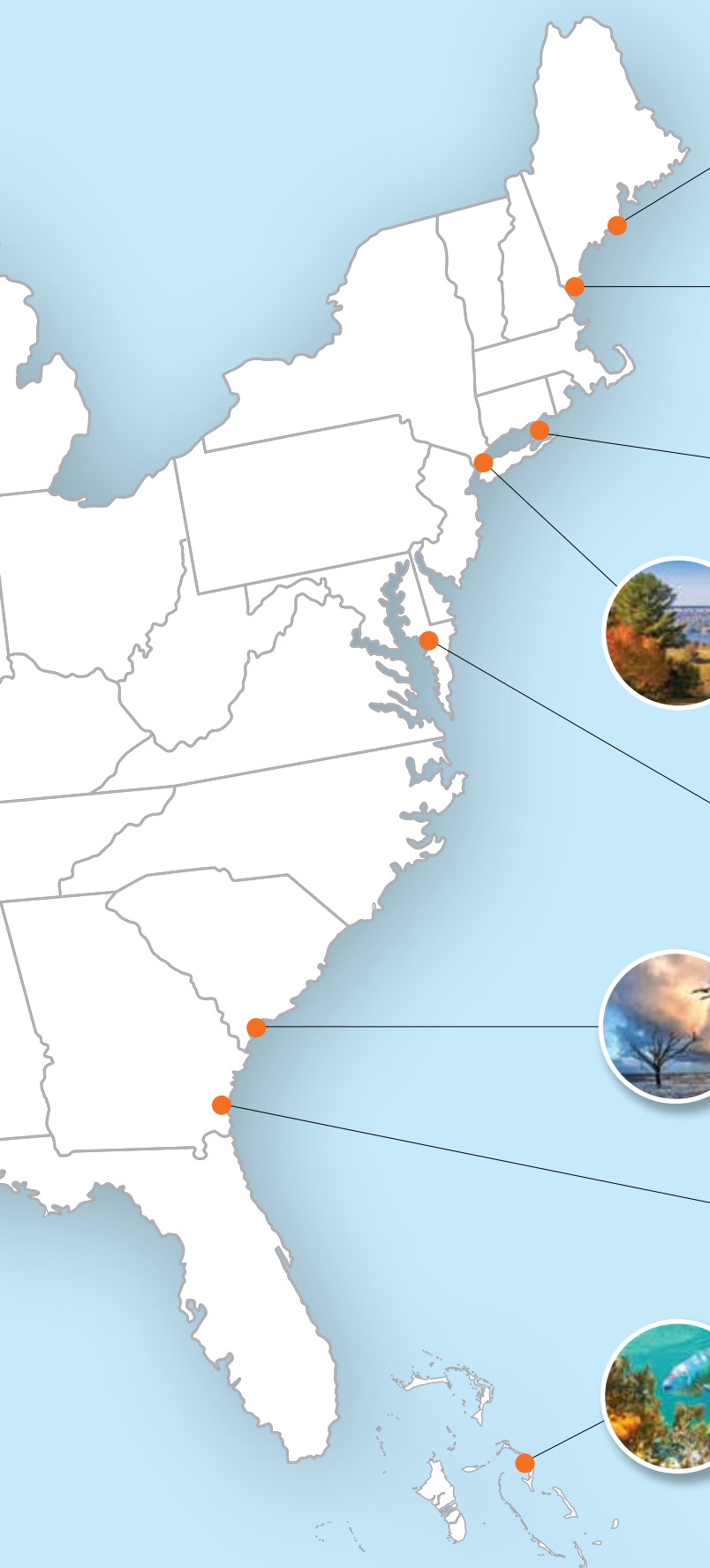


GO FARTHER

NEW! DISCOVER THE U.S. EAST COAST

33.83° N, 81.16° W ●





**Wild Maine Escape:
Exploring Downeast &
Acadia National Park**
PAGE 26



**Exploring Coastal Maine:
Lobsters, Lighthouses &
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**New York City to Cape
Cod: Whales, Great
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**Exploring the Hudson River
in Fall: Transformation,
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**Wild Chesapeake Bay
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**Wild South Carolina
Escape: Beaufort & the
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**Exploring the Bahamas'
Out Islands: Natural
Wonders & Hidden History**
PAGE 14

There's an American East Coast that few know exists and even fewer will ever experience. Starting fall of 2022, *National Geographic Sea Lion* will embark on a series of all-new itineraries unlike any in the region. We'll take a unique expeditionary approach as we go in search of the wild, seldom-seen side of the Eastern Seaboard. Along this dynamic coastline, often not too far from bustling cities, you'll find uninhabited islands with wildlife refuges and abandoned forts and castles, many of which are unknown even to locals. From the windswept sand dunes of the South to Mid-Atlantic estuarine backwaters and island villages in the North with no paved roads, these exclusive journeys take you into little-known American wilderness, history, and culture.



Cover photo: Autumn color at Bear Mountain Bridge, Hudson River Valley, New York.



ALTERNATE PAGE FORMAT

Schoodic Peninsula, Acadia National Park, Maine.

HIDDEN ISLANDS

HAVE YOU BEEN TO PENIKESE OR POLLEPEL ISLAND? OR HEARD of Outer Island, Great Gull Island or Tangier Island? The U.S. East Coast is dotted with intriguing, hard-to-reach islands where there are unique discoveries to be made. On some, you'll find surprising flora and fauna like the world's largest concentration of nesting common terns. On others, look for the traces of inhabitants from centuries' past in the crumbling estates and fortifications which still remain. Some of these remote archipelagos are still populated today by small, isolated communities of fishermen, artists, and cultural groups like the Gullah-Geechee people who are descendants of Africans once enslaved on the rice, indigo, and Sea Island cotton plantations of the lower Atlantic coast. With *National Geographic Sea Lion's* kayaks, paddleboards, and Zodiacs, you'll actively explore these remote flecks of land cupped in the sea.

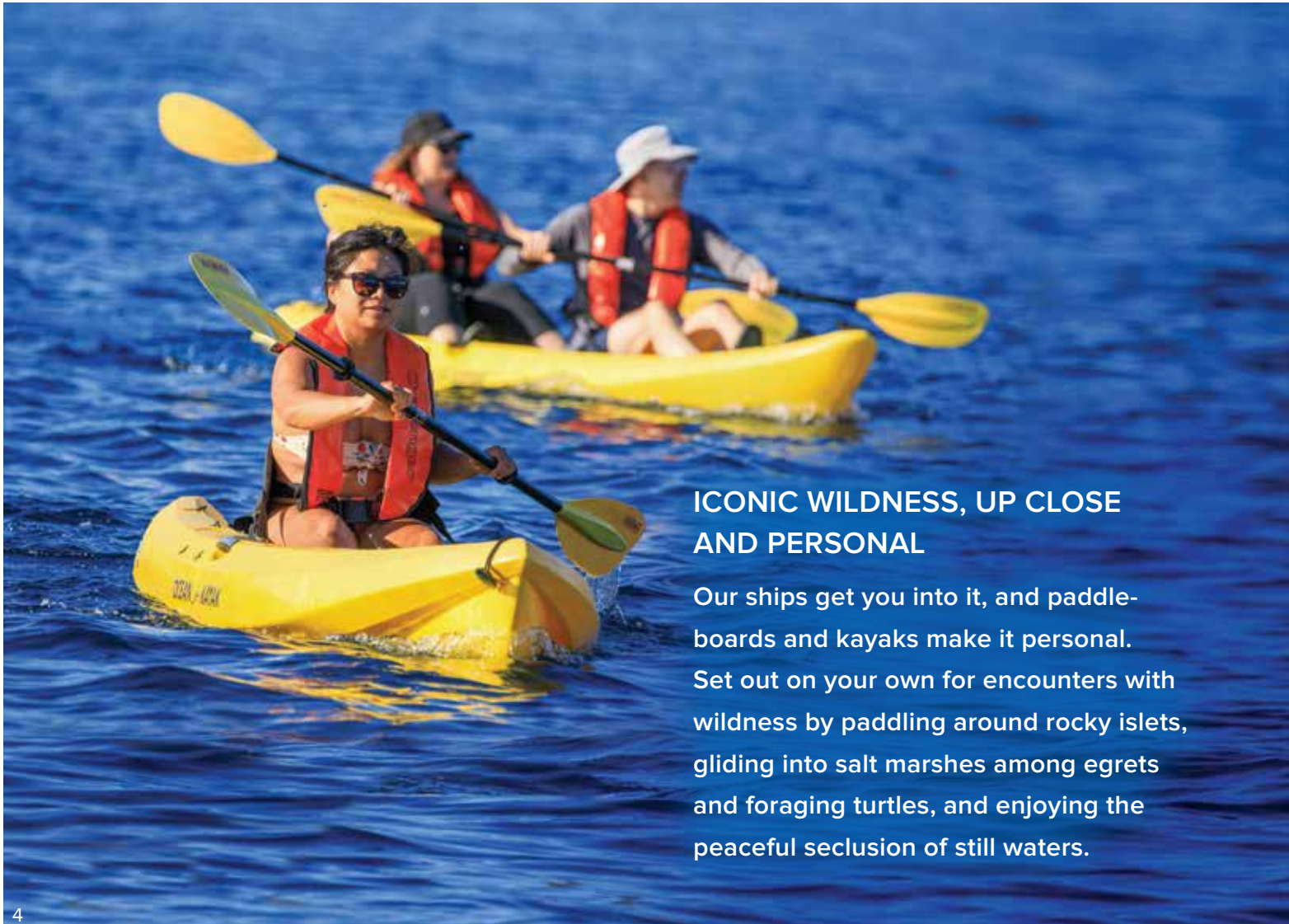


Flock of wild flamingos in flight, Out Islands, Bahamas.

ACTIVITIES

ENJOY IT YOUR WAY

Explore the Eastern Seaboard with the freedom to see it your way. Each day, we provide a fresh destination, plus all kinds of choices to make it as active or as relaxing as you like. Hike, whale watch, take in a museum, or soak up the culture of a tiny fishing village.



ICONIC WILDNESS, UP CLOSE AND PERSONAL

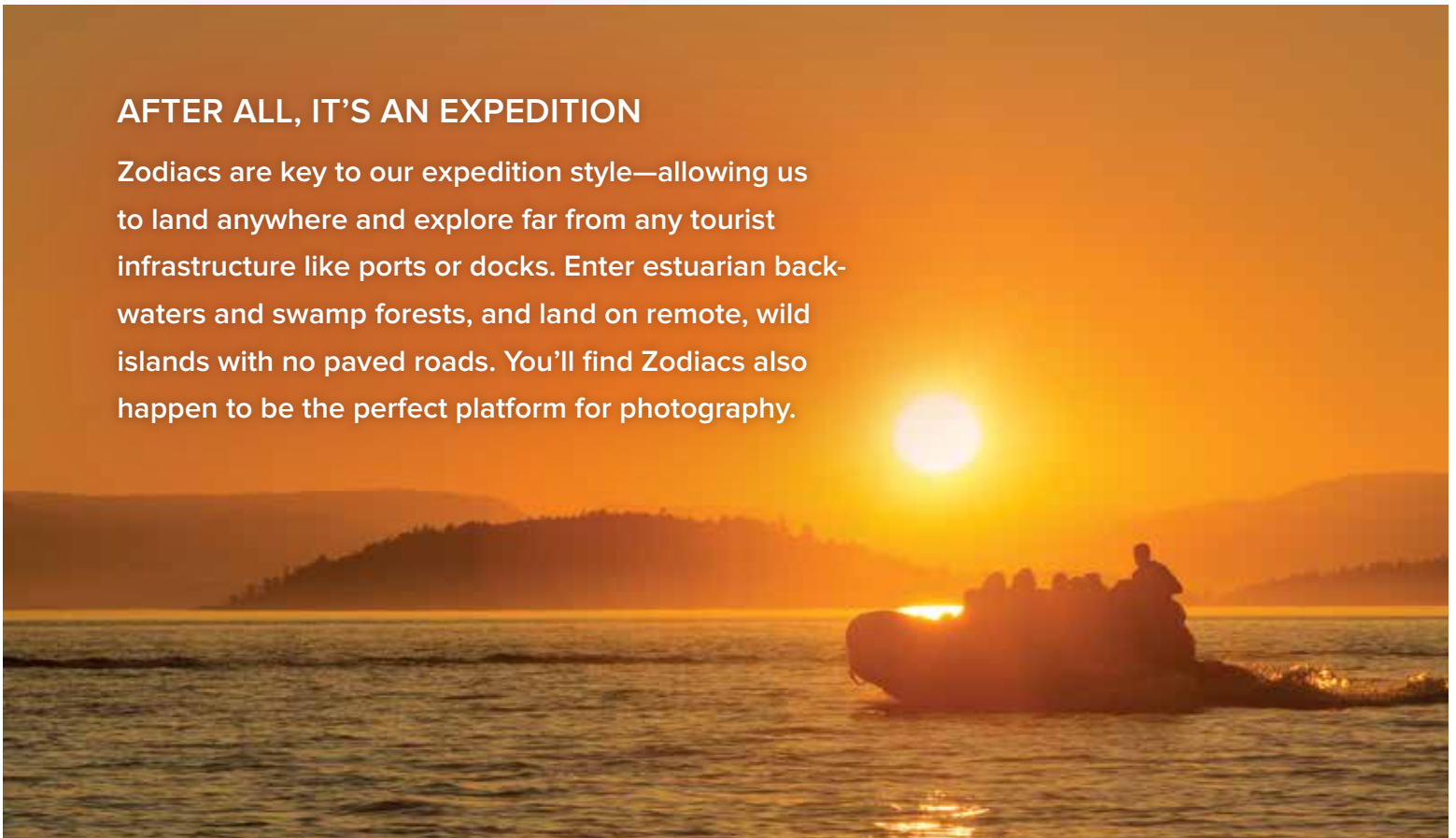
Our ships get you into it, and paddleboards and kayaks make it personal. Set out on your own for encounters with wildness by paddling around rocky islets, gliding into salt marshes among egrets and foraging turtles, and enjoying the peaceful seclusion of still waters.



Discover unique flora and fauna in places like Cumberland Island, Georgia, where palmettos line paths and live oaks drip Spanish moss.

AFTER ALL, IT'S AN EXPEDITION

Zodiacs are key to our expedition style—allowing us to land anywhere and explore far from any tourist infrastructure like ports or docks. Enter estuarian backwaters and swamp forests, and land on remote, wild islands with no paved roads. You'll find Zodiacs also happen to be the perfect platform for photography.



CONSERVATION UP-CLOSE

A CORE VALUE OF LINDBLAD EXPEDITIONS IS TO POSITIVELY IMPACT the places we visit. On our U.S. East Coast expeditions, we partner with regional wildlife and conservation organizations to learn how they are protecting the special places in our own backyard. At the Georgia Sea Turtle Center, we see the rehabilitation of these endangered creatures in action; and at the Woods Hole Oceanographic Institute, we go behind the scenes at one of the world's leading marine organizations. Local experts also come to us, providing an insider's perspective on topics as varied as great white shark behavior and the rehabilitation of the Hudson, "America's River." By bringing travelers into wildness and inspiring them to care, Lindblad helps create planetary stewards every day.



Ease Your Eco-Conscience: We're 100% Carbon Neutral

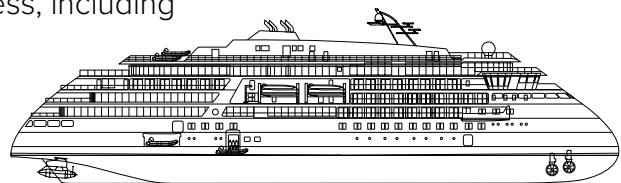
As of January 1, 2019, we are officially a carbon neutral company, offsetting the emissions of our fleet, employee travel worldwide, offices in New York and Seattle, all land-based operations, and beyond. Working in partnership with South Pole, the world's leading developer of international emission reduction



projects, we now have a portfolio of six carbon project investments that align with the United Nations' Sustainable Development Goals. Our investments focus on renewable energy, reforestation, and community-based projects in the regions our fleet visits, and beyond. We are always looking for ways to lessen our



carbon footprint at all levels of our business, including equipping new ships with advanced engines and systems for reducing emissions, fuel, and waste.



So Long Single-Use Plastics

Every cabin, fleet-wide has an insulated water bottle for hot or cold liquids. An elegant design, it's part of our commitment to sustainability. Travel with us and you won't find any single-use plastics aboard—no plastic bottles, cups, straws, or stirrers. This effort, along with future plans including crew uniforms crafted from recycled plastic, support National Geographic's "Planet or Plastic?" campaign. Together we are helping to raise awareness about reducing the amount of plastic in the world's oceans.





ONBOARD PHOTO INSTRUCTORS ARE AT YOUR SIDE TO INSPIRE & ASSIST

WHILE YOU'RE DISCOVERING THE EAST COAST, YOU'LL HAVE THE benefit of a Lindblad-National Geographic certified photo instructor (CPI) at your side to help with everything from camera settings to the basics of composition. Now, every guest—from iPhone camera users to advanced hobbyists—can stand side by side with skilled photographers, pick up tips in the field, and take great photos. Our CPIs are also trained naturalists, so they'll help you better understand wildlife behavior, too. Whether you're choosing a shutter speed to capture a breaching whale or a lighthouse at sunset, in-the-moment tips from accomplished pros will help you return home with your best photos ever.



▶ Learn more about photo expeditions at expeditions.com/photography.



FROM THE CAPTAIN ON THE BRIDGE TO YOUR CABIN STEWARD, IT'S ONE TEAM WITH ONE MISSION

THE MISSION OF OUR EXPERT EXPEDITION TEAM IS TO CREATE an exceptionally rewarding adventure for you. The knowledge and passion that our naturalists have for this diverse region will kindle your interest in topics such as the migratory patterns of warblers and the nesting habits of sea turtles. They will do whatever it takes, from maintaining a constant lookout so you don't miss a whale sighting to offering the perfect vantage point for observing wild horses. Our hotel team will know what you like and how you like it from **Day One**. Regardless of how often you're in your cabin, it will be immaculate when you return. If you're traveling with children or grandchildren, their special way with kids will warm your heart. And the captain and officers welcome you to the Bridge anytime—to scan for wildlife or simply appreciate the calm skill of navigation.

Highly trained photo specialists will help you capture expedition highlights from glorious autumn colors to lighthouses and spectacular Bahamian undersea life. And we can't forget our intrepid expedition leaders who know the East Coast and the Bahamas inside and out and ensure that all aspects of your voyage run smoothly.

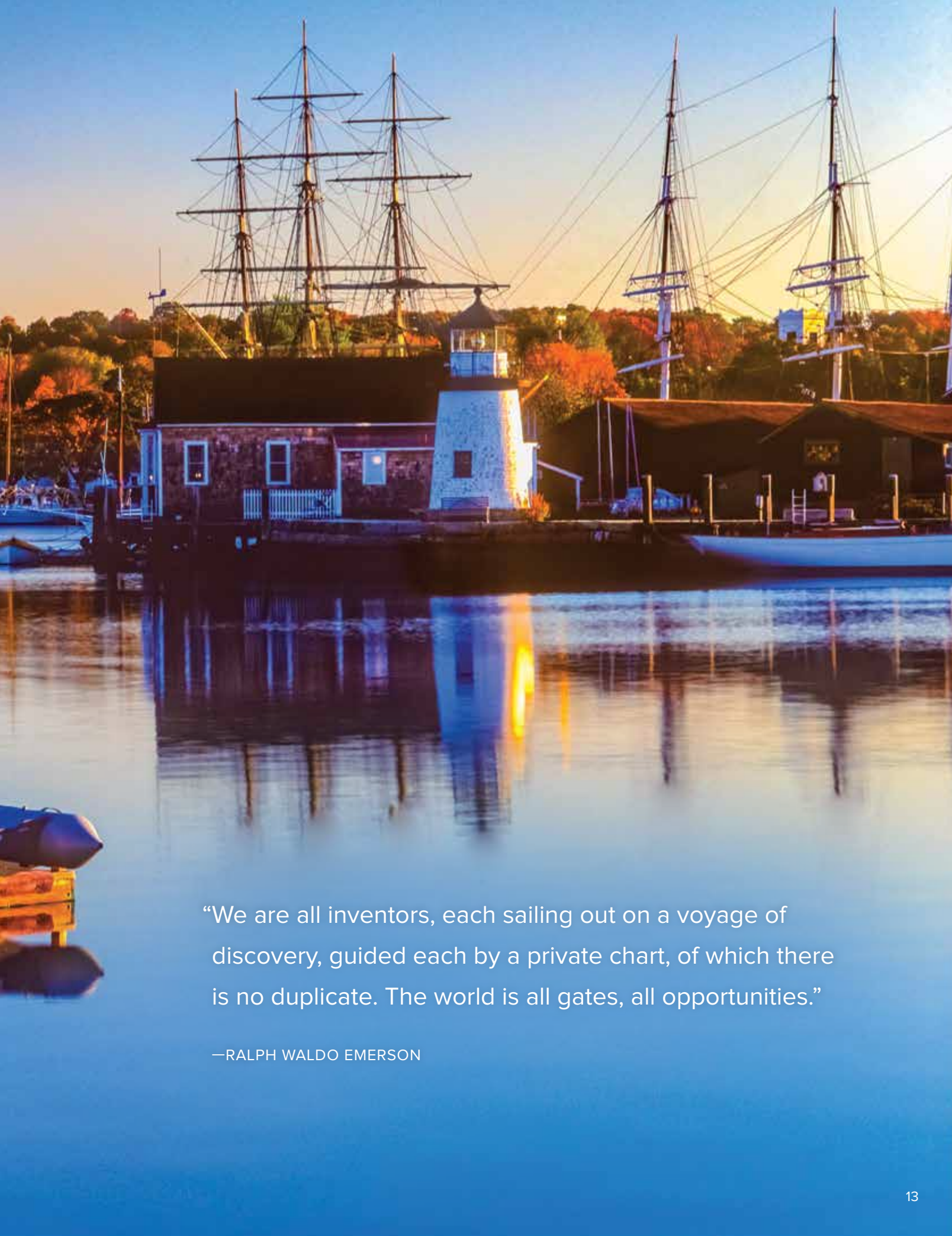


From kayaking tips to photo tricks, our team is always at the ready to enhance your experience.

DEDICATED TEAM







“We are all inventors, each sailing out on a voyage of discovery, guided each by a private chart, of which there is no duplicate. The world is all gates, all opportunities.”

—RALPH WALDO EMERSON

EXPLORING THE BAHAMAS' OUT ISLANDS: NATURAL WONDERS & HIDDEN HISTORY

8 Days/7 Nights—Aboard *National Geographic Sea Lion*

PRICING FROM \$5,590 per person

Book by Jan. 31, 2022 to guarantee 2022 prices for 2023 departures.

Visit expeditions.com for all categories, current rates, and details.

Far away from the all-inclusive resorts, the Bahamas is truly wild at heart. This archipelago of more than 700 islands—of which only about 30 are inhabited—is home to blue holes and thick mangrove forests, coral reefs, and spectacular beaches. Discover the Bahamas' wild side on a voyage to some of its most far-flung islands and hear an intriguing history of pirates, pilgrims, lost civilizations, and the enduring Lucayan people. Snorkel with abundant sea life in warm turquoise waters, explore tranquil mangrove forests by kayak, and get introduced to the islands' terrestrial flora and fauna on guided walks in nature reserves. Our exploration of these remote islands supports national park management as well as local conservation initiatives including habitat restoration, wildlife monitoring, and education to foster awareness of the incredible diversity of the Bahamas.

Note: Some locations are pending government approval.

EXPEDITION HIGHLIGHTS

- ▶ Snorkel little-known reefs and dazzling lagoons and explore the coasts and creeks of remote islands aboard a Zodiac
- ▶ Kayak between the mangroves of Turtle Sound, spotting sea turtles and rich birdlife
- ▶ Visit Conception Island National Park and see nesting boobies and other seabirds as well as wintering songbirds.
- ▶ Learn the evolution of Bahamian history and culture, from the native Lucayan people through European exploration to modern times.
- ▶ Witness nature conservation in action on a visit to Eleuthera's innovative Island School

Aerial view, Eleuthera, Bahamas.

DAY 1: GEORGE TOWN, THE EXUMAS, BAHAMAS

Arrive into George Town on the island of Great Exuma, and transfer to the *National Geographic Sea Lion*. Settle into your cabin and meet the crew as we set off on our Bahamian adventure.(D)

DAY 2: CROOKED ISLAND/LONG CAY

This morning, we arrive at Crooked Island, anchoring near Long Cay. After breakfast, we'll take Zodiacs to shore to kayak Turtle Sound, an aquamarine waterway that cuts deep into the island. The sound draws sea turtles in search of calm waters, and we may see them surfacing as we paddle. The mangroves at the water's edge make for great birding opportunities as well. This afternoon, gear up for our first snorkeling excursion, watching for schools of amberjacks, wrasses, and maybe a sea turtle as we swim over the reefs off Crooked Island. (B,L,D)

DAY 3: ACKLINS ISLAND

Separated from Crooked Island by a three-mile wide channel, Acklins Island has been at different times in its history the haunt of pirates, an island of cotton plantations where enslaved people toiled, and, some say, an early stop on Christopher Columbus's first voyage. This morning, walk across the island at its most narrow section and explore the fishing settlements on the lagoon side. After lunch on board, enjoy an afternoon of paddleboarding, kayaking, and snorkeling. (B,L,D)



Snorkelers explore coral formation.



Paddling is a fun and dynamic way to explore.

DAY 4: MAYAGUANA

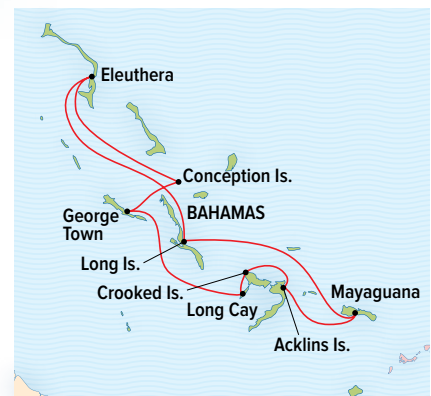
The easternmost island in the Bahamas, Mayaguana is the name given to the island by the original inhabitants of the Bahamas, the Lucayan people. On a morning walk on this rugged and remote island, learn about its history and the lost Lucayan culture. Keep an eye out for wildlife such as Bartsch's iguanas, West Indian flamingoes, royal terns, and Wilson's plovers. In the afternoon, return to the magical undersea, snorkeling amid an extraordinarily diverse population of reef fish including blue tangs and princess parrotfish. (B,L,D)

DAY 5: LONG ISLAND

We'll make our way back to the central islands of the Bahamas overnight and wake up in Long Island. Enjoy a full day of water activities here, including snorkeling, kayaking, and paddleboarding in the vast lagoon that stretches along the island's western coast. Take Zodiac cruises along the shore, stopping to explore when we find interesting wildlife or sites. (B,L,D)

DAY 6: ELEUTHERA

Measuring 100 miles long but rarely more than two miles wide, Eleuthera is an island of pink sand beaches and wild landscapes. It was settled in 1648 by a group of Brits known as the "Eleutheran Adventurers" who were escaping religious persecution. Today, visit the innovative Island School, which uses a unique, hands-on approach to teach science, conservation, and sustainability to international and Bahamian high school students. After lunch on board, choose to go snorkeling or learn about the island's terrestrial flora and fauna while



walking the trails of Leon Levy Native Plant Reserve. (B,L,D)

DAY 7: CONCEPTION ISLAND

This morning, land on a white-sand beach on the northeast side of Conception Island, an uninhabited island that is now a national park. Set off on an easy hike, looking for tropicbirds and boobies that nest here, as well as many other bird species. The island is laced with creeks that we can access with our Zodiacs when conditions are right. Enjoy a final chance to snorkel in the rich waters surrounding Conception. This evening, toast our Bahamian adventure with a cocktail on the beach. (B,L,D)

DAY 8: GEORGE TOWN, EXUMAS/HOME

Disembark after breakfast and transfer to George Town Airport for your flight home. (B)

EXPEDITION DETAILS

DATES: 2022 Feb. 20, 27; Mar. 6, 13, 20, 27; Dec. 29. 2023 Feb. 19, 26; Mar. 5, 12, 19, 26; Dec. 29.



WILD SOUTH CAROLINA ESCAPE: BEAUFORT & THE BARRIER ISLANDS

8 Days/7 Nights—Aboard *National Geographic Sea Lion*

PRICING FROM \$3,990 per person

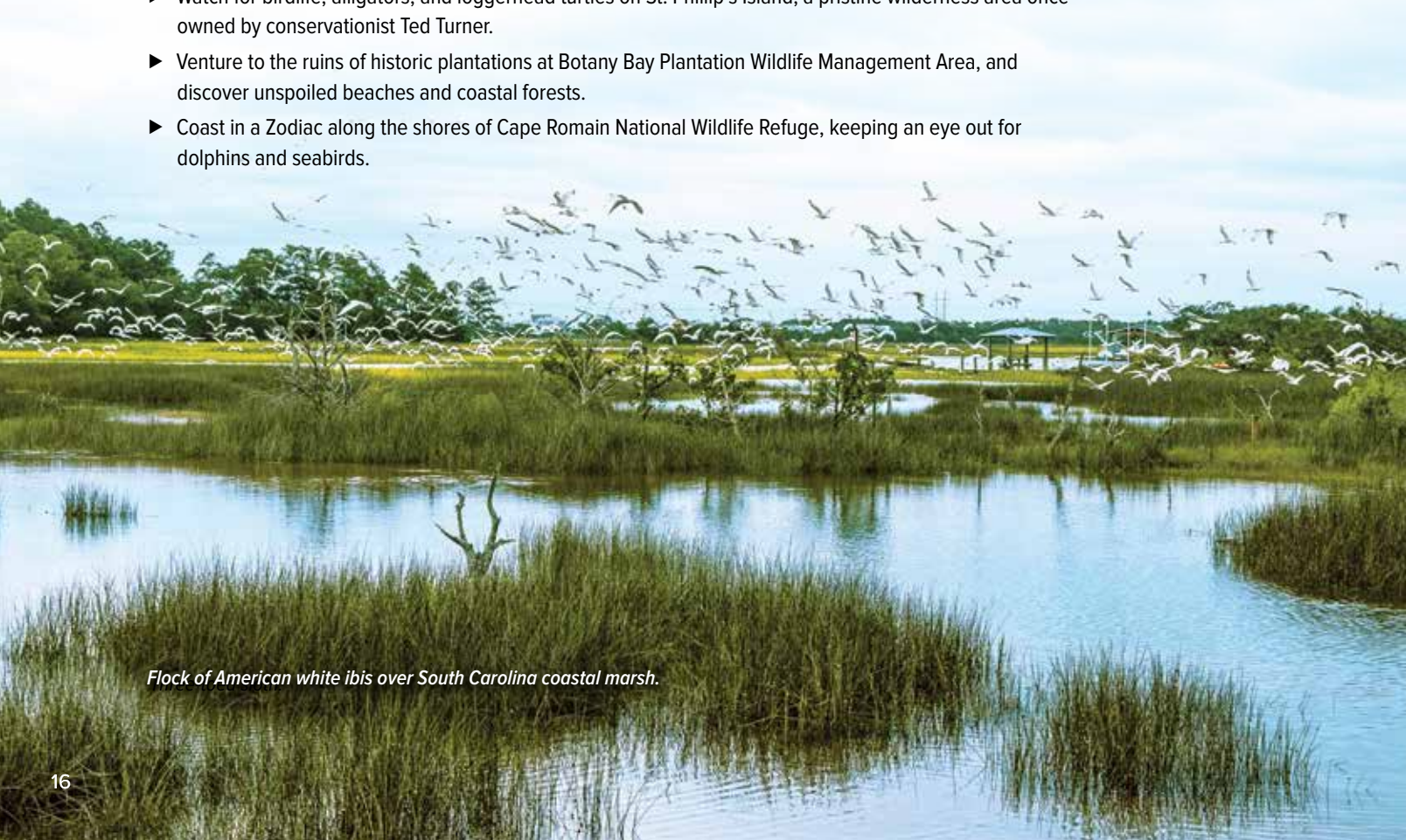
Book by Jan. 31, 2022 to guarantee 2022 prices for 2023 departures.

Visit expeditions.com for all categories, current rates, and details.

The Sea Islands stretch along the southeastern shores of the United States, a string of barrier and tidal isles that carve South Carolina's Low Country into a maze of waterways and wilderness. Sail among these islands during a short, enriching getaway, discovering sites that tell the history of South Carolina and exploring wetlands, wild beaches, dunes, and maritime forests in parks and refuges along the coast. Travel from among the stunning Sea Islands into the Low Country's maze of waterways and wilderness, where breathtaking nature abounds. Delve deep into our collective history as expert guides navigate you through opulent Beaufort, Phillip's Island conservation, and historic plantations-turned-wildlife refuges.

EXPEDITION HIGHLIGHTS

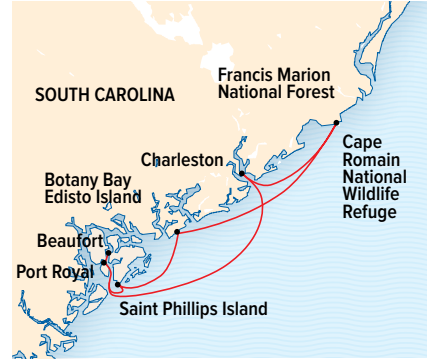
- ▶ Explore Beaufort, where opulent mansions and historic churches and schools tell stories of the past.
- ▶ Watch for birdlife, alligators, and loggerhead turtles on St. Phillip's Island, a pristine wilderness area once owned by conservationist Ted Turner.
- ▶ Venture to the ruins of historic plantations at Botany Bay Plantation Wildlife Management Area, and discover unspoiled beaches and coastal forests.
- ▶ Coast in a Zodiac along the shores of Cape Romain National Wildlife Refuge, keeping an eye out for dolphins and seabirds.



Flock of American white ibis over South Carolina coastal marsh.



Old Sheldon Church ruins, Beaufort, S.C.



Roseate spoonbill.

DAY 1: CHARLESTON, SOUTH CAROLINA

Arrive in Charleston and settle into your cabin aboard the *National Geographic Sea Lion*. This evening, sail out of scenic Charleston harbor and follow the coast southwest, skirting the barrier islands that shelter the mainland. (D)

DAY 2: BEAUFORT AND PORT ROYAL ISLAND

We round Bay Point Island early this morning and enter the mouth of the Harbor River. Be on deck as the South Carolina coastline awakens. We'll make our way along the coast of Port Royal Island to the historic town of Beaufort. This beautiful area was alternately settled—and sometimes fought over—by English, French, and Spanish colonists as well as its original Native American inhabitants. Dive in to this diverse heritage today, visiting Old Sheldon Church; the Port Royal Museum; and the Penn Center, the first academic school for freed people. See evocative historic mansions, and then head to Lady's Island Oysters for a tasting of oysters raised in the nearby estuary. (B,L,D)

**DAY 3: ST. PHILLIPS ISLAND/
EDISTO ISLAND**

Spend today exploring several of the barrier islands. On pristine St. Phillips Island, which was never developed and is now part of a state park, hike trails that weave from sand dunes to salt marshes to maritime forest. Keep an eye out for migrating warblers and roseate spoonbills in the quiet waterways, as well as alligators, loggerhead sea turtles, and more. Watch for dolphins as we cross St. Helena

Sound. Conditions permitting, we'll go ashore at Edisto Island to visit Botany Bay Plantation Wildlife Management Area. Originally two plantations that played a role during the Civil War, this protected area now comprises 4,600 acres of wild beach, pine forests, and freshwater ponds, dotted with historic plantation ruins. (B,L,D)

DAY 4: EXPLORING CAPE ROMAIN NATIONAL WILDLIFE REFUGE

Trace the coast north past Charleston to Cape Romain National Wildlife Refuge, which spans 104 square miles from Bull Island in the south to Murphy Island in the north. We have an entire day to explore the refuge and discover its wildlife and history. Hike one of the its many trails, or cruise close to shore in a Zodiac, watching for dolphins and seabirds. Have your camera ready as we pass the Cape Romain Lighthouse. (B,L,D)

DAY 5: FRANCIS MARION NATIONAL FOREST

Today we set off into the waterways of Francis Marion National Forest. Dotted with towering

old-growth bald cypress trees, this black water region draws all manner of wildlife, from turtles and birds to reptiles sunning on the rocks. (B,L,D)

DAY 6: CHARLESTON/HOME

This morning, *National Geographic Sea Lion* arrives in Charleston where we disembark and transfer to the airport for flights home. (B)

EXPEDITION DETAILS

DATES: 2022 Nov. 22

2023 Apr. 29; May 4, May 9, May 14, May 19; Nov. 23



American alligator and turtle.



EXPLORING THE LOW COUNTRY: CUMBERLAND ISLAND TO CHARLESTON

8 Days/7 Nights—Aboard *National Geographic Sea Lion*

PRICING FROM \$5,590 per person

Visit expeditions.com for all categories, current rates, and details.

The seaboard of Georgia and South Carolina harbors a wealth of wildlife habitats and a fascinating cultural heritage. Here, the Sea Islands hug the mainland, offering undulating dunes, meadows, marshes, and forests that teem with birdlife and other creatures, as well as an intricate web of waterways that beg to be explored. Discover these stunning wilderness areas with our naturalists, and delve into the complex history of the South in charming coastal cities and on barrier islands where the West African-influenced culture of the people continues today.

EXPEDITION HIGHLIGHTS

- ▶ Kayak in salt marshes and coastal lagoons rich with wildlife including American alligators and dolphins.
- ▶ Get acquainted with the fascinating Gullah-Geechee culture of the Sea Islands, a blend of West African and English languages and traditions developed by enslaved people in the 18th-century.
- ▶ Meet researchers at the Georgia Sea Turtle Center on Jekyll Island; and enjoy excellent spring birding, watching for roseate spoonbills, wood storks, and tricolored herons and up to 20 species of migrant warblers.
- ▶ Experience the historic city centers of the south on walking tours through Brunswick, Savannah, and Charleston.



Magnolia Plantation and Gardens, Charleston, S.C.

DAY 1: HOME/JACKSONVILLE, FLORIDA /FERNANDINA BEACH

Arrive in Jacksonville and transfer to Fernandina Beach, where we embark *National Geographic Sea Lion* and set sail toward St. Mary's River. (D)

DAY 2: CUMBERLAND ISLAND, GEORGIA

This morning, we cruise north into Georgia, following the Intracoastal Waterway to Cumberland Island, a designated National Seashore of wild beaches, vast marshes, and intriguing history. Inhabited over the centuries by Native Americans, enslaved people, missionaries, and the famous Carnegie family, the island offers insight into life and culture of the southeastern seaboard over the centuries. Visit the haunting ruins of the Carnegie Dungeness estate. Then set off on foot to discover feral horses and other fascinating flora and fauna amid pine forests and dunes. (B,L,D)



Georgia Sea Turtle Center

DAY 3: JEKYLL ISLAND/BRUNSWICK

Sail into the Golden Isles region of the Georgian coast this morning. On Jekyll Island, pay a visit to the Georgia Sea Turtle Center to meet its researchers, rehabilitators, and conservationists. This afternoon, stroll the historic center of Brunswick, or take in the view of the surrounding wetlands from Marshes of Glynn Overlook Park. (B,L,D)

DAY 4: SAPELO & OSSABAW ISLANDS

Georgia's fourth largest barrier island, Sapelo Island protects the fragile habitat of the Altamaha River Estuary and harbors rich wildlife. With its 28 transitional habitat areas, the island is an important piece of the National Estuarine Research Reserve System. While now largely undisturbed and returned to nature, the island has been inhabited for some 4,500 years, from prehistoric indigenous people to Spanish missionaries, through the



Traditional sweetgrass basket-making, Sapelo Island.

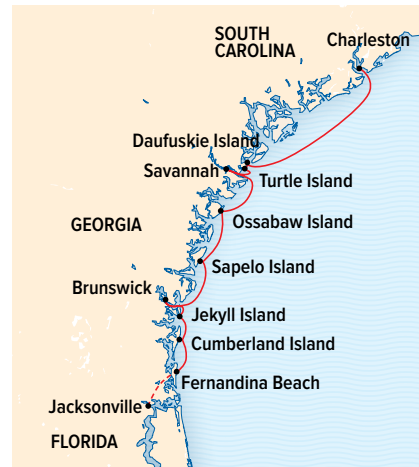
dark years of slavery and on to the freedmen and women who established the community of Hog Hammock still in existence today. This is one of the isolated barrier islands where the Gullah-Geechee culture emerged, drawing on West African languages and traditions. After lunch on the ship, sail to Ossabaw Island, where, if conditions permit, we will launch kayaks and Zodiacs to explore its backwaters, which teem with wildlife. (B,L,D)

DAY 5: SAVANNAH

Arrive in stately Savannah, Georgia's oldest city. We'll explore the city on foot, starting off with a stroll among the Spanish moss-draped trees of Forsyth Park, where we may see northern parula warblers amid the hanging moss. Stop by First African Baptist Church, the oldest African-American congregation in the country, founded in 1773. Savannah's 22 historic squares each have their own character and interesting story. We'll visit several of them, including Greene Square, named for Revolutionary War hero Nathanael Greene, where the Emancipation Proclamation was read and soon-to-be freed enslaved people were promised "40 acres and a mule." (B,L,D)

DAY 6: DAUFUSKIE ISLAND, SOUTH CAROLINA/TURTLE ISLAND

Go ashore at Daufuskie Island, a hub of Gullah culture and language. Get immersed in the mystique of the island, soaking up the local culture and learning about the rich spiritual traditions of its residents, who paint their trim "heaven blue" to ward off evil spirits. After lunch, continue to nearby Turtle Island. Comprised of coastal dunes, salt marsh, and upland southern pine habitat, the island has been designated as an Important Bird Area. The wide variety of species



that pass through here include the endangered least tern, Wilson's and piping plovers and black skimmers. (B,L,D)

DAY 7: CHARLESTON

Founded in 1670, Charleston is steeped in history and charm, from its cobblestoned, lantern-lit streets to its romantic mansions. On our way into the city, we'll cruise past Fort Sumter, where the first shots of the Civil War were fired. Set out on a walking tour of this picturesque city, strolling through Rainbow Row, where historic Georgian homes are painted in bright, lavish colors. Continue to lovely White Point Garden, meandering past cannons and other relics of the Civil War and enjoying expansive views of Fort Sumter and the Charleston Harbor. (B,L,D)



Rainbow Row, Charleston.

DAY 8: CHARLESTON/HOME

After breakfast this morning, disembark and transfer to the Charleston airport for your flight home. (B)

EXPEDITION DETAILS

DATES: 2022 Apr. 9, 16*, Apr. 23
2023 Apr. 8, 15*, 22

*These departures travel in reverse.



WILD CHESAPEAKE BAY ESCAPE: WATERWAYS, WATERMEN, & WILDLIFE

6 Days/5 Nights—Aboard *National Geographic Sea Lion*

PRICING FROM \$3,990 per person

Visit expeditions.com for all categories, current rates, and details.

Millions of people live in the Chesapeake Bay watershed area, but very few have ventured into its remote and silent backwaters. Here, thousands of animal and plant species co-exist in a fragile ecosystem that's on the mend due to incredible conservation efforts. Blue crabs hide in underwater grasses, oystercatchers patrol the shores of uninhabited islands, and small communities live off the bounty of the surrounding waters. Following in the paths of ancient native Algonquians and European explorers, including Giovanni da Verrazano and John Smith, kayak in tidal wetlands, creeks, and wildlife refuges that are sanctuaries for nesting seabirds. With nearly 12,000 miles of shoreline, Chesapeake Bay has many wild secrets to discover.

EXPEDITION HIGHLIGHTS

- ▶ Visit Smith Island and Tangier Island—some of the Chesapeake's only inhabited islands—and discover the unique culture and history of the bay's watermen.
- ▶ Paddleboard, kayak, and ride Zodiacs along the tributaries, remote islands, inlets, and coves of the Chesapeake.
- ▶ Learn about the delicate ecosystems of the Chesapeake and the work of conservation organizations dedicated to preserving the ecological balance of the bay.
- ▶ Experience the diversity of the birds of the Chesapeake—black skimmers and royal terns on the open water, snowy egrets, tricolored herons wading in the shallows, and summer songbirds in bayside woodlands.



Thomas Point Lighthouse, in the Chesapeake Bay off Annapolis, Maryland.



American Oystercatcher.

DAY 1: WASHINGTON, D.C./

ANNAPOLIS, MARYLAND/EMBARK

Arrive in the nation's capital and transfer to the lovely waterside town of Annapolis, Maryland, where *National Geographic Sea Lion* awaits. Settle into your cabin and set sail in the early evening hours, cruising toward the Delmarva Peninsula, which separates the Chesapeake Bay from the Atlantic Ocean. We'll pass Poplar Island, the site of an innovative environmental restoration project. (D)

DAY 2: SMITH ISLAND

Anchor at Smith Island in the morning, just as local watermen make their way from the harbor out into bay in search of Maryland's legendary soft shell crabs. Take a walking tour of the island's main village and learn about the culture of the island's community and the challenges they face as the forces of erosion continue to hammer at these sandy, marshy Chesapeake outposts. Set out by kayak this afternoon, exploring some of the many water trails that wind through and around Smith Island. Watch for ospreys and egrets, as well as colorful American oystercatchers, on the sandy beaches. (B,L,D)

DAY 3: CAPE CHARLES, VIRGINIA/ VIRGINIA

Barrier Islands

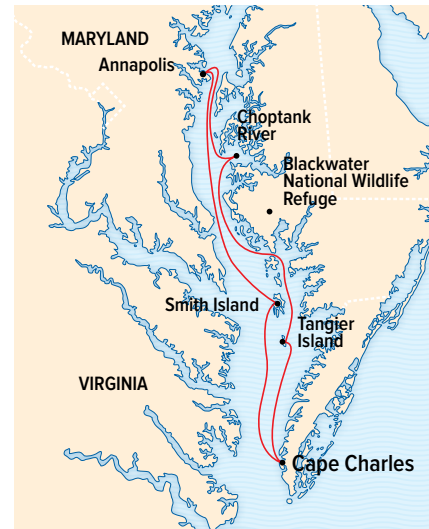
Head to Cape Charles near the tip of the Delmarva Peninsula today, and continue to the wild Virginia Barrier Islands which buffer the peninsula from the Atlantic Ocean. We'll enjoy a day of exploration in these islands, following nature's cues and gliding into little-known back channels in Zodiacs. Depending on sea conditions, we may stop to visit Cobb Island or possibly Mockhorn Island Wildlife Management Area. (B,L,D)

DAY 4: TANGIER ISLAND

With a historic district that is listed on the National Register of Historic Places, Tangier Island harbors a community of crabbers and watermen that have been isolated from the mainland for nearly 250 years. Residents here developed a unique dialect, and a visit to the island takes us back in time. With community guides, discover the town by foot and golf cart while learning about local culture. Tangier Island is comprised almost entirely of salt marshes, which we'll venture into by kayak this afternoon, watching for glossy ibis and other birdlife. (B,L,D)

DAY 5: BLACKWATER NATIONAL WILDLIFE REFUGE, MARYLAND/ CHOPTANK RIVER

Known as the "Everglades of the North," Blackwater National Wildlife Refuge was established in the 1930s as a waterfowl sanctuary for migrating species and has been internationally recognized for its ecological importance. Here, lowland forest borders tidal wetlands with areas of shallow, brackish water, and the three habitats draw a diverse range of birdlife—more than 250 species have been recorded. Spend the morning exploring the refuge, keeping an eye out for bald eagles and the Delmarva fox squirrel, a once-endangered species whose recovery has largely happened within the refuge. In the afternoon, we arrive at the mouth of the Choptank River. Kayak into its numerous tributaries and small creeks, discovering its calm backwaters. (B,L,D)



Chesapeake Bay fisherman.

DAY 6: ANNAPOLIS, MARYLAND/ DISEMBARK

Return to Annapolis this morning to disembark and transfer to the airport for your flight home. (B)

EXPEDITION DETAILS

DATES: 2023 May 30; Jun. 4, 9, 14, 19



Exploring the Chesapeake Bay by kayak.



EXPLORING THE HUDSON RIVER IN FALL: TRANSFORMATION, CONSERVATION & CREATIVITY

8 Days/7 Nights—Aboard *National Geographic Sea Lion*

PRICING FROM \$5,590 per person

Book by Jan. 31, 2022 to guarantee 2022 prices for 2023 departures.

Visit expeditions.com for all categories, current rates, and details.

In the seasonal transformation with summer's longer days only a memory, we are in the Hudson, legendary for music and art, dotted with riverside towns full of history and steeped in maritime legend, often guarded by stoic lighthouses. Rising serenely from the river, the land occasionally borders the great waterway by startlingly steep cliffs, as autumn bursts forth in a many-hued transformation. Along our journey, we focus on and learn about the river, valley, critical conservation work, the Hudson's maritime history, and the essential roles music and art have played in the region. The Hudson, "America's First River," has emerged as a place of rebirth, transformation, nature, and of adventure. Our meticulously designed itinerary explores the region, designated as the Hudson Valley Natural Heritage Area and part of the National Estuarine Research Reserve, with remarkable depth, coming to know this river of constant change through specially curated experiences.

EXPEDITION HIGHLIGHTS

- ▶ Experience the magic of autumn's transitional beauty
- ▶ Encounter fall wildlife while kayaking Constitution Marsh and Rogers Island Wildlife Management Area
- ▶ Visit Storm King Mountain Art Center, an outdoor sculpture garden
- ▶ Photograph the many iconic lighthouses and bridges along our journey
- ▶ Visit Sleepy Hollow and hear Washington Irving's ageless tale re-told.

Sunset on the Hudson River valley.

DAY 1: ARRIVE NEW YORK CITY/ EMBARK

This evening, we embark *National Geographic Sea Lion* and sail out of New York Harbor north into the Hudson River. (D)

DAY 2: CRUISING THE HUDSON RIVER/ CONSTITUTION MARSH/ BANNERMAN CASTLE

Awake to the beauty of the Hudson River Valley morning, cruising with the river unfolding before us. Sail by West Point Military Academy before arriving at Constitution Marsh, where we launch kayaks to explore the protected riverside wetland. Watch for belted kingfishers darting up a slough sounding their rattling call, or hawks like northern harriers quartering over the marshland. The island protecting the marsh was by early American authors, Anna and Susan Warner, to be forever



Bannerman Castle.

preserved. Next, we make the short trip north for a cruise around Bannerman Castle on Pollepel Island. This abandoned military storage facility with a storied history dates back to the early 1900's. On shore, take in a special musical performance as our first evening on the Hudson fades to night. (B,L,D)

DAY 3: CATSKILL/ROGERS ISLAND/ HUDSON

This morning, we call at the village of Catskill. Visit the home of renowned landscape painter Thomas Cole, now a National Historic Landmark Site. Passionate about American wilderness, Cole is recognized as the founder of the Hudson River art movement. Later, as our ship is anchored near the picturesque Hudson-Athens Lighthouse, opt to join a kayak excursion through the waterways of Rogers Island Wildlife Management Area or choose to visit the quiet town of Hudson. (B,L,D)

106-foot sloop *Clearwater*.



DAY 4: KINGSTON

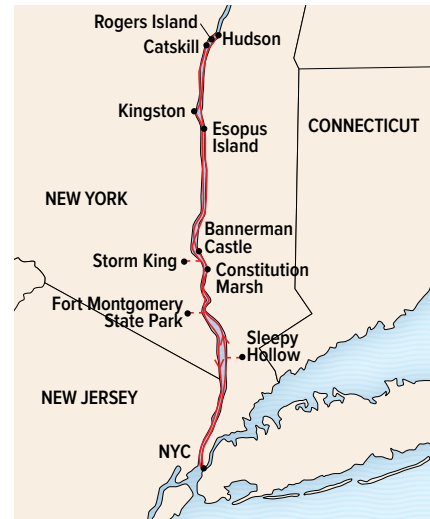
This morning, we are at Kingston, where the Rondout Lighthouse marks the entrance to the creek with the town a short distance from the river. At Kingston, we learn the story of the sloop *Clearwater* and the organization, founded in part by legendary American folk musician Pete Seeger and dedicated to local conservation and environmental projects. Conditions permitting, we embark the sloop and sail out of the harbor for a unique experience. Later, we stop by the Hudson River Maritime Museum, where exhibits are focused on the conservation of this great waterway. (B,L,D)

DAY 5: ESOPUS ISLAND/ESOPUS MEADOWS LIGHTHOUSE/CRUISING THE HUDSON

Today, we are off exploring the Hudson in the Esopus area. By kayak and Zodiac, we cruise Esopus Island, now a quiet less-visited mid-river islet. Over the years, this skinny little island—not even a mile long and mere yards wide—has seen its share of intriguing visitors from Native Americans to F. Scott Fitzgerald and Aleister Crowley. Our day of exploration takes us to Esopus Meadows Lighthouse, considered one of the most scenic on the Hudson. Later, meandering slowly along the great riverway, the splendor of the river surrounds us. (B,L,D)

DAY 6: STORM KING MOUNTAIN

This mountain became known as Storm King, encouraged in part by writer Nathaniel Parker Willis, who wrote, "The tallest mountain is ... looked upon as the most sure foreteller of a storm." Storm King was a regular subject of Hudson River School painters, as they depicted the natural splendor of the mountain while wrestling with the approaching industrialization and commercialization of the Hudson, a contentious duality to this day. Art is alive



on the western flanks of the mountain. The 500-acre Storm King Art Center seeks to bring art, nature and people together in the open air of the sculpture park. Later, we ascend to take in the magnificent views towards the river and beyond. (B,L,D)

DAY 7: BEAR MOUNTAIN BRIDGE/ POPOLOPEN CREEK AT FORT MONTGOMERY/SLEEPY HOLLOW

We awake in sight of Bear Mountain Bridge, the morning's golden hour offering the opportunity to photograph it against the backdrop of the Hudson in fall. If conditions look good, we set out for a morning kayak exploration where Popolopen Creek meets the Hudson at Fort Montgomery. On our way south, we pass Iona Island, part of the Hudson River National Estuarine Research Reserve. Soon, we arrive at Sleepy Hollow. "A drowsy, dreamy influence seems to hang over the land, and to pervade the very atmosphere," wrote Washington Irving about the town. We disembark and hear a re-telling of Irving's tale before a walk along the 13 Bridges Trail. In the late afternoon we stop at the Sleepy Hollow cemetery as the sun sets on our Hudson River adventure. (B,L,D)

DAY 8: NEW YORK/DISEMBARK

This morning we disembark in New York Harbor to begin our homeward journeys. (B)

EXPEDITION DETAILS

DATES: 2022 Oct. 13, 20, 27; Nov. 3, 10

2023 Oct. 14, 21, 28; Nov. 4, 11



NEW YORK CITY TO CAPE COD: WHALES, GREAT WHITE SHARKS & SEAFARING HISTORY

8 Days/7 Nights—Aboard *National Geographic Sea Lion*

PRICING FROM \$5,590 per person

Visit expeditions.com for all categories, current rates, and details.

Just beyond large East Coast population centers are magical natural worlds where undeveloped, under-the-radar islands serve as critical resting, nesting, and feeding grounds for migratory birds and mammals. Explore remote archipelagos in three states that are refuges for thousands of common and roseate terns and tens of thousands of gray seals. The marine ecosystems are equally fascinating with eelgrass meadows, corals, sponges, and an underwater plateau that draws 17 species of whales, creating New England's only national marine sanctuary. We'll explore picturesque seaside towns, lighthouses, and historic forts and get an insider's look at leading scientific research stations and important conservation efforts.

EXPEDITION HIGHLIGHTS

- ▶ Hike, kayak, and Zodiac-cruise little known archipelagos along the north shore of the Long Island Sound.
- ▶ See historic whalers, schooners, and well smacks at Mystic Seaport, the largest maritime museum in the world.
- ▶ Visit Plum Island, a haven for wildlife and bird species, and learn about efforts to save the island from development from a conservation specialist.
- ▶ Search the Atlantic for great white sharks along the outer shores of Cape Cod with the Atlantic White Shark Conservancy.
- ▶ Explore and learn fascinating histories of islands like Penikese Island—a former leper colony.
- ▶ Learn about the diverse ecosystems of the area and speak with researchers doing important conservation work.
- ▶ Watch for whales in some of the richest marine waters in North America.



Provincetown, Cape Cod.

DAY 1: NEW YORK CITY/EMBARK

Arrive in New York City and transfer to *National Geographic Sea Lion*. Sailing out of New York Harbor, we pass the Statue of Liberty and Ellis Island before making our way up the East River under the iconic Brooklyn Bridge. We will cross under six more bridges on our way to Long Island Sound. (D)

DAY 2: CRUISING THE CONNECTICUT SHORE ISLANDS/OUTER ISLAND

In the morning, we wake up amongst the many islands of Stewart B. McKinney National Wildlife Refuge along the Connecticut coast and launch our Zodiacs. With nesting birds including ospreys, gray catbirds, and yellow warblers and walking trails among hickory, maple, birch, and sassafras trees, Long Island Sound's north shore is a nature lover's delight. Back aboard, we enjoy lunch and later reach Outer Island where, if conditions are right, we will launch our kayaks. (B,L,D)



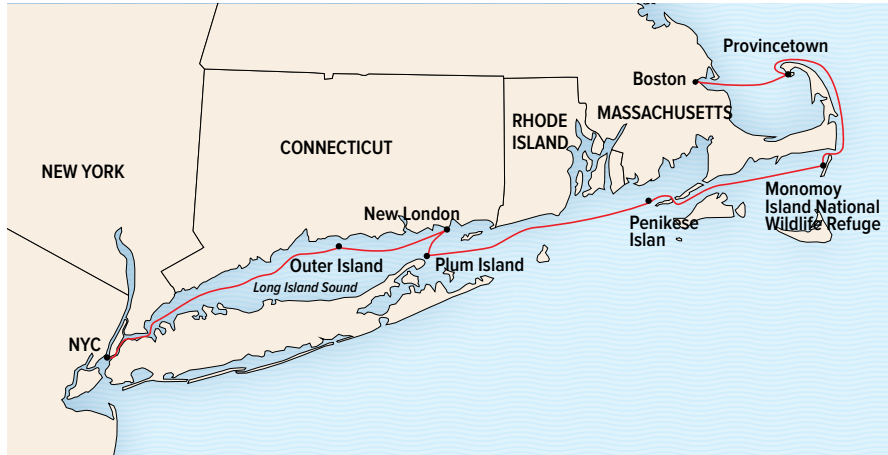
Charles W. Morgan, *Mystic Seaport*.

DAY 3: NEW LONDON/MYSTIC SEAPORT/GREAT GULL ISLAND, NEW YORK

Just past where the Connecticut River meets the Long Island Sound we arrive at New London and explore the largest maritime museum in the world, Mystic Seaport. Back on board, we cross into New York waters. At Great Gull Island, our Zodiacs take us close to the largest breeding populations in the Northern Hemisphere of common terns and pink-hued roseate terns. (B,L,D)

DAY 4: PLUM ISLAND

Today a representative from The Nature Conservancy will speak with us about the organizations's ongoing efforts to save the 840-acre Plum Island from development. The island is a haven for wildlife including a large seal haul-out and over 220 species of birds.



The remains of Fort Terry are here, as is the world-renowned Plum Island Animal Disease Center. (B,L,D)

DAY 5: PENIKESE ISLAND, MASSACHUSETTS /WOODS HOLE

The fascinating tales of little-known Penikese Island come alive on a walk along its trails. After lunch on board, arrive at Woods Hole, the quiet, Cape Cod town that is home to one of the leading marine laboratories in the world—Woods Hole Oceanographic Institute. Here we are fortunate to take a behind-the-scenes tour of this top facility. (B,L,D)

DAY 6: MONOMOY ISLAND NATIONAL WILDLIFE REFUGE/CHATHAM

Arriving at the elbow of Cape Cod today, we take our Zodiacs to the quiet shores of Monomoy National Wildlife Refuge. An extremely important stop for migratory shorebirds, Monomoy will be a hotbed of activity this time of year with numerous species including Hudsonian godwits, red knots, and black-bellied plovers. Over lunch, we sail out of Cape Cod Sound and into the Atlantic. Off Chatham, we are joined by Atlantic

White Shark Conservancy staff to learn about and watch for the apex predator. (B,L,D)

DAY 7: PROVINCETOWN/STELLWAGEN BANK

Explore Provincetown, Wellfleet, and Eastham, visiting sites including lighthouses and the Cape's oldest home. Explore the Cape Cod National Seashore on the lookout for its 450 species of amphibians, reptiles, fish, birds, and mammals. Back on board, we enjoy lunch as we depart into the whale-rich waters north of the Cape and on to Stellwagen Bank. Cetaceans in this region include humpback, finback, and the highly endangered northern right whale. (B,L,D)

DAY 8: BOSTON/DISEMBARK

This morning, *National Geographic Sea Lion* sails into Boston, where we disembark and transfer to the airport for flights home (B)

EXPEDITION DETAILS

DATES: 2023 23 Jun. 25; Aug 5*, 12; Oct 2**

*These departures travel in reverse.

**Fall foliage departure.



Humpback whale calf breaching, Cape Cod.



WILD MAINE ESCAPE: EXPLORING DOWN EAST & ACADIA NATIONAL PARK

8 Days/7 Nights—Aboard *National Geographic Sea Lion*

PRICING FROM \$5,590 per person

Visit expeditions.com for all categories, current rates, and details.

Time stands still in tiny fishing villages on remote islands, in the quiet coves of rocky islets, and in the ancient tall stands of pine and spruce forests. On a rejuvenating expedition along Maine's wild and rugged coast, discover the world's first restored Atlantic puffin colony, windswept places that inspired writers and artists, and remote communities with no paved roads. Breathe fresh spruce-scented air on a forest hike, see lonely lighthouses atop granite cliffs, and meet friendly locals like the farmers whose vegetables, meats, and cheeses have been celebrated by national publications.

EXPEDITION HIGHLIGHTS

- ▶ Visit artists in their galleries on Monhegan Island, and photograph the lighthouses and picturesque harbors of Penobscot Bay.
- ▶ Look for Atlantic puffins in the restored seabird colony of Eastern Egg Rock, and search for whales feeding along the coast.
- ▶ Savor a farm-to-table dinner at an organic farm on North Haven Island.
- ▶ Enjoy a full day of discovering Acadia National Park's secluded Schoodic Peninsula by kayak and on hikes.

Bass Harbor Lighthouse at sunset Acadia National Park, Maine.



Atlantic puffins.

DAY 1: PORTLAND, MAINE/EMBARK

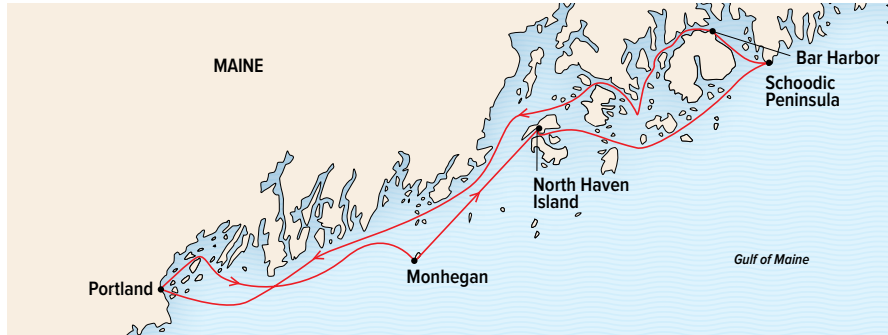
Arrive in Portland, Maine, and board the *National Geographic Sea Lion*.

DAY 2: ISLAND EXPLORATION

Spend the morning winding in and out of the many islands along Maine’s southern coast by kayak, paddleboard, and Zodiac. With no firm schedule, we’re free to follow the wildlife and the scenery, making the most of our time in this rugged seascape. Later, we may have the opportunity to visit Hurricane Island Center for Science and Leadership, an innovative, hands-on research and science education program. (B,L,D)

DAY 3: EASTERN EGG ROCK/ MONHEGAN

Wake up this morning off of Eastern Egg Rock, where an ambitious project to restore seabird colonies begun in the 1970s has led to the return of Atlantic puffins—a true conservation success story. Tour the island



in Zodiacs on the lookout for nesting pairs of puffins. Continue to Monhegan, a small island with a rich history. Often disputed by warring European countries, Monhegan spent time as a British fishing camp and a 19th-century artists’ colony. Visit art galleries in its tiny community of about 70 full-time residents, go on a hike, and see the Monhegan Lighthouse that looks out over this remote outpost. (B,L,D)

DAY 4: PENOBSCOT BAY/NORTH HAVEN ISLAND

Scattered with islets, Penobscot Bay is a fantastic place to explore by Zodiac, and, conditions permitting, by kayak or paddleboard. We’ll spend the morning discovering its secret coves and stunning scenery, watching for wildlife and photographing vistas of rocky islands, boats moored in village harbors, and solitary lighthouses poised on the shore. In the afternoon, anchor off North Haven Island and go kayaking and paddleboarding, or enjoy a

hike ashore. Join the staff at Turner Farm for a tour of their organic farm, and then gather at the barn for a farm-to-table dinner as the sun sets. (B,L,D)

DAY 5: SCHOODIC PENINSULA/ ACADIA NATIONAL PARK

Our adventure continues up the coast to the stunning Schoodic Peninsula, a lesser-known part of Acadia National Park located on the mainland. Discover its lush spruce forests and granite shores during a full day of exploration on hikes and by kayak, Zodiac, and paddleboard. (B,L,D)

DAY 6: PORTLAND/DISEMBARK

This morning, *National Geographic Sea Lion* arrives in Portland where we disembark. (B)

EXPEDITION DETAILS

DATES: 2023 Jul. 9, 14, 19, 24; Aug. 26, 31; Sep. 5, 10, 15, 20



Portland fishing harbour at sunset.



Paddleboarding.



EXPLORING COASTAL MAINE: LOBSTERS, LIGHTHOUSES & HIDDEN INLETS

8 Days/7 Nights—Aboard *National Geographic Sea Lion*

PRICING FROM \$5,590 per person

Visit [expeditions.com](https://www.nationalgeographic.com/expeditions) for all categories, current rates, and details.

The fog lifts, revealing a harbor filled with bobbing lobster boats. Whales surface off the bow and porpoises race us in the open ocean. Stands of pine end in rocky beaches, and the stillness of a quiet cove is only disturbed by the cry of gulls or the splash of a paddle. These are the coasts of Massachusetts and Maine, wild and rugged, scenic and rejuvenating. We'll discover the world's first restored Atlantic puffin colony and New England's only national marine sanctuary, windswept places that inspired writers and artists, and tiny fishing villages with no paved roads. The rocky islets we explore by kayak, paddleboard, or Zodiac remain much the same as when the Wabanaki paddled these same waters in birchbark canoes.

EXPEDITION HIGHLIGHTS

- ▶ Search for whales in the Stellwagen Bank Marine Reserve.
- ▶ Visit the offshore seabird colony of Eastern Egg Rock.
- ▶ Take advantage of the golden light of summer and early fall for excellent photographic opportunities.
- ▶ Enjoy a classic Maine lobster boil.
- ▶ Visit the artist communities of Provincetown and Monhegan Island.



Monhegan Island Lighthouse.

DAY 1: BOSTON, MA/EMBARK

Arrive into Boston and transfer to the *National Geographic Sea Lion*.

DAY 2: PROVINCETOWN/CAPE COD NATIONAL SEASHORE

Overnight, *National Geographic Sea Lion* has sailed out of Boston Harbor and arrived at the tip of Cape Cod: Provincetown. Choose to tour the many galleries in town, featuring the thriving community of local artists, or opt to explore the Cape Cod National Seashore further south. Learn about the history of the Cape when on a visit to the Wellfleet and Eastham communities, where we'll tour the Three Sisters Lighthouses and the beautifully restored Atwood-Higgins house. Construction on the house was completed in 1730, making it likely the oldest house on the Cape. George Higgins donated the house and the many out-buildings on the property to the National Park Service in 1961. And of course, as we continue our tour of the National Seashore, we are always on the lookout for wildlife. The Cape is home to 450 species of amphibians, reptiles, fish, birds and mammals. (B,L,D)

DAY 3: STELLWAGEN BANK/ISLES OF SHOALS

As we make our way north towards the New Hampshire/Maine border, we sail through some of the world's richest cetacean waters with the possibility at this time of year of watching finback, minke and pilot whales. With luck, we may encounter seabirds including Leach's storm petrels and Manx or great shearwaters. This afternoon, *National Geographic Sea Lion* arrives at Isles of Shoals—a photographer's dream—as we view the legendary Appledore Island Hotel, where 19th-century New England poet Celia Thaxter lived and worked, writing about her beloved islands, the coastline, and the wildlife inhabitants. (B,L,D)

DAY 4: MONHEGAN, MAINE/EASTERN EGG ROCK

Meaning "out-to-sea island" in the Algonquian language, Monhegan is a special place, rich with history, as the island often fell in dispute between warring European countries. At times it was completely abandoned, but at other times, the island was utilized as a British fishing camp and later an artist's

colony beginning in the late 19th century. Today, watched over by the Monhegan Island Lighthouse, this remote outpost has a full-time population of about 70 residents. After our Monhegan morning, *National Geographic Sea Lion* makes its way to Eastern Egg Rock. Setting precedents and establishing protocols for seabird colony restoration, Eastern Egg Rock was the first project of its kind, begun in 1973. The seven-acre treeless island saw the last nesting of Atlantic puffins in 1885, and after an extensive restoration project there are now 172 nesting pairs on the island. It is truly an environmental success story. (B,L,D)

DAY 5: PENOBSCOT BAY

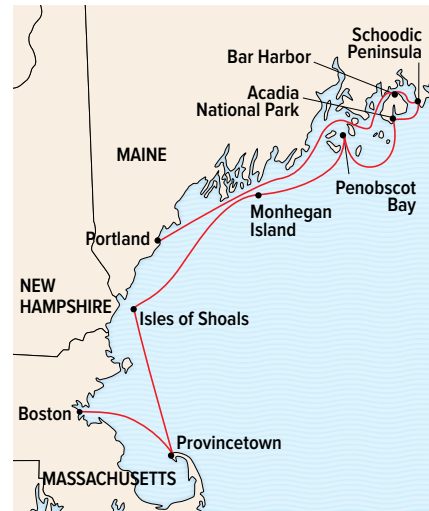
Labyrinthine Penobscot Bay beckons adventurers, and today we heed the call, exploring the many coves and islets by Zodiac and, conditions permitting, by paddleboard or kayak. These coves are home to numerous interesting invertebrate species, including mussels, barnacles, sea urchins, and sea anemones. (B,L,D)

DAY 6: ISLAND EXPLORATION

Spend the day winding in and out of the many islands that bedeck the Maine coastline. We will put kayaks and paddleboards in the water, explore the ins and outs of the shoreline by Zodiac, and enjoy the lure of the of the rugged island vistas. This afternoon we will meet up with a local lobsterman and learn about his way of life. In the evening, we enjoy a traditional Maine lobster boil on the beach. (B,L,D)

DAY 7: SCHOODIC PENINSULA/ACADIA NATIONAL PARK

A day of exploration awaits us as our adventure continues up the coast to the Schoodic Peninsula, located in Acadia National Park.



Maine lobsters.

Today, traversing this less-traveled point of land will bring us into beautiful spruce forests and along rocky inlets fed by small creeks. The day is wide open here, and we go where our whim takes us. (B,L,D)

DAY 8: PORTLAND/DISEMBARK

This morning, *National Geographic Sea Lion* arrives in Portland where we disembark.

EXPEDITION DETAILS

DATES: 2023 Jul. 2, 29*; Aug. 19; Sep 25**

*These departures travel in reverse.

**Fall foliage departure.



Exploring coves and islets by Zodiac.





NATIONAL GEOGRAPHIC SEA LION

CAPACITY: 62 guests in 31 outside cabins.

REGISTRY: United States. **OVERALL LENGTH:** 152 feet.

PUBLIC AREAS: *National Geographic Sea Lion* features 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 a single seating with unassigned tables. The menu features locally inspired fare.

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

EXPEDITION EQUIPMENT: A fleet of 6 Zodiacs and 16 kayaks, stand-up paddleboards, Remotely Operated Vehicle (ROV), hydrophone, splash-cam, underwater video camera, video microscope, snorkeling gear and wet suits for all guests (where applicable).

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

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



From top: Dinner is served in single seatings with unassigned tables for easy mingling; enjoy morning stretch class or afternoon wildlife viewing from the partially covered sun deck.



Clockwise from left: the lounge with expedition library and flatscreens for easy presentation viewing; twin beds can be pushed together to form a double in the four Category 3 cabins on the Upper Deck; a comfortable Category 2 cabin.

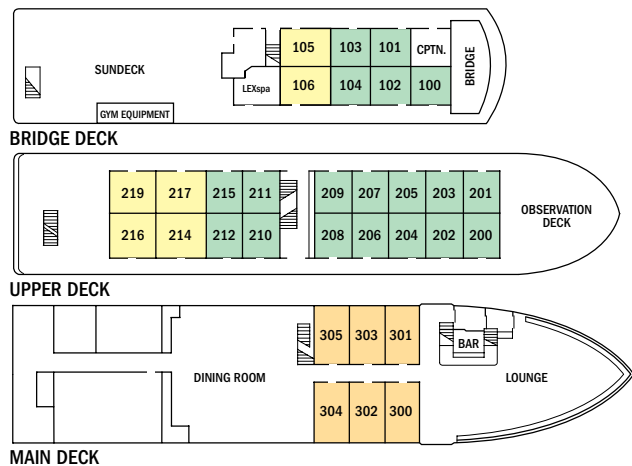
CATEGORY 1: Main Deck #300-305—Conveniently positioned between the dining room & lounge, these cabins feature two single beds, and a large view window.

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

CATEGORY 3: Bridge Deck #105, 106; Upper Deck #214, 216, 217, 219—These cabins feature a seating unit with table and two large windows. Upper Deck cabins include two 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: Solo 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.



SEE MORE ONLINE: Learn more about *National Geographic Sea Lion* at expeditions.com/sealion

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- ✓ Hors d'oeuvres and snacks during nightly Recap
- ✓ Environmentally-friendly refillable water bottle
- ✓ Morning stretch classes with wellness specialist
- ✓ Fitness equipment
- ✓ Access to reference books and board games in the library
- ✓ The guidance and company of our expedition staff

ASHORE

- ✓ Special access permits, park fees, port taxes
- ✓ Transfers to and from group flights
- ✓ The expertise of our expedition staff

ACTIVITIES

- ✓ Zodiac explorations
- ✓ Kayaking
- ✓ Stand-up paddleboarding
- ✓ Snorkeling, including wetsuits, masks, fins & snorkels, where relevant
- ✓ Presentations & photo instruction

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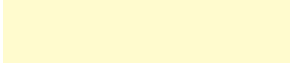
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