

# 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 Speakers



**SEPTEMBER 12-19, 2026**

**Great Prices Starting at: \$990**

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®

**TRAVEL**  
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The Journey Begins

**BOOK NOW:**  
[travelsober.com](http://travelsober.com)

**(805) 927-6910**  
[inthislife@aol.com](mailto:inthislife@aol.com)

*all prices are per person double occupancy*

**Inside \$990**

**Oceanview \$1235**

**Balcony \$1425**

**Club Balcony Suites \$1575**

**\$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](http://JudiHollis.com).



DATE	PORT	ARRIVE	DEPART
DAY 1 SA 9/12	New York, New York		4:00 pm
DAY 2 SU 9/13	Newport, Rhode Island	6:00 am	4:00 pm
DAY 3 M 9/14	Boston Massachusetts	10:00 am	7:00 pm
DAY 4 TU 9/15	Portland, Maine	8:00 am	5:00 pm
DAY 5 W 9/16	Saint John, Bay of Fundy, New Brunswick	8:30 am	5:00 pm
DAY 6 TH 9/17	Halifax, Nova Scotia	11:00 am	10:00 pm
DAY 7 F 9/18	At Sea		
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.

**805-927-6910**

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