in Warnermunde in Germany. There is an optional half day tour to Rostock, which will be private to Jon Baines Tours, or you may take the optional ship's excursion to Berlin. On the JBT tour, take a

walking tour through Warnermunde and learn about this once small fishing village and how people in the GDR used fishing boats to escape the country. See where Edward Munch used to paint on the beach and take the local train on a short trip to the Hanseatic town of Rostock to see the Cloisters, the old town gates and wall and the 600-year old university. Visit St. Mary's Church and see the astronomical clock dating from 1472. There will be some free time in Rostock before returning to the ship by train.



Rostock



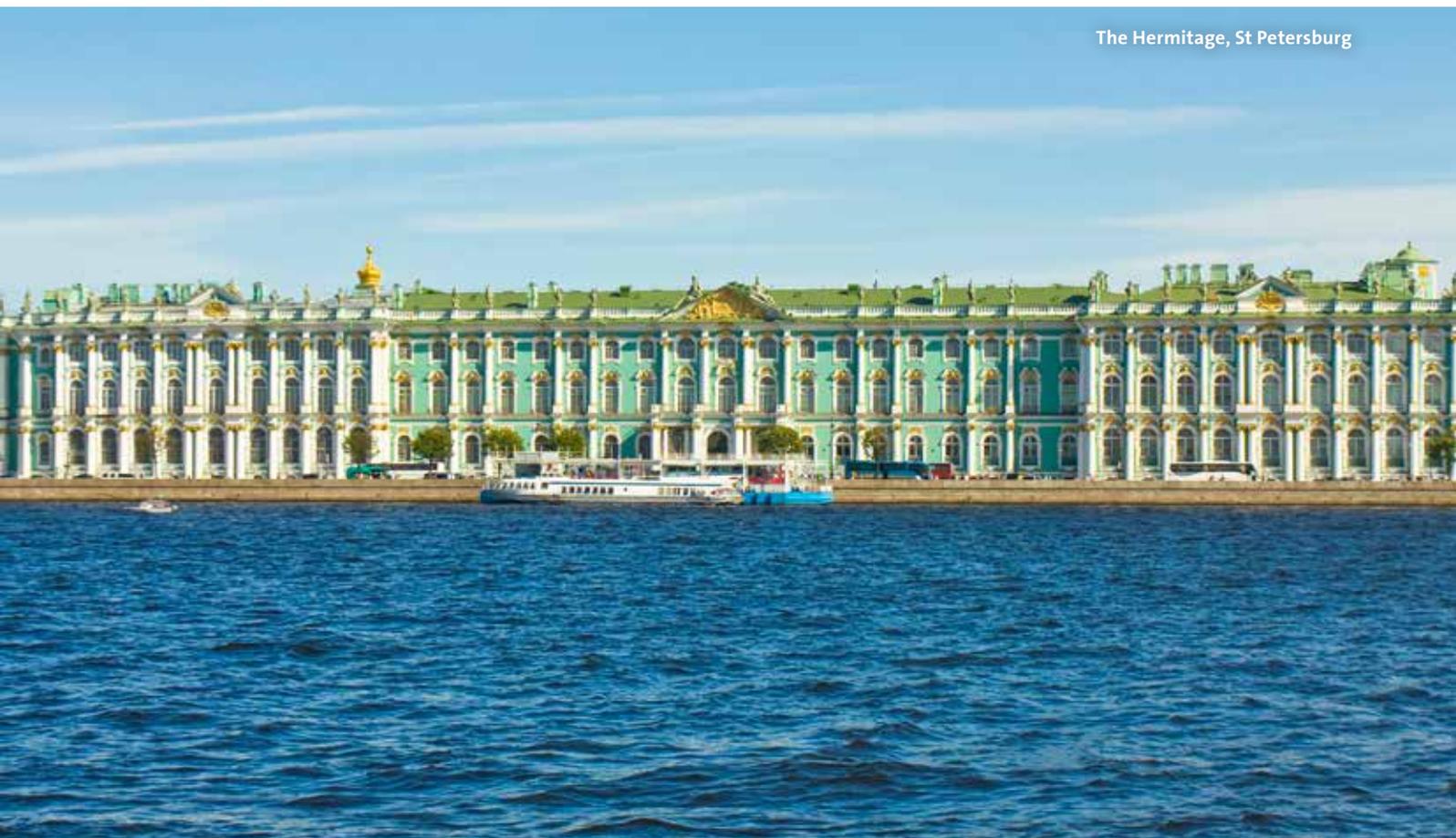
Tallinn (top); Helsinki Harbour (above)

Spend the next day at sea, with dental lectures by Derek Mahony.

Arrive in Tallinn, one of the finest medieval towns in Northern Europe, and disembark for a private shore excursion. Pass Kadriorg Park, founded by Peter the Great in honour of his wife, and the Song Festival Grounds, where the famous Estonian song festivals are held. Enjoy panoramic views of the Old Town and Tallinn Bay. Drive to Pirita, the well preserved 16th-century ruins of the St. Birgitta convent, and explore the old town by foot. See the Hermann Tower before walking to Toompea Hill to see Toompea Castle (now the Parliament of Estonia), the Russian Orthodox Church of St. Alexander Nevski and the giant 'Hate Wall' which separated the city into two distinct sections, with the upper section home to royals and the lower town for common folk. Huge gates prevented peasants from entering the hilltop area and the wall became a symbol of class divisions.

See the famous 13th century dome church, St Mary's Cathedral and visit the medieval pharmacy. There will be some free time to relax before returning to the ship.

The Hermitage, St Petersburg





Arrive in St Petersburg, a city that surpasses anything in Europe for sheer scale and grandeur. Stop in this great city for two days at leisure, with many optional full day and half day excursions on offer. There is also an optional evening excursion to watch the famous Russian Ballet.

Continue to the beautiful town of Helsinki, set amidst bays, inlets and islands and overflowing with magnificent architecture and design. Disembark for a private shore excursion, visiting the New Classical Senate Square and seeing the Presidential Palace, the Uspenski Cathedral, Parliament House, Finlandia Hall and National Museum. Visit the Sibelius Monument, the Oodi Library and Market Hall. On returning to the port, stop at the Rock Church and explore this architectural masterpiece. The afternoon is at leisure.

Next stop is Stockholm, the epitome of minimalist Scandinavian elegance. There is the option of a private shore excursion with Jon Baines Tours, or you may explore at leisure.

Return to the ship for the return journey to Copenhagen, listening to lectures during the time at sea. Disembark in Copenhagen.

## Lectures

During the cruise Derek Mahony will provide a series of CPD dental lectures. There will also be an Open Forum on 22nd September; if you would like to present a talk, please let us know at least 3 months before the cruise departs.



Stockholm old town (Gamla Stan)

# Itinerary 14 – 23 September 2020

**B** = Breakfast **L** = Lunch **D** = Dinner

Copenhagen – Warnerbunde – At Sea – Tallinn – St. Petersburg – Helsinki – Stockholm  
– At Sea – Copenhagen

**14 Sept (Mon) Copenhagen, Denmark** **D**  
**Pm** Arrive in Copenhagen and transfer to ship  
**Eve** Welcome cocktail party before dinner

**15 Sept (Tue) Warnermunde, Germany** **B L D**  
**Am** Optional half day tour to Rostock (private tour with Jon Baines Tours). Walking tour through Warnermunde and take the train to the Hanseatic town of Rostock for walking tour to see the Cloisters, the old town gates, the 600-year old University, St. Mary's Church and the astronomical clock from 1472. Free time in Rostock. Option to join the ship's excursion to Berlin  
**Pm** At leisure

**16 Sept (Wed) At Sea** **B L D**  
**Am** Dental lectures by Derek Mahony  
**Pm** At leisure

**17 Sept (Thur) Tallinn, Estonia** **B L D**  
**Am** Disembark and explore Tallinn old town by foot, including Hermann Tower, Toompea Castle, the Russian Orthodox Church and the medieval pharmacy. At leisure and return to the ship  
**Pm** At leisure or dental lectures (D. Mahony)

**18 Sept (Fri) St. Petersburg, Russia** **B L D**  
**Am** Take one of the ship's optional excursions to explore the famous city of St. Petersburg. There are both full and half day options available  
**Eve** Optional excursion to the Russian Ballet

**19 Sept (Sat) St. Petersburg, Russia** **B L D**  
**Am** Explore St. Petersburg with one of the ship's many excursion options

**20 Sept (Sun) Helsinki, Finland** **B L D**  
**Am** Disembark and drive to Helsinki. Visit the New Classical Senate Square, see the Presidential Palace, Uspenski Cathedral, Parliament House, Finlandia Hall, the Sibelius Monument and Market Hall. Stop at the Rock Church, an architectural masterpiece  
**Pm** At leisure

**21 Sept (Mon) Stockholm (Nynäshamn), Sweden** **B D**  
**Am** Optional shore excursion to Stockholm (private tour with Jon Baines Tours)

**22 Sept (Tue) At Sea** **B L D**  
**Am** Dental lectures and Open Forum  
**Pm** At leisure

**23 Sept (Wed) Copenhagen, Denmark** **B**  
**Am** Disembark and transfer to the airport

**NB: All itineraries are subject to change according to local conditions.**

\*\* Lunch is included on the 15th and the 20th onboard the ship if taking the Jon Baines Tours optional excursions. If you are taking part in an excursion organised by the ship, please see their documentation for details.

Nyhavn, Copenhagen





MS Norwegian Escape

## MS Norwegian Escape

MS Norwegian Escape is a superior large cruise ship with excellent amenities and a modern, stylish design. The atmosphere on board is relaxed and international and with a ship with this much space, there are areas to suit all preferences, from social to active to quiet. There are more than 25 different restaurants, providing many different dining options and no fixed dining time. The Waterfront is a quarter-mile oceanfront promenade and there are 14 bars and lounges and a vast range of entertainment options. Other amenities include a Snow Room and a full spa. We have a wide range of cabins available, from inside single studios to upper deck balcony cabins. These will be allocated on request on a first come first served basis.

## Ship's shore excursions

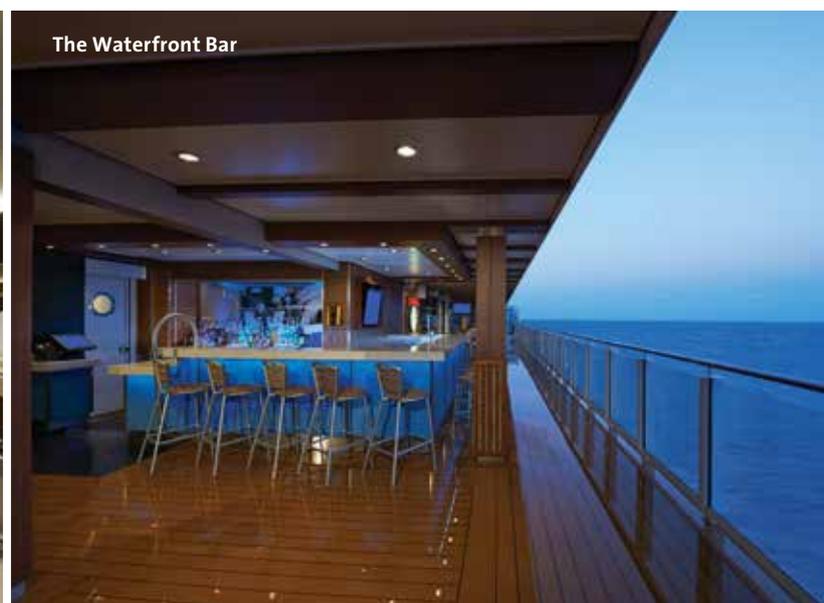
In addition to the two private shore excursion included in Helsinki and Tallinn, there are multiple shore excursion options available via the cruise ship, including in Warnemunde (for Berlin), Stockholm and St. Petersburg. A full list of these will be available three months before departure and will be bookable online direct with the cruise company one month before departure, or once you are on board the ship.

Please note that if you take part in one of the ship's shore excursions in St. Petersburg, the ship will organise a Russian visa on your behalf.

**If you wish to organise your own time in St. Petersburg, you will have to arrange your own Russian visa before you travel.**



Spa Balcony Cabin



The Waterfront Bar



Atlas, St Petersburg

## Tour Leader

**Derek Mahony** is a Sydney based orthodontist who has spoken to thousands of practitioners about the benefits of interceptive orthodontic treatment. Early in his career Dr Mahony learned from leading clinicians the dramatic effect functional appliance therapy can afford patients in orthodontic treatment. He has been combining the fixed and functional appliance approach ever since. His lectures are based on the positive impact such a combined treatment approach has had on his orthodontic results and the benefits this philosophy provides in reducing extractions of teeth. After completing his Dental Degree at the University of Sydney Dr Mahony completed his Masters degree in orthodontics at the Eastman Dental Hospital, Institute of Dental Surgery, London, followed by a diploma in orthodontics at the Royal College of Surgeons, Edinburgh. Dr. Mahony has also passed the Royal College of Dentists in Canada post graduate examination in the field of orthodontics.

## Cabin Prices

**T1 Single studio: £2,220**

**ID Twin inside: £1,770**

**ID Twin inside for single use: £2,650**

**OB Mid ship twin with picture window: £1,960**

**BE Balcony twin: £2,280**

**MB Mid ship suite with balcony: £2,495**

**M9 Spa mini suite with balcony: £2,590**

### The cost includes:

- 9 nights' accommodation onboard the MS Norwegian Escape with private facilities
- Tour leader and speaker (Dr Derek Mahony)
- Private dental lecture programme
- Private welcome cocktail party
- Comprehensive briefing notes
- All meals on the cruise ship (in one of their 5 complimentary restaurants), plus an upgrade to have 4 dinners in selected speciality restaurants
- Premium drinks package
- Private escorted shore visits in Tallinn and Helsinki
- Admission fees where applicable
- Services of English-speaking local guides on excursions
- Cabin portorage and tips

### The cost excludes:

- International flights and airport transfers
- All optional shore excursions, tours and visits
- Meals and drinks not mentioned
- Travel insurance
- Visa (if required)

### Shore excursions:

In Warnermunde and Stockholm we are offering optional shore excursions that will be private for our group.

Our tour to **Warnermunde and Rostock is £64 per person** (based on minimum number)

Our tour to **Stockholm is £170 per person** (based on minimum number)

### Flights:

**Flights are not included in the cost of the tour, but we can assist with booking them. We can also assist with any pre or post cruise accommodation you may need.**

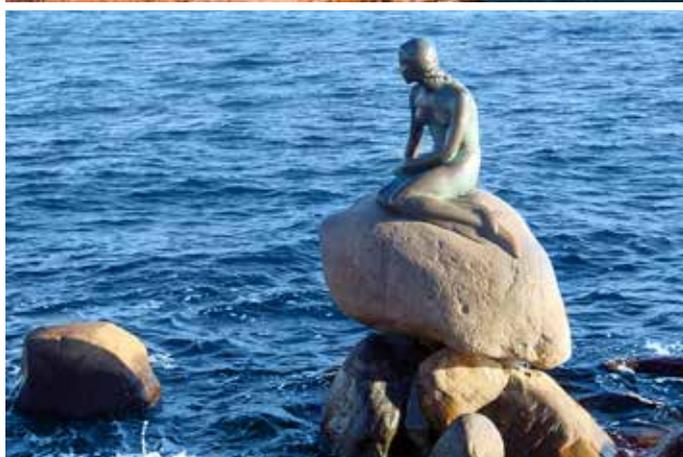
# About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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[www.atol.org.uk/ATOLCertificate](http://www.atol.org.uk/ATOLCertificate)

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Astronomical Clock, Rostock (top); Catherine Palace, St Petersburg;  
Baltic Coast of Sweden; Little Mermaid, Copenhagen (above)



Jon Baines  
tours

