

BASE CAMP CALIFORNIA

NEW! 4-DAY
WILDNESS
& WELLNESS
GETAWAYS



CHOOSE BASE CAMP
CHANNEL ISLANDS
OR BASE CAMP BAJA

ABOARD NATIONAL GEOGRAPHIC SEA LION OR
NATIONAL GEOGRAPHIC VENTURE | 2018/2019



Lindblad
Expeditions



NATIONAL
GEOGRAPHIC™

GET MORE OUT OF GET

Join one of our two new Base Camp getaways—4-day, ship-based adventures that are part safari, part adult summer camp. They erase the line between getting there and being there. And they take you to extraordinary, revitalizing places.

Each base camp is designed to foster a fresh sense of well-being, inspire discoveries, and create opportunities to collide with interesting others. It's a lot of free-roaming, fresh-air goodness in untrammeled places—our ships, *National Geographic Sea Lion*, and *National Geographic Venture* provide the access— and nature, plus onboard wellness, experts, and unique experiences, does the rest.

Come and get what Thoreau called the tonic of wildness.



TING AWAY

CHOOSE YOUR ADVENTURE



See the wild side of LA—explore the seldom-seen Channel Islands.
Pages 10-15



Revel in the pure wildness beyond Cabo in Baja's Sea of Cortez.
Pages 16-19

Interesting Fact: *Our two Base Camp itineraries have something fundamental in common. Around 5 million years ago, compressional forces caused Baja California to ram into southern California, resulting in the folding and faulting of marine sediments and volcanic rocks (deposited between 15-30 million years ago)—and the eventual uplift of the Channel Islands. So, even the geology is of interest in both locations.*



WHAT'S ON—ON BASE CAMP

Over the course of 4 days, you choose what interests you most, or mix it up. Participate in talks, walks, yoga or workouts, wildlife sightings, photography, drawing or plein-air painting, hikes, paddling, mindful silences, star-gazing, tide-pooling, foodie pleasures, cocktails, mocktails and more, as you head to places that will exhilarate and energize you. Try everything, or not, do a little or a lot—it's your adventure.



TALKS

Sessions include daily Recap (it's a thing), presentations by our National Geographic photographers, our naturalists, our undersea specialist & other experts, deck rail hangouts and chats on the bridge with our captains and officers.



EXPLORING

We go where few can to experience the seldom-seen—the wilder side of a coastal region, home to millions of people, and pristine desert islands in a deep blue sea that you'll have all to yourself. And you'll have everything you need—equipment, gear and insight—to experience it up close and personally.



California, Channel Islands National Park. A kayaker paddles through clear water with kelp and Garibaldi fish near the islands.



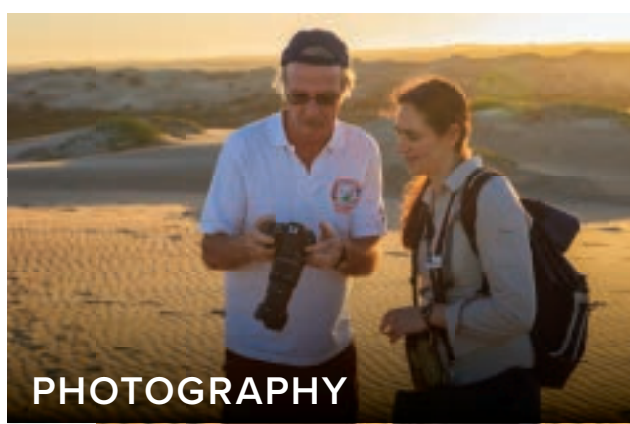
DINING

Benefit from **exhale's** nutritionally savvy snacks, juices, menu options and more, and from Lindblad Expeditions' longstanding commitment to locally and sustainably-caught seafood, locally sourced produce—and food that rewards.



WELLNESS

Base Camp includes **exhale's** signature classes from Beach Boot Camp to Chill Yoga plus soothing spa therapies. Focus on fitness or mindfulness. Wellness takes place on deck, on shore, on the beach, on the trail, or in the spa. **See pages 8-9.**



PHOTOGRAPHY

When a National Geographic photographer is your adventure sidekick, you're bound to learn interesting things, from the basics of 'aim & create,' or iPhone tricks to visual story-telling. Take photos you'll be proud to share.

WELCOME TO BASE CAMP



A. BRIDGE

What makes traveling aboard our ships unique is the opportunity to join the captain and officers on the bridge when the ship is underway. Watch them navigate. (Enjoy the playlist!) And hone your spotting skills with our handy binoculars and sharp-eyed naturalists.

B. DECKS FOR VIEWING

Generous decks take full advantage of the sun and ocean breezes, and create front row seats on the beauty and wildness of the Channel Islands and Baja.

C. LOUNGE

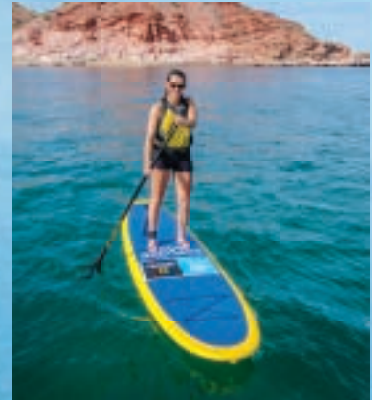
The lounge is the heart of our expedition community, where we hold cocktail hour, evening Recap, and gather for presentations, photography talks, and more.





E

D



E. COOL TOOLS

Both ships are equipped with tools that let you head out on personal explorations: a fleet of expedition landing craft, kayaks and paddleboards, plus complete snorkel gear, including wetsuits for all sizes and ages (for Base Camp Baja).

D. OUTSIDE CABINS

National Geographic Venture (shown) offers 50 spacious cabins accommodating 100 guests with 22 cabins that feature step-out balconies. All accommodations are outside facing with one or two windows, and the cabins on the upper and bridge decks open to the outside deck, plus 6 sets of connecting cabins, perfect for families and groups. You're always just a step away from the great outdoors.



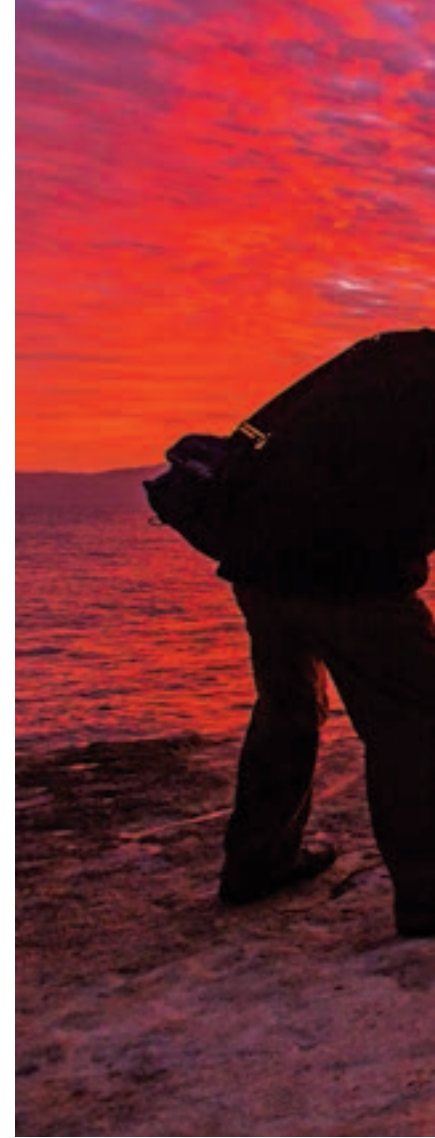
GATHER A GROUP & SAVE

Plan a base camp getaway with 6 or more friends and save 10% on the total voyage cost for your group. That includes family travel, too.

▶ LEARN MORE AT [EXPEDITIONS.COM](https://www.expeditions.com) OR CALL AN EXPEDITION SPECIALIST AT **1.800.EXPEDITION**

GET MORE WITH AN EXPERT TEAM

Our team—consisting of an expedition leader, naturalists with diverse specialties, an undersea specialist, a Lindblad-National Geographic certified photo instructor, and wellness specialists—is designed to surround you with diverse expertise and engaging personalities. They will do whatever it takes—whether it’s manning the spotting scopes night and day, helping you get an ardently desired bird sighting for your life list, or showing up with a hot drink before your dive glow wears off—to ensure you an extraordinary experience.



*Representing our full team (clockwise):
Rich Reid, Certified Photo Instructor;
Jonathan Kingston, National
Geographic Photographer; Alex
Krowiak, Naturalist; Annie Fiske,
Expedition Leader; Michelle Silsbee,
Wellness Instructor.*

▶ LEARN MORE AT [EXPEDITIONS.COM/EXPERTBIOS](https://www.expeditions.com/expertbios) FOR FULL BIOS ON OUR STAFF



YEAR OF THE BIRD 2018

2018 has been designated the Year of the Bird by National Geographic, in partnership with a broad range of conservation organizations, to celebrate the centennial anniversary of the Migratory Bird Treaty Act. One of the first laws related to environmental protection, this visionary act of legislation has saved the lives of millions, if not billions, of birds. Your Lindblad naturalists, knowledgeable about the birds of these regions, will be aboard to answer questions, provide insight and help you learn to spot and identify species.



Santa Cruz scrub jay.

NEW! WILDNESS & WELLNESS



To Lindblad Expeditions, wildness is a tonic for the human spirit, vital for optimum health and wellbeing. To **exhale**, wellbeing is not a luxury, it's an everyday experience. Based on these matching missions, Lindblad invited **exhale** to partner and create Base Camp Baja. How did it go? AnnBeth Eschbach, **exhale** CEO & President, responds in this Q&A!



What's the origin of exhale?

Our intention was to create transformational programs that address mind + body, through spa + fitness. We believed the world needed a wellbeing brand that cares for the whole person, mind and body. Everyday. Wellbeing is not a special treat. It is something that is part of your daily life.

What excites you most about the Lindblad-exhale partnership?

*We are living in an era eager to achieve or maintain wellbeing, mindfulness, and living well. Lindblad-**exhale** is pioneering fully integrated wellbeing getaways that are way beyond any 'cruise with a massage' model! This is an experience that goes*

deep—blending the best of exploration, transformation, and restoration in spectacular locations. People will benefit from this in a hugely rewarding way.

What would be your perfect day onboard the ship?

- Morning meditation
- Morning exhale power yoga or **exhale** barre class on deck
- Coffee and an egg
- Super-challenging hike on land followed by a stretch session
- Stand up paddle board yoga session
- Neck massage and Pinot Grigio on deck
- Sunset **exhale** Chill class
- Serious dinner
- Deep meditative sleep



Be-where-you-are mindfulness exercises enable you to relax, unwind and have heightened sensory experiences on deck, on the beach, or on the trail.



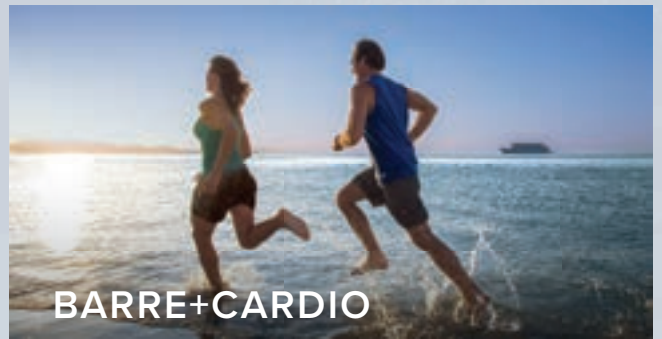
Set out on the trail and take in your surroundings—accompanied by stretch sessions with your **exhale** teacher.



Experience yoga variety—from **exhale's** restorative chill and strengthening power yoga on deck, to paddleboard yoga on the azure waters of the Sea of Cortez.



This high-intensity hour builds serious core with moves that include jump-backs, mountain climbers, twists, athletic yoga sequences, and core exercises. You'll build strength, increase stamina, and get your heart rate pumping in this barre-less, fast-paced, no-nonsense workout.



Developed by “the world’s foremost living barre experts” (source: *Huffington Post*), **exhale's** barre class is a full-body workout. This make-you-sweat combo spends half its time on cardio exercises like punches, twists, and mountain climbers before moving to the barre to tone your thighs, glutes and core. It's a high-energy, full-body workout! (Sneakers optional.)



▶ SEE WHAT IT'S LIKE—WATCH THE BASE CAMP VIDEO
AT [EXPEDITIONS.COM/BAJAWELLNESS](https://www.expeditions.com/bajawellness)



Sunrise view from Inspiration Point, Anacapa Island, Channel Islands National Park.

EXPLORING THE CHANNEL ISLANDS

Nearly every National Park in the U.S. is easy to visit—just get in a car and go. Channel Islands National Park, five islands cupped within the span between Santa Barbara and the LA neighborhood of San Pedro, is a different story. Miles of ocean separate it from the Southern California mainland, and half of the park sits underwater.

So being able to get there effortlessly, to move freely around the islands leisurely and in genuine comfort, and be able to explore the land and undersea, is what makes our Base Camp adventure unique. And what a Park! The islands' isolation has kept them relatively undeveloped and intact. Of the 2,000 species of plants and animals within the vast National Park, 145 exist nowhere else in the world. Marine life ranges from microscopic plankton to the blue whale, the largest animal to live on Earth. Reasons why many naturalists call the Channel Islands the 'Galápagos of North America'.

And with acres of trails to walk or hike, sea caves to explore by kayak or paddleboard, undersea realms to enter, and landscapes and bird colonies to observe and capture, the Park is a spirit-lifting place to be. And now, the alluring remoteness that has motivated people to protect these landscapes and surrounding ocean, is no barrier. For access, all you have to do is board *National Geographic Sea Lion*.



BASE CAMP CHANNEL ISLANDS

ABOARD NATIONAL GEOGRAPHIC SEA LION

4-NIGHTS | DATES: 2018 OCT. 17, 24

PRICES FROM: \$2,490 to \$4,590 (See page 21 for complete prices.)

Our itinerary is a plan, but flexibility and spontaneity are a big part of it. Our ace spotters are always 'on it,' and if they sight a blue whale, they'll let you know—so you won't miss a thing nature has to offer. If conditions cancel one option, a landing for example, our nimble team will have another. They might surprise you with a BBQ on deck or a dance party under stars. Your Base Camp getaway might be compact, but it's a genuine expedition, so there's always room for magic. And choice—enjoy your getaway your way.

DAY 1: LOS ANGELES, CA/EMBARK

Arrive in Los Angeles, or toss your bag in your car if you live there, and head to the Port of Los Angeles in the afternoon to be welcomed aboard *National Geographic Sea Lion*. Familiarize yourself with the ship, stow your stuff, and take in the sights on the ship's deck. We'll embark in the early evening—for a short **exhale** presentation on mindfulness, cocktails and a sunset cruise (aka golden hour for photographers!) (D)

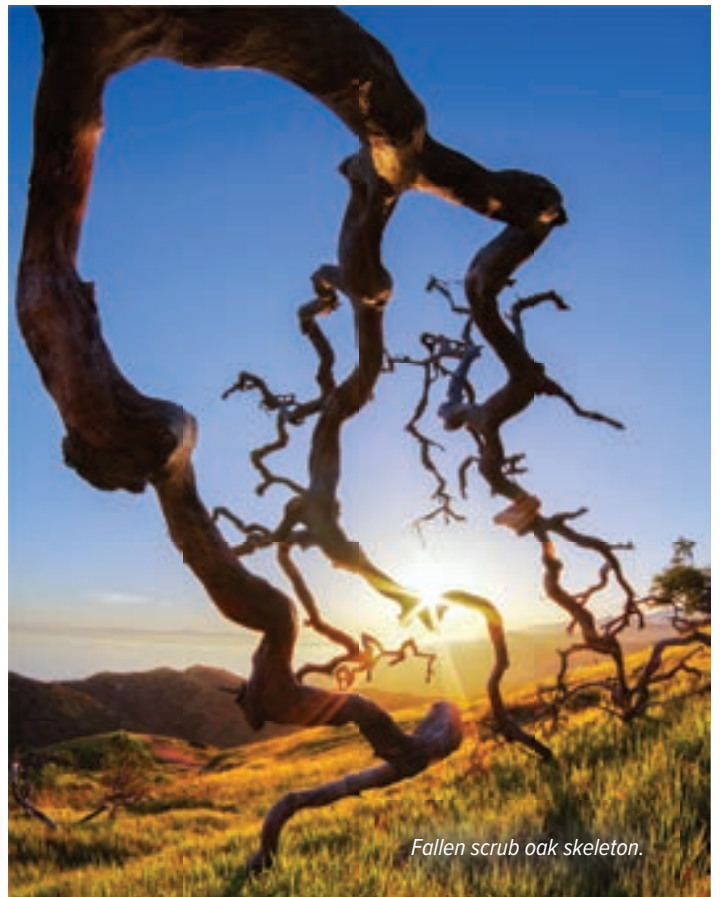
Garibaldi fish, Channel Islands.



Western gull chick.



Rare succulent, Greene's Liveforever, endemic to the Channel Islands.



Fallen scrub oak skeleton.

DAY 2: ANACAPA AND SANTA CRUZ ISLANDS, CHANNEL ISLANDS NATIONAL PARK

Wake to the gentle motion of the ship at anchor off the rocky outcropping of East Anacapa Island. Join your **exhale** instructor on the sundeck for morning yoga, before heeding the call of the breakfast buffet. After breakfast, join naturalists aboard our expedition landing craft to go ashore on East Anacapa. The goal is the Anacapa Lighthouse, built in 1912, the last major light station to be built on the west coast. Enjoy strolling through the landscape, or head out on mindfulness hikes with **exhale** instructors, and benefit from post-hike exhale stretch lab session.

And get ready to really geek out on Santa Cruz when we head there after lunch for hiking and exploring.

At over 96 square miles in size, it's the largest island in California, with more than 600 plant species, 140 birds, including large colonies of nesting seabirds, and 11 land mammal species, including pinnipeds. Isolation has led to adaptation—there are 60 endemic species found nowhere else in the world. So, test your skills by trying to spot the Santa Cruz Island fox, one of the smallest in the world.



Spend the day your way: there are many trails covering the eastern end of the island offering the opportunity for leisurely walking, birding, or working with your certified photo instructor to capture the natural beauty. Or opt for a strenuous hike and make your Fitbit proud. Grab a kayak or a paddleboard to explore the shoreline. Go beachcombing. Scuba-certified? Our team will arrange diving and gear rental for you with a top local operator. Maybe you'll see the bright orange Garibaldi, native to these waters, or duet with a balletic sea lion. Head back to the ship to refresh for cocktail hour and Recap, a presentation or two, a pre-dinner neck and shoulder massage on deck (first come, first serve), and dinner. (B,L,D).



Swimming sea lions, Channel Islands.

DAY 3: SANTA ROSA ISLAND, CHANNEL ISLANDS NATIONAL PARK

Chances are you slept like a baby, sustained fresh air and our signature duvets will do that! So when the landing craft load to go ashore for an **exhale** Beach Boot Camp class, you'll likely want to be on it. After yoga, head back to the ship for breakfast, then another shore landing for the day's possibilities. Weather permitting, spend the day tide-pooling, kayaking, or hike one of the many trails. Join our naturalists for a more strenuous hike out to the base of the Torrey Pines, considered one of the world's rarest pines, and one of only two naturally occurring groves in the world.

The day ends with a pre-dinner Chill Yoga session on deck, followed by a cocktail party as we cruise around San Miguel Island at sunset to see the spectacle: over 30,000 pinnipeds, and up to five different species, haul out on the beaches at various times of the year. (B,L,D)

DAY 4: CATALINA ISLAND

Wake up this morning anchored off Catalina Island. Developed as a tourist destination in the 1920s by chewing gum magnate William Wrigley, Jr., Catalina remains a popular destination. In 1972 William's son, Philip Wrigley, established the Catalina Island Conservancy; in 1975 he deeded 42,135 acres to them, giving the Conservancy control of nearly 90 percent of the island to manage and protect.

Start the day with barre + cardio class on deck. After breakfast, enjoy a session with a Conservancy member to learn about their work on the island, and join them for a guided walk featuring spectacular views of the coastline and the Catalina backcountry. As you hike, outsmart the elusive island fox found only on Catalina, by spotting it, or capturing a photo. And scan the landscape for the impressive sight of the island's largest, and definitely not endemic mammals—bison. The current herd descends from fourteen bison brought to the island in 1929 for the filming of the Western movie, *The Vanishing*

Santa Cruz Island, Channel Islands National Park, California: Potato Harbor.





Underwater view of a giant kelp forest, off Anacapa Island.

American. Unfortunately, the bison's scene didn't make the final cut, and due to cost overruns, the film company decided to leave the bison on the island instead of bringing them back to the mainland. Today the herd size is maintained at 150 animals.

Or if you're water-oriented, head to the shoreline to kayak or stand-up paddleboard. Or, if certified, go out on a scuba dive.

After lunch the ship arrives in Avalon Harbor, for a free-ranging afternoon on your own. Grab a bike and explore downtown Avalon, the island's only incorporated city, population a little under 5,000. Take the 30-minute (mostly uphill) stroll up Avalon Canyon to visit the Wrigley Monument and The Botanic Garden. Or visit an architectural gem: the famous Catalina Casino, built by William Wrigley, Jr. in 1929.

Return to the ship for sunset yoga on deck, a farewell dinner, and a last evening at sea, under stars. (B,L,D)

DAY 5: LOS ANGELES/DISEMBARK

Awake dockside in the bustling Port of Los Angeles. (Early risers can catch the action in one of the world's largest ports.) Enjoy a final breakfast on board before disembarking and either transferring to the airport or heading to your car or Uber—refreshed by your getaway—to the clang and clamor of contemporary life.



Endangered Santa Cruz Island fox.



*Zodiac cruise in the
Sea of Cortez, Baja
California.*

WHERE THE DESERT MEETS THE SEA

Comprising about 37 square miles, two islands in the shimmering Sea of Cortez, Espíritu Santo and its small neighbor, Isla Partida, are so beautiful, developers have been vying for half a century to put resorts, condominiums, even a casino on them. Mexican NGOs and partners worldwide have fought this, and prevailed. So, for now, these pure, wild islands remain yours to discover and explore as *National Geographic Venture* accomplishes what developers could not—access and gracious hospitality.

Indented bays, each more remarkable than the next. Bahía Bonanza, perhaps the single most spectacular beach in all of Baja. Arroyos galore, with myriad cacti, a variety of birdlife, and exhilarating hikes that culminate in an “I’m king of the world!” panorama. Add mindfulness to endless beachcombing, and kayaking, or add yoga to paddleboarding opportunities for a transformed relationship to nature. Go snorkeling at the north end of Partida, home to a vibrant colony of sea lions and a remarkable array of fish for some ocean inspiration. Or explore with naturalists on the trail, and hover around the video microscope with them, or chat over drinks at dinner. Need to kick it up a notch? Opt for Beach Boot Camp sessions. And, of course, there is always the option to plant your flag on a beach or a hammock and just chill, too.



There is literally nothing like the peace and pristine wildness to be had here only a mere hop from LAX. So, board *National Geographic Venture* and treat yourself to unadorned tonic of wildness.



BASE CAMP BAJA

ABOARD NATIONAL GEOGRAPHIC VENTURE

**4-NIGHTS | DATES: 2018 DEC. 22, 26, 30;
2019 JAN. 3, 7**

PRICES FROM: \$2,650 TO \$5,090

(See page 23 for complete pricing)

A 4-night getaway that feels like an authentic escape from the everyday. Use it to exult in sun and pristine nature; to de-stress or detox. Or to simply play or workout in the uninhabited wilds of Espíritu Santo and Isla Partida in the beautiful Sea of Cortez, with the brand-new National Geographic Venture as your mobile base camp. The ship will essentially circumnavigate the island, presenting you with fresh views and topography each day—and your choice of how best to enjoy it. Breathe deep, push hard, or unwind. And chill at a BBQ under stars.



Snorkeling with sea lions.



Paddleboarding at sunset.



Kayaking in remote coves.



DAY 1: US/SAN JOSE DEL CABO/LA PAZ/EMBARK

Fly to Los Cabos airport and transfer to La Paz, where you'll embark *National Geographic Venture* this afternoon. Set sail on arrival, for a sunset cruise of Bahía La Paz en route to Isla Espíritu Santo. (D)

DAY 2: SAN JOSE CHANNEL/ISLA SAN FRANCISCO

Witness a spectacular Baja sunrise this morning, while searching for marine mammals in the upper San Jose Channel. Hear naturalist talks and learn photography basics during an early morning at sea. Before lunch, go ashore at Isla San Francisco, where a sweeping arc of white sand beach beckons you to try yoga or a Beach Boot Camp workout with your **exhale** instructor. Explore nearby tide pools with your naturalists, or spend the afternoon stand-up paddleboarding, snorkeling and kayaking. Hike to the nearby ridge for unparalleled views, just before sunset. (B,L,D)

DAY 3 & 4: ISLA ESPÍRITU SANTO, ISLA PARTIDA AND LOS ISLOTES

Wake up anchored in one of Isla Espíritu Santo's beautiful bays and watch the cliffs light up as your wellness specialist leads a morning yoga or qi gong class, on deck, or on shore. For two full days, explore as much or as little as you like, with the ship as your mobile base camp—taking advantage of every **exhale** wellness option, including hiking with your **exhale** instructor for mindfulness and stretching on the trail. Explore the dramatically eroded shoreline of Isla

Partida on a one-way kayak journey or join a challenging hike up a rocky arroyo to the crest of the island. Meander a different arroyo with your naturalists to learn about the geology and natural history, then learn to paddleboard, or hone skills you already possess. Snorkel with playful and curious sea lions or photograph their antics from expedition landing craft. Wind down with an on-deck Chill Yoga or a chair massage, then go ashore for a beach barbecue dinner followed by a bonfire under the stars. However you choose to spend these days, you'll be rewarded with a sense of well-being that comes only from spending quality time in nature. (B,L,D)

DAY 5: LA PAZ/DISEMBARK/SAN JOSE DEL CABO

Disembark in downtown La Paz this morning and transfer to Los Cabos airport for flights home. (B)



BBQ at sunset.



NATIONAL GEOGRAPHIC SEA LION

CAPACITY: 62 guests in 31 outside cabins.

REGISTRY: United States.

OVERALL LENGTH: 152 feet.

PUBLIC AREAS: Our twin sister ships, *National Geographic Sea Lion* and *National Geographic Sea Bird*, feature a library; global market; lounge with full-service bar and facilities for films, slide shows and presentations; observation deck; partially covered sun deck with chairs and tables, and LEXspa. Our “open bridge” provides guests an opportunity to meet our officers and captain and learn about navigation.

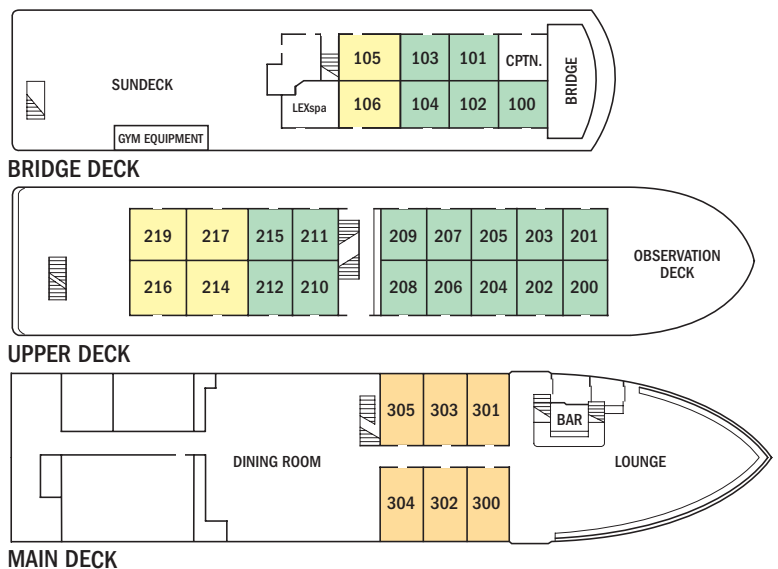
MEALS: Served in single seatings with unassigned tables for an informal atmosphere and easy mingling. Breakfasts are wide selection buffets and lunch is often served family style. Dinners are primarily served plated. Menu emphasizes local fare.

CABINS: All face outside with windows, private facilities and climate controls.

EXPEDITION EQUIPMENT: Bow camera, hydrophone, kayaks, snorkeling gear, fleet of paddleboards, splash-cam, underwater video camera, video microscope, wet suits in Baja and expedition landing craft.

SPECIAL FEATURES: Guest internet access. A Lindblad-National Geographic photo instructor and a video chronicler are on board all voyages.

WELLNESS: The vessel is staffed by a wellness specialist and features exercise equipment, LEXspa and outdoor stretching area.





CATEGORY 1: Main Deck #300-305—Conveniently positioned between the dining room & lounge, these cabins feature two single lower beds, and a large view window.

CATEGORY 2: Bridge Deck #100-104; Upper Deck #200-212, 215—These well-located cabins include two lower single beds & a view window.

CATEGORY 3: Bridge Deck #105, 106; Upper Deck #214, 216, 217, 219—These cabins feature a seating unit with table and two large view windows. Upper Deck cabins include two lower single beds, which can convert to a double bed and a pull-out single bed for a third person; Bridge Deck cabins include two lower single beds only.

NOTE: Sole Occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in certain categories at one half the double occupancy rate.

SHARED ACCOMMODATIONS: Shares can be arranged at the double occupancy rate in Categories 1 and 2 only.

Photos (above clockwise from left): A comfortable Category 2 cabin; dinner is served in single seatings with unassigned tables for easy mingling; twin beds can be pushed together to form a double bed in Category 3 cabins on the Upper Deck. At right: enjoy an assortment of wine selections while dining; lounge with expedition library and flatscreen TVs for vibrant presentations.



Prices are per person, double occupancy unless indicated as solo.

ITINERARY	YEAR	CAT. 1	CAT. 2	CAT. 3	CAT. 1 SOLO	CAT. 2 SOLO	ADVANCE PAYMENT	NOTE
Base Camp Channel Islands – 4 Nights – Page 12	2018	\$2,490	\$3,050	\$3,490	\$3,740	\$4,590	\$750	We will gladly assist in making your air arrangements. Please call for airfares from your departure city.

NEW SHIP



NATIONAL GEOGRAPHIC VENTURE

CAPACITY: 100 Guests in 50 cabins.

REGISTRY: United States. **OVERALL LENGTH:** 238 feet.

Sister ships *National Geographic Quest* and *National Geographic Venture* (launching 2018) will be the latest additions to our fleet. Designed with over 50 years of expedition heritage and built in the U.S.A., both ships will set a new standard in exploration and comfort.

PUBLIC AREAS: Global gallery; fitness center; LEXspa; lounge with full service bar and facilities for films and presentations; observation deck; mudroom with lockers for expedition gear, and a partially covered sundeck with chairs and tables. Our “open bridge” provides guests an opportunity to meet our officers and captain and learn about navigation.

MEALS: Served in single seatings with unassigned tables for an informal atmosphere and easy mingling. Breakfast and lunch are wide selection buffets with chef action stations, while dinners are primarily served plated. Menu emphasizes local fare.

CABINS: All cabins face outside with windows or portholes, private facilities and climate controls. Category 4 cabins have step-out balconies.

EXPEDITION EQUIPMENT: A fleet of 8 Zodiacs and 24 kayaks, Remotely Operated Vehicle (ROV), hydrophone, splash-cam, underwater video camera, video microscope, paddleboards, snorkeling gear for all guests (where applicable).

SPECIAL FEATURES: Guest internet access, elevator, Lindblad-National Geographic certified photo instructor, a video chronicler and undersea specialist.

WELLNESS: The vessel is staffed by a Wellness Specialist and features a gym with an elliptical machine, treadmill, exercycles, handweights and resistance bands. Treatments in the LEXspa are available by appointment.



Insets clockwise from top: library and photo kiosk in lounge;



Left to right: The dining room provides big views and outstanding cuisine; Category 3 cabin; Category 4 cabin with lower single beds (which can be converted to a Queen) and a private step-out balcony; select cabins connect via an inside doorway.

CATEGORY 1: Main Deck #301-306 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two portholes.

CATEGORY 2: Main Deck #307-315 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two portholes.

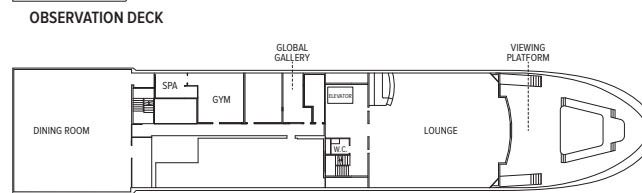
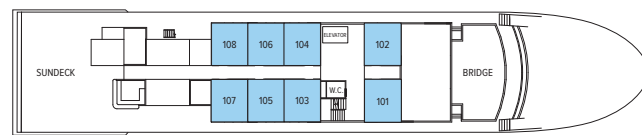
CATEGORY 3: Upper Deck #201-206 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two large view windows.

CATEGORY 4: Upper Deck #207-229 Cabins feature two lower single beds that can convert to a Queen, a writing desk, sliding glass door, and small, private balcony.

CATEGORY 5 (SUITE): Observation Deck #101-108 Cabins feature two lower single beds that can convert to a Queen, large view windows, an expanded bathroom, writing desk, ample storage space, and a convertible sofa bed to accommodate a third person.

NOTE: Sole Occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in Category 5 cabins at one half the double occupancy rate.

Connecting Cabins via internal doorway access: Main Deck: #312-314, #311-315, #306-308, #305-307; Upper Deck: #224-226, #225-227



Prices are per person, double occupancy unless indicated as solo.

ITINERARY	YEAR	CAT. 1	CAT. 2	CAT. 3	CAT. 4	CAT. 5 SUITE	CAT. 1 SOLO	CAT. 2 SOLO	ADVANCE PAYMENT	NOTE
Base Camp Baja – 4 Nights – Page 18	2018/19	\$2,650	\$3,390	\$3,990	\$4,490	\$4,950	\$3,980	\$5,090	\$750	Sample Airfares: Round-trip Los Angeles/Los Cabos/Los Angeles: Economy from \$370. Business from \$1,098.

TAKE ADVANTAGE OF OUR SPECIAL OFFERS

BRINGING THE KIDS: We believe sharing an expedition with your kids or grandkids is a life-enhancing experience. So take \$500 off for each child under the age of 18.

TRAVELING AS A GROUP: Save 10% when traveling as a group of 6 or more people. Take advantage of these great savings, while enjoying traveling with your friends and family. This savings is applicable on voyage fares only, and not on extensions or airfare. Deposit, final payment, and cancellation policies for group travel vary from our regular policies.



*Brown pelican,
Baja California.*

INCLUSIVE PRICING

We include just about everything you have the opportunity to do as part of your expedition aboard ship and ashore. The only things not included are those of a personal nature—alcohol, internet usage, tips to the crew, wellness treatments and other specialized arrangements.

ABOARD SHIP

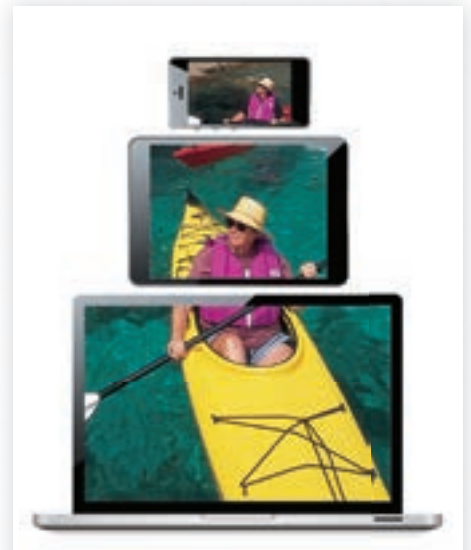
- ✓ All meals and non-alcoholic beverages
- ✓ Cappuccinos, lattes & complimentary environmentally friendly refillable water bottle
- ✓ 24-hour coffee, tea & soda on demand
- ✓ Hors d'oeuvres & snacks during lounge recap
- ✓ Fitness center
- ✓ Fully stocked library
- ✓ The guidance and company of our expedition staff
- ✓ The expertise of **exhale** instructors

ASHORE

- ✓ Meals on land, as indicated in itinerary
- ✓ Special access permits, park fees, port taxes
- ✓ Transfers to and from group flights
- ✓ The expertise of our expedition staff

ACTIVITIES

- ✓ All excursions
- ✓ Zodiac & kayak explorations
- ✓ Snorkeling and paddleboarding
- ✓ **exhale** classes in Yoga, Beach Boot Camp, Barre + Cardio, Hike Stretch Labs, Mindfulness & more
- ✓ Lectures & presentations in the lounge
- ✓ Morning stretch classes with wellness specialist



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- ✓ Check our daily blog for interesting posts, video clips and Photos of The Week: expeditions.com/blog
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- ✓ Follow us [@LindbladExp](https://twitter.com/LindbladExp) and our founder, Sven Lindblad [@SvenLEX](https://twitter.com/SvenLEX), on Twitter; and on Instagram [@SOLindblad](https://instagram.com/SOLindblad) for his interesting view of the world.
- ✓ Check out Expedition Snapshots from guests—and upload your own on the expeditions.com homepage.



RESERVATION INFORMATION

Costs Include: All accommodations aboard ship or in hotels per itinerary or similar, all meals and nonalcoholic beverages aboard ship, meals on land as indicated, air transportation where indicated as included, shore excursions, sightseeing and entrance fees, special access permits, transfers to and from group flights, use of snorkeling equipment and use of kayaks (where available), tips (except to ship's crew), taxes and service charges, services of a ship physician, and services of our expedition staff.

Not Included: Air transportation (except where shown as included), extensions, passport, visa, immigration fees, meals not indicated, travel protection plan, items of a personal nature such as alcoholic beverages, internet access, voyage DVD, scuba diving (where available), laundry. Gratuities to ship's crew are at your discretion.

Airfare: For all programs, airfare is an additional cost unless otherwise indicated. Sample airfares are subject to change. We will gladly assist in making your air arrangements for a \$50 per person service fee.

TERMS & CONDITIONS

Reservations: To reserve your place, an advance payment is required at the time of reservation. The per person advance payment amount varies by program, and is outlined in our brochures, as well as on our website. Payment is accepted by Visa, MasterCard, American Express, Discover, or by check. Receipt of your initial payment indicates your acceptance of our complete Terms and Conditions. We require written notice at the time of reservation for any physical condition, diet, or treatment requiring special attention. Once your reservation is confirmed, we urge you to use your personalized online account for important information to help you prepare for your voyage. Managing your documents online will facilitate fast and accurate communication, and allow you to provide us with pertinent details we require, in order to complete your reservation. Your online account gives you access to your Expedition Guide, which includes valuable information specific to your voyage. You can also use your online account to make easy payments, view recommended flights and reading material, packing list, and so much more.

Final Payment: Due no later than 90 days prior to departures, depending on the expedition.

Travel Protection Plan: We recommend that you take advantage of our Travel Protection Plan. This plan offers comprehensive coverage to protect you from cancellation fees, costs incurred due to trip delays/interruption, damaged or lost luggage, medical assistance, and evacuation during your travels. Our Travel Protection Plan is available for U.S. and Canadian residents only, and may be purchased any time prior to final payment due date. If you are not satisfied for any reason, you may return your plan within 10 days after purchase. Your premium will be refunded if canceled within 10 days, provided you have not already departed on the trip or filed a claim. When so returned, the coverage under the plan is void from the original date of purchase.

Smoking Policy: Smoking is allowed only in designated outdoor areas.

Responsibility and Other Terms & Conditions: Among other things, limitations of Lindblad Expeditions' and the National Geographic Society's liability for loss of property, injury, illness or death during the voyage will be provided to all guests on the ship's ticket sent prior to departure, and are also available on our website at www.expeditions.com/terms, or upon request. By registering for a trip, the guest agrees to all such terms and conditions.

Note: Itineraries and prices listed in this brochure are valid as of publication date, and are subject to change. Under normal conditions, the total expedition cost is guaranteed at the time of booking. However, the published price is determined far in advance of initial departure on the

basis of then-existing projections of fuel and other costs. In the event we determine that current costs create an unsustainable financial model, including but not limited to increases in the price of fuel, currency fluctuations, increases in government taxes or levies, or increased security costs, we reserve the right to pass on these costs to you, to cover such unexpected increases. We will always provide a transparent accounting of the reason for such an increase in costs.

A State Department travel warning for Mexico is currently in effect (<http://travel.state.gov>). The area of concern noted in the warning is not near the region we visit on this itinerary. We expect to operate these expeditions as planned, but will continue to closely monitor events in the country.

CANCELLATION POLICY

Number of Days Prior to Expedition Start	Per Person Cancellation Fee
120 or more days	\$350
119–90 days	Advance payment cost
89–60 days	25% of total fare
59–45 days	50% of total fare
44–0 days	No refund

\$350 will be rewarded in the form of a Lindblad Expeditions Travel Certificate. This cancellation policy applies to expeditions as well as extensions and other additional services. The effective date of a cancellation will be the date on which your notice is received. Note: Airline cancellation policies vary by carrier, as well as the type of fare used to issue your ticket. Any revisions you make within the cancellation penalty period, such as departure date or choice of voyage, are subject to cancellation fees. Additional Terms and Conditions may apply. For complete terms, please visit our website at www.expeditions.com/terms.

United States Tour Operators Association \$1 Million Travelers Assistance Program



Lindblad Expeditions, as an Active Member of USTOA, is required to post \$1 Million with USTOA to be used to reimburse, in accordance with the terms and conditions of the USTOA \$1 Million Travelers Assistance Program, the advance payments of Lindblad Expeditions customers in the unlikely event of Lindblad Expeditions bankruptcy, insolvency or cessation of business. Further, you should understand that the \$1 Million posted by Lindblad Expeditions may be sufficient to provide only a partial recovery of the advance payments received by Lindblad Expeditions. More details of the USTOA Travelers Assistance Program may be obtained by writing to USTOA at 345 Seventh Avenue, Suite 1801, New York, New York 10001, or by email to information@ustoa.com or by visiting their website at www.USTOA.com.

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TRAVEL PLANNING WITH A DIFFERENCE

Half of travel planning is learning what you don't know and generating questions. The other half is getting answers.

When you call **1.800.EXPEDITION**, you can ask for any one of our Expedition Specialists who have been on our Baja expeditions. They are full members of the Lindblad Expeditions team—students of the natural world and born explorers, not trained call center telemarketers.

SO WHY NOT TAKE ADVANTAGE OF THEIR EXPERTISE? Don't hesitate to call with your questions—they're equipped to provide answers based on their knowledge and personal experience.

Ask them about Baja California, how we explore there, our ships, our itineraries, and more. We think you'll find the conversation rewarding.

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For Reservations: Contact your travel advisor or Lindblad Expeditions

**1.800.EXPEDITION
(1.800.397.3348)**

Reservation Hours:

Mon. - Fri. 9am-10pm ET,

Sat. & Sun. 10am-5pm ET

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Email: explore@expeditions.com

For additional information and online reservations, visit us on the Web:

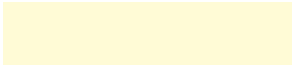
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