

FALL FOLIAGE

TRAVEL
SOBER
The Journey Begins

10 Day Classical Canada & New England
on the Sapphire Princess
with 12 Step Meetings, Workshops, & Great Guest Speakers



GUEST SPEAKER:
Dr. Judi Hollis



SEPTEMBER 13-23, 2026

Great Prices Starting at: \$1205

per person, based on double occupancy

.\$99 Cruise Deposit (Early Bird Rate) &
\$275 Non-Refundable Admin Fee
per person due at time of booking



Princess Plus Option: Don't pay top dollar for ship services, add this all-inclusive package for \$600: includes prepaid crew appreciation (tips), unlimited upgraded WIFI, unlimited beverages (specialty coffees, smoothies, milkshakes, bottled water, energy drinks, soda), 2 fitness classes, 2 casual dining meals at selected dining locations, free room service delivery and more!


PRINCESS CRUISES
come back new®

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BOOK NOW:
travelsober.com

(805) 927-6910
inthislife@aol.com

all prices are per person double occupancy

Inside \$1205

Oceanview \$2064

Balcony \$2356

Club Balcony Suites \$3184

Princess Plus is an additional \$600 per person and includes prepaid crew appreciation (tips), unlimited upgraded WIFI, unlimited beverages (specialty coffees, smoothies, milkshakes, bottled water, energy drinks, soda), 2 fitness classes, 2 casual dining meals at selected dining locations, free room service delivery and more!

\$99 Early-Bird Cruise Deposit AND \$275.00 non-refundable Administrative Fee per person are due at time of booking

ABOUT OUR ITINERARY:

Embark on a journey where Old World charm meets stunning natural beauty. Stroll Québec City's cobbled streets and admire its French-inspired architecture. Explore the dramatic cliffs and serene villages along the Saguenay Fjord. On Prince Edward Island, experience rolling red-soil landscapes, historic charm, and the legacy of *Anne of Green Gables*. In Cape Breton, immerse yourself in Celtic culture, the Fortress of Louisbourg, and the beauty of Bras d'Or Lake. Halifax invites you to its vibrant waterfront and the iconic lighthouse at Peggy's Cove. Witness the Reversing Rapids in Saint John, New Brunswick, and savor its coastal flavors. Finish in Boston, where the spirit of the American Revolution comes alive along cobblestone streets and historic landmarks. This is a voyage of unforgettable sights, stories, and experiences.

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 SU 9/13	Quebec City, Canada		
DAY 2 M 9/14	Quebec City, Canada		5:00 pm
DAY 3 TU 9/15	Saguenay, Canada	7:00 am	5:00 pm
DAY 4 W 9/16	At Sea		
DAY 5 TH 9/17	Charlottetown, Canada	8:00 am	5:00 pm
DAY 6 F 9/18	Sydney, Canada	8:00 am	5:00 pm
DAY 7 SA 9/19	Halifax, Canada	9:00 am	6:00 pm
DAY 8 SU 9/20	At Sea		
DAY 9 M 9/21	Saint John (for the Bay of Fundy), Canada	8:00 am	6:00 pm
DAY 10 TU 9/22	At Sea		
DAY 11 W 9/23	Boston, Massachusetts	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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