

FALL FOLIAGE

**TRAVEL
SOBER**
The Journey Begins

7 Day Canada & New England
roundtrip: New York on the Norwegian Escape
with 12 Step Meetings, Workshops, & Great Guest Speaker



SEPTEMBER 12-19, 2026

Great Prices Starting at: \$963

per person, based on double occupancy

.\$250 Cruise Deposit &

\$275 Non-Refundable Admin Fee
per person due at time of booking

Discounts/upgrades and CRUISEFIRST of \$150-250 available

GUEST SPEAKER: Dr. Judi Hollis



NCL NORWEGIAN
CRUISE LINE®

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SOBER**
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BOOK NOW:
travelsober.com

(805) 927-6910
inthislife@aol.com

all prices are per person double occupancy

Inside \$963

Oceanview - inquire

Balcony \$1566

Club Balcony Suites \$1879

\$250 Cruise Deposit

**AND \$275.00 non-refundable Administrative Fee
per person are due at time of booking**



ABOUT OUR ITINERARY:

Fall in love with the Northeast aboard Norwegian Escape. When you're in Portland, don't leave without seeing one of the picturesque lighthouses or eating some mouthwatering lobster. Take a walk on the wild side at St. John's glass Skywalk, which stretches 120 feet over the impressive Reversing Falls Rapids, or embark upon a whale watching tour where you may see humpbacks, minke and finbacks in the spectacular Bay of Fundy. Then enjoy a narrated excursion through scenic Halifax, past historic sites and along a coastal highway to the picturesque village of Peggy's Cove.

ABOUT OUR GUEST SPEAKER:

Dr. Judi Hollis is a licensed family therapist and bestselling author known for pioneering work in eating disorder treatment. She's been featured on *Oprah*, *CNN*, and *Inside Edition*, and her programs have been ranked number one in popular publications. Dr. Hollis has written the best seller *Fat Is a Family Affair* along with many others like *From Bagels to Buddha*. She continues to lead workshops globally for professionals and the recovery community. In 2009 she was honored with a star on the Palm Springs Walk of Stars and in 2025, she partnered with USC's Keck School of Medicine to launch the Judi Hollis Obesity Prevention Symposium.

She continues writing books, podcasts, and storytelling projects along with leading retreats on cruises. Learn more at JudiHollis.com.



DATE	PORT	ARRIVE	DEPART
DAY 1 SA 9/12	New York, New York		4:00 pm
DAY 2 SU 9/13	At Sea		
DAY 3 M 9/14	Halifax, Nova Scotia	7:00 am	2:00 pm
DAY 4 TU 9/15	Saint John, Bay of Fundy, New Brunswick	6:00 am	5:00 pm
DAY 5 W 9/16	Boston, Massachusetts	9:30 am	6:00 pm
DAY 6 TH 9/17	Portland, Maine	7:00 am	3:00 pm
DAY 7 F 9/18	Newport, Rhode Island	10:00 am	6:00 pm
DAY 8 SA 9/19	New York, New York	7:00 am	

ABOUT TRAVEL SOBER: We have been privileged to provide sober travelers a safe place to enjoy each other's company, experience great speakers and workshop leaders while enjoying all the benefits of cruise and land vacations with like-minded people.

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TRAVELSOBER.COM

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1/28/26