



Castro Valley, CA 94546
www.cvskiclub.org

CVSC SkiZette

March, 2026



EVENTS CALENDAR

(f) = flyer in this issue

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MARCH

- 11 CVSC Board meeting at Maggie's
- 18 CVSC General meeting at Don Jose's Mexican Restaurant @ 6pm

APRIL

- 8 CVSC Board meeting at Dennie's
- 15 CVSC General meeting at Don Jose's Mexican Restaurant @ 6pm

MAY

- 20 CVSC General meeting at Don Jose's Mexican Restaurant @ 6pm

UPCOMING

- 6/27-7/12 CVSC Sicily Trip, Italy (f) pg 10
- 9/15-26 CVSC Lyon & Provence River Cruise with pre trip to Nice (f) pg 11
- 2027:
5/19-26 CVSC Mississippi River Cruise (f) pg 12

BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: skibac.org

Far West Ski Assoc: fwsa.org

- 9/26-10/3 FWSA Dive Trip, Cayman Islands (f) pg 14
- 11/30-12/8 BAC Christmas Markets Cruise along the Danube (f) pg 15

Catherine Beecher	2
Richard Ableser	11
Paula Kinahon	20

MARCH BIRTHDAYS



President's Message

Happy March everyone! We had a great day at the Alameda County Community Food Bank -- a small but mighty group packed apples and potatoes. We accomplished a lot. Many thanks to Wayne for setting up our day at the food bank. We learned much about operations and needs within the community.



Claudia Fernandes
President

We had a good turnout at our last meeting -- appetizers were great! This month there will be margaritas at the meeting. Hope to see you there!

We have several events coming up this year! Hawaiian luau, Halloween party and a Christmas party to enjoy with friends. Concerts in the park, wine Wednesdays, taco Tuesdays and more are in the future. Our thanks to Pat for working on our events.

We lost one of our founding members, Norm Prickett. It was a very nice service some of us attended this month our hearts go out to his wife, Sherri, on her loss. He was a wonderful person!

We'll have a happy Saint Patrick's day. May you have the luck of the Irish!

Enjoy and be safe this month

Claudia



SkiZette Policy

NEWSLETTER

DEADLINE: 5th of the month

Articles submitted by this date will be included in the following month's newsletter .

Submit articles to:

Dennie Warren, Editor

email: dennieluuu1@gmail.com



Didn't get your newsletter? - Change of Address? -

PLEASE Contact Maggie Jong, VP Membership

email: mozoro25@gmail.com

SPORTING GOODS EXCHANGE

Got any sporting equipment (i.e. skis, snowboards) and/or clothing that you no longer can use, don't want, etc..... let me know & I'll put it here!!!!

OR.... If you need the above let me know as well!!!

This also goes for winter/ski cabins that you'd like to offer for rent or are looking for same.... Let me know!!!!

(Dennie—your editor — dennieluuu1@gmail.com)

GREENHOUSE MARKET-PLACE

Do you do lots of canning (fruit — jams/ jellies/preserves) and would like members to know about it — let me know & the word will go here!!!!

Are you blessed with culinary expertise (make pies, special desserts, etc) and would like to share?? Also, let me know!!!



2026...June 22 or 27-July 12 Sicily's Ancient Landscapes & Timeless Traditions
Overseas Adventure Trip - Sicily travel experience, you'll discover an Italian island with more than 3,000 years of history. Once home to a Greek colony, a Roman province, an Arab emirate, a Norman kingdom, and more, traces of ancient conquerors can still be found in Sicily's well-preserved ruins, elegant architecture, and gastronomic delights. And thanks to our expert Trip Leader and small group size you can go behind the scenes and off the beaten path. This is a small group trip. Only 18 spots were available. If interested contact me we may be able to add one more to this trip.

2026...Sept. 15-26th Lyon & Provence River Cruise with Nice - FULL - WAIT LISTED
We have 34 members going on this adventure. We start off with 3 days in Nice before we board a 7-day River Boat to Lyon, France. This trip is all inclusive & includes all tips & air and many excursions.

2027...May 19-26 MISSISSIPPI RIVER CRUISE - New Orleans to Memphis
We have 6 cabins booked so far.
Cruise fare includes: All meals while onboard the ship (including drinks with meals) and a nightly cocktail party with hors d'oeuvres. A full enrichment package with guest speakers and nightly entertainment is offered throughout the cruise. All Featured Shore Excursions are included. Taxes, gratuities, and port charges and fees are included in the cruise fare.

This boat will fill fast, other groups are also booking. See flyer how to reserve your cabin.

*Tucker & Kathy
CVSC Travel*



Tucker - CVSC Travel Director & Kathy
2657 Rivers Bend Circle, Livermore CA 94550
tkhoffmann@comcast.net cell # 510-329-4242

CVSC CST # 20810

February general meeting..... !!!!!





Castro Valley Ski Club Volunteers at Alameda County Community Food Bank

On Monday, February 23, nine members of the Castro Valley Ski Club volunteered at the Alameda County Community Food Bank (ACCFB) in Oakland. Wayne and Pam, Dennie and Rich, Carrie and Howard, Claudia, Dave, and Anne joined groups from the Golden State Warriors, KPMG, and Kaiser to sort and repackage food in the ACCFB's enormous warehouse.

Since most of our group had not previously volunteered at ACCFB, we were, along with the other groups, ushered into a spacious room where an ACCFB staffer named Autumn gave us an overview of ACCFB operations and told us how our volunteer effort would help to further ACCFB's mission to reduce food insecurity in Alameda County.

After the overview, we dropped off our coats and water bottles in the break room, thoroughly washed our hands, optionally put on gloves, and were assigned our first task of the day – sorting and packaging red delicious apples. We gathered around a pair of gaylords, essentially large (46" x 38" x 24"), octagonal cardboard containers that rest on pallets, and were instructed to sort through the thousands of apples in the gaylords, discard the bad apples into orange compost buckets, and fill slender, expandable, yellow mesh bags with the good apples. After filling each bag, we tied off the top and put the bag in yet another gaylord reserved for our completed packages. Depending upon the size of the apple, about 12-14 apples would fill a bag.

As we were getting into the rhythm of sorting and packaging, we were visited by Angeli, a friend of Wayne's, and Leadership Gifts Manager for ACCFB. Angeli worked along with us and provided more background information about ACCFB and, when it was time for a break, offered to take us on a tour of the warehouse, especially the Community Market where clients and partner agencies pick up food for their local communities, and where pallets of food are staged for delivery to partner agencies.

On our way to the Market, we came across the Eat. Learn. Play. Bus donated by the Stephen and Ayesha Curry's Eat. Learn. Play. Foundation. ACCFB has partnered with Stephen and Ayesha Curry's Eat. Learn. Play. Foundation since its founding in July 2019. Eat. Learn. Play. is committed to unlocking the amazing potential of every child by fighting to end childhood hunger, ensuring students have access to a quality education, and providing safe places for all children to play and be active.

Launched in September 2021, the Eat. Learn. Play. Bus embodies the three core pillars of Eat. Learn. Play, bringing each one to life in fun and engaging ways. With a first-of-its-kind design, the bus provides nutritious meals and groceries, age-appropriate books, and much more to Oakland kids and families. The bus is designed to attract kids and their parents alike, making the reception of resources an exciting family time.

The passenger side of the bus focuses on food distribution and includes everyday grocery staples, quality meals prepared by local restaurants, and fresh fruits and vegetables from California farms.

The driver's side of the bus features a free mobile bookstore that delivers new, culturally appropriate books for kids to explore their identities with curiosity and kindness as well as books that spark imagination and introduce new perspectives and possibilities. And not to be missed are the basketball hoops that fold down when the bus is stationary so that kids can launch a few balls between snacking and reading.

As the lead partner for the Eat. Learn. Play. Bus, ACCFB leads day-to-day logistics, operating the bus on its regular route and at special events. The bus primarily serves lower-income Oakland students and families in communities that face high food insecurity and lower literacy rates.

After we left the bus and headed towards the market, Angeli told us that some larger agency partners order their food online so that the food is on pallets and shrink-wrapped and ready for the agencies when they arrive to pick up the order. Smaller agencies access a part of the market that is like a grocery store with produce and shelf-stable products ready to be selected from open boxes on shelves. We saw fresh stalks of fennel, large leaves of kale, and other beautiful produce waiting to be claimed.

While the California Department of Healthcare Services estimates that about 20% of Californians are food insecure, and the state spends approximately \$7.2 billion on health care associated with food insecurity, Angeli explained to us that, in Alameda County, about 25% of the residents are food insecure. The effects of the pandemic and recent severe job cuts across the county have contributed to making Alameda residents more food insecure.

One of the ways in which ACCFB helps residents become more food secure is to enroll individuals and families in CalFresh, California's food stamp program. For over twenty years, ACCFB has operated its CalFresh Outreach Program — the longest-running program of its kind in California, and one of the largest in the nation. The CalFresh outreach team includes sixteen multi-lingual staff whose work creates a ripple effect benefiting the *entire* community. ACCFB estimates that its CalFresh outreach efforts have helped “well over 100,000 households” in this time. And, in the past five years alone, the outreach team helped provide over 31 million meals in CalFresh benefits — while bringing more than *\$175 million* in economic stimulus to the local economy. It should be noted that when the ACCFB outreach team helps clients complete CalFresh application forms, the approval rate for these applications approaches 96%.

Angeli then went on to explain that the Food Bank neither accepts nor distributes soda. “The last straw was Pepsi Blue,” recalls Suzan Bateson, then executive director of the Food Bank. The soda, which was ubiquitous in stores in the early 2000s, also happened to take up a lot of space in the Food Bank's warehouse.

It may seem strange today, but 20 years ago soda and other sugar-sweetened beverages played a large role in food banking. At the time, food banks were judged almost entirely by the pounds of food distributed and even needed to meet quotas set by Feeding America. Soda, among other things, was heavy and helped (so to speak).

The negative health impacts of soda on the Alameda County community were as clear in 2005 as they are today. It just took one of the boldest moves in food banking history to do something about it.

After consulting with ACCFB's Board ("Have you lost your mind," they asked.) and offering an ambitious plan, Suzan changed the future of food banking by banning soda from ACCFB's distribution model and replacing the pounds of soda with farm-fresh fruits and vegetables.

Farms were growing produce in excess, which was an untapped opportunity. Food banks were just getting into the business of produce at the time (in very limited quantities), but with the right resolve and teamwork, the potential was practically limitless.

The Food Bank first partnered with other local food banks to split truckloads of produce. ACCFB's operations team quickly learned how to turn around highly perishable food, while its programs and nutrition teams worked with agency partners and clients to navigate the shift. Soon enough the agencies and, importantly, clients, began to like the change.

In just one year, ACCFB completely replaced with fresh produce a 1-million-pound gap left by soda. Today, farm-fresh fruits and vegetables make up more than half of what ACCFB provides, approximately 25 million pounds per year.

It was about this time that Regi Young, ACCFB's executive director since September 2021, unexpectedly emerged from the administrative offices adjoining the warehouse to greet us and offer his thanks for our volunteer effort. After a few words of conversation and encouragement, he excused himself and rushed off to his next meeting.

Near the end of our tour, we learned about another ACCFB program known as Food as Medicine. Starting in January 2024, ACCFB became the first food bank in California to provide medically supportive food and nutrition services within CalAIM (California Advancing and Innovating Medi-Cal), a multi-year initiative to transform California's Medi-Cal program by providing coordinated, whole-person care and addressing social determinants of health.

In partnership with Alameda Alliance for Health, the primary Medi-Cal plan in the county, ACCFB provides to enrolled Medi-Cal patients with chronic conditions 12 weekly home deliveries of nutritious food that includes 20-24 pounds of pantry staples, organic produce, and a lean protein. ACCFB's Food as Medicine program is now fully staffed and is working towards a goal of referring 50 new patients each month while advising other food banks on how they can implement similar programs. ACCFB's Food as Medicine initiatives are a core part of its Food Justice efforts, working at the intersections of food access, nutrition, health, and healthcare.

After all the education provided by Angeli, our extremely long break came to an end as we returned to our volunteer effort – this time sorting and packaging Russet potatoes that awaited us in 50-pound bags. The process was the same as with apples, discard the bad, package the good, this time in red mesh bags. As with the apples, depending upon the size of the potato, about 12-13 potatoes would fill a bag.

We noticed that there were volunteers whose only task seemed to be making red and yellow bags out of long, plastic mesh tubes. They would cut predetermined lengths of stretchy mesh tubing and tie a knot in one end. Voila, a bag fit for apples or potatoes.

Because of our exceedingly long break we did not sort through very many potatoes before our shift neared completion. We were given instructions to clean our workstation, empty our orange buckets of discarded apples and potatoes, and prepare to leave but not before we were given statistics for the day's efforts by all volunteers. Although I cannot remember the numbers, the results were cheered by all.

We were curious to know what ACCFB did with all the discarded produce that accumulates after each volunteer shift. Anjali told us that a hog farm in the South Bay takes all the composted produce to feed its livestock. Depending on logistics, ACCFB may deliver the compost to the hog farm, or the hog farm may pick up the compost after having made a delivery to the Oakland area. Our group was not very tired after our volunteer effort, but we were hungry and thirsty. Wayne proposed that we go to Fieldwork Brewery in San Leandro where we surrounded a rectangular firepit and ate pizza and wraps and drank wine and beer in a large, open-roofed patio room. All agreed that this was a fine end to a very worthwhile and productive day.

Many of our group suggested that we get together this summer for another volunteer effort at ACCFB. Stay tuned to your CVSC *SkiZette* for more information about this upcoming event.

(submitted by Wayne Ainsworth)

TICKS AND LYME DISEASE

There are several species of deer ticks across the United States that become infected with the spiral bacterium, *Borrelia burgdorferi*, which can cause Lyme disease. Anyone walking through woodlands and brushy areas may be bitten by a tick and never know it. The tiny ticks, some the size of poppy seeds, may stay on your body for hours to days. The tick engorges itself with blood. If infected, the spiral bacteria are transmitted to the bloodstream of the person or animal during the bite. Not all ticks are infected with the spiral bacterium, *B. burgdorferi*. If the tick is saved, tests can be run to detect Lyme disease.

Symptoms of Lyme disease:

Lyme disease is called the “great imitator” because it can look like other diseases. Many people with Lyme disease have been misdiagnosed with more familiar conditions such as Fibromyalgia or chronic fatigue. Partial lists of symptoms are as follows:

- Flu-like illness
- Rash (less than 60%)
- Bell’s palsy (facial paralysis)
- Extreme fatigue
- Sick feeling (malaise)

Stiff, aching neck, head ache, joint pain

- If bitten by a tick:
- Remove the tick immediately by grasping the tick as close to the skin as possible.
- Use tweezers or facial tissue to remove the tick, and never bare fingers
- Use a straight, steady pull. Do not twist or squash the tick.
- Save the tick for identification.
- Contact your local vector control office for identification.

If it is a western black-legged tick please consider sending the tick to a laboratory that is authorized to test the tick for Lyme disease. Igenex Laboratory in the South Bay is an authorized laboratory.

For additional information:
California Lyme Disease Association (www.lymedisease.org)
Lyme Info- (www.lymeinfo.net)

(article submitted by Sandy Beecher)

Castro Valley Ski Club

Presents

Sicily's Ancient Landscapes & Timeless Traditions

PRE-TRIP Puglia: Italy's Undiscovered Heel
Small group trip only 18 spots



JUNE 22 OR 27- JULY 12, 2026 - SOLD OUT

Single Supplement: FREE

On this Sicily travel experience, you'll discover an Italian island with more than 3,000 years of history. Once home to a Greek colony, a Roman province, an Arab emirate, a Norman kingdom, and more, traces of ancient conquerors can still be found in Sicily's well-preserved ruins, elegant architecture, and gastronomic delights. And thanks to our expert Trip Leader and small group size you can go behind the scenes and off the beaten path, where you'll discover authentic cultural experiences with the friendly, fiercely proud Sicilian people.

Pre-trip extension to Puglia: Italy's Undiscovered Heel departs the US on: **June 22, 2026**

Main tour departs US on: **June 27, 2026**

Returns to US on: **July 12, 2026**

PRICING (per person)

Pre-trip extension to Puglia: **\$1895** Main Tour: **\$4995**

Airfare from SFO: **\$2100** (but we can fly travelers to/from any US commercial airport)

IT'S INCLUDED:

- 14 nights accommodation
- Airport transfers, government taxes, fees, and airline fuel surcharges unless you choose to make your own air arrangements
- All land transportation
- 30 meals—14 breakfasts, 9 lunches, and 7 dinners (including 1 Home-Hosted Lunch)
- 24 small group activities
- Services of a local O.A.T. Trip Experience Leader
- Gratuities for local guides, drivers, and luggage porters

Castro Valley Ski Club

Sensations of Lyon & Provence River Cruise with 3 nights in Nice

SEPTEMBER 15TH – 26TH, 2026 – SOLD OUT

\$5465-\$6669 including air (depending on choice of cabin and special discounts)



Embark on an unforgettable journey through the heart of Europe with Mayflower Cruises and Tours'. As you navigate the serene waters of the Rhône, explore legendary cities like Lyon, known for its vibrant culinary scene, and Avignon, with its storied Palais des Papes. Each stop invites you to experience the unique flavors and sights of the region, from sampling celebrated Côtes du Rhône wines to wandering through ancient Roman ruins. Our luxurious cruises provide not only comfort and elegance but also educational enrichment, thanks to our expertly guided tours and on-board cultural experiences

Highlights

- 23 Meals: 10 breakfasts, 6 lunches and 7 dinners
- Airport transfers on tour dates when air is provided by Mayflower Cruises & Tours
- Three-night hotel stay in Nice, France
- Touring in Monaco and Monte Carlo
- Seven-night cruise through southern France
- First-class service by an English-speaking crew
- Shore excursions with English-speaking local guides
- Personal listening device for onboard excursions
- All meals included onboard with a variety of international cuisine
- Complimentary regional wines, beer and soft drinks accompany onboard lunches and dinners
- Complimentary bottled water in your stateroom
- **All gratuities included**
- Complimentary WiFi onboard
- Complimentary bicycles onboard for use ashore



LOWER MISSISSIPPI CRUISE

Sailing May 19, 2027



American Splendor



New Orleans to Memphis



Traveling the Lower Mississippi with American Cruise Lines is an experience like no other. Enjoy customized excursions from classic antebellum homes to renowned plantations in Oak Alley and Natchez. Travel to Vicksburg and delve deep into the history of the Civil War. Our carefully selected onboard experts bring the history and culture of this region to life with award-winning enrichment programs.

PORTS OF CALL

- ★ New Orleans, LA
- ★ Oak Alley, LA
- ★ St. Francisville, LA
- ★ Natchez, LA
- ★ Vicksburg, MS
- ★ Cleveland, MS
- ★ Memphis, TN

9-DAYS/8-NIGHTS



CONTACT INFORMATION



Certain restrictions apply. Ship, schedules, rates and itinerary subject to change.

We have 5 cabins booked so far on the Mississippi River Cruise

This trip also includes one pre night in New Orleans on May 18th before we board the boat on May 19th. You can add more pre nights for an additional charge. Cruise fare includes: All meals while onboard the ship (including drinks with meals) and a nightly cocktail party with hors d'oeuvres. Guest speakers and nightly entertainment is offered throughout the cruise. All Featured Shore Excursions are included. Taxes, gratuities, and port charges and fees are included in the cruise fare.

The Splendor Paddlewheeler

- Built in 2016
- 180 Guest Capacity
- Classic Paddlewheel Aesthetic
- Glass-Enclosed Restaurant
- Open Seating Dining
- Three Distinct Guest Lounges
- Cozy Study Enclave
- Fitness Center
- Elevator Access to All Passenger Decks

American Splendor allows guests to experience the nostalgia of classic paddlewheeler travel, while enjoying perfect comfort and the most modern amenities. The world's newest paddlewheeler, *American Splendor* features serene color palettes, luxurious textiles and linens, comfortable furniture throughout, and sophisticated artwork and flourishes. From the staterooms and suites to the lounges and dining rooms, the décor pays homage to the legendary Mississippi River.

Please call this phone number - 888-458-6027 to book. Refer to the date of the cruise when calling, which is May 18, 2027 and mention the Castro Valley Ski Club. Please note, they are not holding any staterooms for our group, they will be subject to whatever cabins are available at the time of booking.

Personally think deck 2 with the balcony is the best deal with lounges at both ends of the hallway and the restaurant below us. Price is \$5,335.

All cancellations will incur a non-refundable \$250 per person Cancellation Administrative Charge. Following is the group refund schedule for any monies received:
100%* - Up to 91 Days prior to day of sail
50%* - Between 90-45 days prior to day of sail
0%* - Between 45-0 days prior to day of sail
*All refunds will incur a non-refundable \$250 per person Cancellation Administrative Charge.
A Cancel For Any Reason Protection Plan is available upon request.

Tucker & Kathy Hoffmann
Castro Valley Ski Club Travel
tkhoffmann@icloud.com

<https://www.americancruiselines.com/cruises/mississippi-river-cruises/lower-mississippi-river-cruise>



FWSA 2026 DIVE TRIP Cayman Brac Beach Resort

September 26 - October 3, 2026

Grand Cayman 2nd Week October 3-10, 2026 Extension Available

BASIC Dive Package: \$2,669 pp (double occupancy)
Non-Dive Package: \$2,244 pp (double occupancy)

Oceanfront Room Upgrades and Standard Single supplement rooms are available.

Cayman Brac Beach Resort Land Package Includes:

7 Nights Beach View Accommodations (*Double Occupancy*)

Three Meals Daily & 21 Drink Package (alcoholic & non-alcoholic)

Complimentary Wi-Fi

PADI 5-star dive operation

6 Days of Diving - 17 Boat Dives with Dive Master, Tanks and Weights Included

Complimentary Nitrox and use of a dive computer

Resort Fees, Taxes & Gratuities (dive gratuities are not included)

Round trip ground transfer from Cayman Brac Airport



Incredible world-class diving in the Cayman Islands!



Enjoy a fantastic resort on the beach - perfect for the diver and non-diver to experience!

Contact: Randy Lew
FWSA Dive Trip Leader
829 SE 11th Place
Battle Ground, WA 98604
Cell: 530/304-0802
E-mail: fwsa13randy@telis.net

Gloria Raminha
FWSA VP of Int'l Travel
12707 Windy Ridge Drive
Bakersfield, CA 93312
Cell: 661/800-8229
E-mail: garski2011@gmail.com

You must be a Member of a Far West Ski Assn. affiliated club or a FWSA Direct Member!

State of California Registered Seller of Travel # 2038883-40



Bay Area Snow Sports Council presents ...

Cruise aboard our privately owned 162-passenger M/S River Adagio

Christmas Markets Along the Danube

Germany: Nuremberg, Regensburg, Passau | **Austria:** Linz, Melk, Vienna

8 days from \$2,995
 River Cruise Tour only

9 days from \$4,445
 with international airfare
 from San Francisco



IT'S INCLUDED

- International airfare, airport transfers, government taxes, fees, and airline fuel surcharges, unless you choose to make your own air arrangements
- **Accommodations** for 7 nights aboard a private river ship with wireless Internet access in all common areas and cabins
- **20 meals:** 7 breakfasts, 6 lunches, and 7 dinners—plus all onboard house beer & wine, as well as soft drinks
- **5 included tours** with personal headsets, **up to 5 Christmas markets**, and **6 Exclusive Discovery Series events**—Main-Danube Canal conversation • German language lesson • Regensburg choral concert • *Stollen* baking demonstration • *Christmas Traditions* conversation • Wachau Valley conversation
- **Local Program Directors, a Grand Circle Cruise Line exclusive:** These dedicated experts are with you and your group of 38-45 travelers from beginning to end to provide insider's knowledge and a local perspective
- **Gratuities** for local guides and motorcoach drivers
- **All port charges**
- **Baggage handling** for 1 piece of luggage per person, including tips
- **5% Frequent Traveler Credit** toward your next trip



Reservations & Information **1-800-221-2610**

ITINERARY OVERVIEW

Departure **NOVEMBER 30, 2026**

Return **DECEMBER 8, 2026**

- Day 1 • Depart U.S.
- Day 2 • Vienna, Austria
Embark ship
- Day 3 • Melk • Wachau Valley
Included Tour Melk Abbey
- Day 4 • Linz
Optional Tour Salzburg
- Day 5 • Passau, Germany
Included Tour Passau
- Day 6-7 • Regensburg
Included Tour Regensburg
- Day 8 • Nuremberg
Included Tour Nuremberg
- Day 9 • Nuremberg • Return to U.S.
Disembark ship

MAXIMIZE YOUR DISCOVERIES & VALUE

OPTIONAL EXTENSIONS
all with FREE Single Supplements

Vienna, Austria
3 nights pre-trip from \$895

Munich, Germany
3 nights post-trip from \$945

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WHAT TO EXPECT

Group Size

- This trip has a group size of 38-45 travelers (with approximately 3-4 groups onboard) each with a local Program Director exclusive to Grand Circle

Pacing

- 9 days, with 7 nights aboard a private river ship
- Return flights to U.S. often require departing from ship in early morning hours

Physical Requirements

- Included features on your trip may consist of 3-4 hours of physical activity each day. Travelers should be able to walk 1-3 miles unassisted within a time frame of 1-2 hours, and walk on uneven surfaces, including steep and unpaved paths, hills, riverbanks, 25-50 stairs without handrails, and cobblestones, which can be slick in wet, colder or frozen conditions

- Optional activities and walks may be offered in addition to the above mentioned activity level
- Not accessible for travelers using wheelchairs or scooters
- Travelers using walkers, crutches, or other mobility aids must travel with a companion who can assist them throughout the trip
- We reserve the right for Program Directors to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience

Terrain & Transportation

- Diverse terrain and uneven walking surfaces, including steep paths, hills, riverbanks, 25-60 stairs without handrails, and cobblestones
- Travel by 162-passenger river ship and 49-seat coach

- Changes in water-level depths may require adjustments to your itinerary
- Docking for the following locations may be up to 1 hour outside of the city center, with transportation to and from the ship by motorcoach: Regensburg, Germany; Nuremberg, Germany; Passau, Germany

Climate

- Daytime temperatures range from 38-45°F during cruising season
- Rain, ice, snow, and wind are possible during the holiday season

YOUR ITINERARY

DAY 1 • Depart U.S.

Depart the U.S. today on your flight to Vienna, Austria.

DAY 2 • Vienna, Austria • Embark ship

You'll be met at the airport today and transferred to your private river ship. Mingle with your fellow travelers during dinner onboard this evening. If you began your discoveries early with our optional pre-trip extension to *Vienna, Austria*, you will join your main group today.

D—M/S *River Aria* or M/S *River Adagio*

DAY 3 • Melk • Wachau Valley discussion

After setting sail this morning, enjoy hot chocolate and relax onboard as your ship

cruises along the Wachau Valley. Your Program Director will provide enlightening commentary about this UNESCO World Heritage Site consisting of sculpted hills and medieval towns built along the river during an **Exclusive Discovery Series** discussion. Later, disembark in Melk for an excursion to the dramatic 900-year-old Baroque Melk Abbey.

B,L,D—M/S *River Aria* or M/S *River Adagio*

DAY 4 • Linz • Optional Salzburg tour

This morning the ship calls at the port of Linz. You have the day free to explore this Old World city. It offers a wealth of discoveries—from its Hauptplatz, one of the loveliest squares in Europe, to the 17th-century Abbey of St. Florian, where Linz's native son, Anton Bruckner, was the

organist and composed many of his famed masterpieces of church music.

Or, join us for an optional full-day tour of Salzburg, the Baroque city of Mozart. Savor hearty Austrian fare over lunch at a local restaurant. Tonight, celebrate the holidays with your fellow travelers at the Captain's Farewell Dinner.

B,L,D—M/S *River Aria* or M/S *River Adagio*

DAY 5 • Passau, Germany • German language lesson • German Christmas Traditions discussion

Begin the day with an **Exclusive Discovery Series** German language lesson, where you can learn some German phrases—such as, *Schöne Feiertage* (Happy Holidays)—commonly used during the Christmas season. In mid-morning, disembark to



Vienna, Austria

explore Passau on an included walking tour, which includes visits to St. Stephen's Cathedral and the Bishop's Residenz. After time to admire the remarkable artistry displayed at the festive Christmas handcrafts market, gather onboard for an **Exclusive Discovery Series** conversation on the history of German Christmas traditions, as your ship cruises along the picturesque Danube River to Passau.

B,L,D—M/S River Aria or M/S River Adagio

DAY 6 • Regensburg • Choral concert

Today, you'll arrive and dock around mid-morning in Regensburg, Germany's largest medieval city. Then, enjoy a walking tour of this hidden treasure. Since the city suffered no damage during World War II, it remains beautifully preserved. Your tour features the Old Town Hall, the famous Stone Bridge, Germany's oldest, and the Regensberg Christkindlmarkt (Christmas market) in

Neupfarrplatz. After dinner onboard, join us for an **Exclusive Discovery Series** event as we walk to a local church to hear a choral concert featuring festive holiday music.

B,L,D—M/S River Aria or M/S River Adagio

DAY 7 • Regensburg • Main-Danube Canal discussion • Stollen baking demonstration • Captain's Farewell Dinner

Enjoy a leisurely morning onboard today. Your cruise toward Nuremberg begins shortly after lunch. During the afternoon, you'll enjoy two **Exclusive Discovery Series**: a discussion outlining how the Main-Danube Canal's innovative system of locks has made Europe's rivers navigable, and a **Stollen** baking demonstration, where you'll learn how to prepare this traditional German bread made with fruit and nuts, and topped with powdered sugar.

B,L,D—M/S River Aria or M/S River Adagio

DAY 8 • Nuremberg

Your ship docks at Nuremberg quite early this morning. After breakfast, you disembark for a tour of Nuremberg, one of the most important cities of the Franconia region. Later, visit Nuremberg's famous **Christkindlmarkt** (Christmas market), where you have free time to browse on your own. This is Germany's most famous traditional Christmas market, and it is open throughout the holiday season.

B,L,D—M/S River Aria or M/S River Adagio

DAY 9 • Disembark ship • Return to U.S.

After breakfast, disembark and transfer to the airport for your flight home, or join the *Munich, Germany* post-trip extension.

B



Regensburg, Germany

Christmas Markets Along the Danube

Departure NOV 30, 2026

Return DEC 8, 2026

DECK

A	Serenade w/balcony	\$3,345
B		
C	Sonata	\$3,295
D		
E	Cantata	\$3,245
F		
G	Prelude	\$3,145
H		\$2,995

AIR ADD-ON

San Francisco	\$1,450
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Additional departure cities are available. Call for details.

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13 months prior	8%	\$520	\$1040
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WEBSITES & PHONE NUMBERS

Singles league racing: slracing.tripos.com/schedule.htm
 Open league racing: olrc.org
 Weather: nws.mbay.net/home.html
 Best weather website for snow: Tahoweatherdiscussion.com

Far West Racing Assoc: fwra.com
 Web cams on the slopes: magnifeye.com
 Road conditions: 1-800-427-7623
 Info on all ski areas: onthesnow.com

Take a bus to the slopes: nacski.com & tahoeskitrrips.com
 Sierra webcam: sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/

SKIZETTE FOR MARCH, 2026



All monthly general meetings are held at Don Jose's Mexican Restaurant, 3430 Village Dr., Castro Valley, CA

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