PANAMA & COLOMBIA
EXPLORING THE CARIBBEAN COAST
ABOARD NATIONAL GEOGRAPHIC QUEST
NOVEMBER 5-12, 2022

$450 AIR CREDIT
BOOK BY FEB. 28, 2022
That’s the exhilaration of discovery.

Travel with confidence. We encourage you to view the Health & Safety protocols currently in effect. Scan the QR code or visit bit.ly/3atsiNM.
DEAR ALUMNI AND FRIENDS OF CAL,

Few travelers have explored the marvel of the Panama Canal in its entirety, taking in rich green shores by day and watching light-dotted ships sail through the night. On the 50-cabin *National Geographic Quest*, you’ll not only transit the canal, you’ll explore beyond it, to discover the Caribbean coasts of Panama and Colombia over the course of eight days.

You’ll discover these two countries as an active explorer, not a tourist. You’ll learn the history of the canal, one of the seven wonders of the modern world. The canal bisects a wealth of natural treasures: the tropical paradise of Panama, and the vibrant natural and cultural history of Colombia. As you alight on the shores of Portobelo or cruise by boat through the backwaters of Cispatá Bay, watch in awe as a kaleidoscope of parrots fly overhead while wading birds hunt the mangrove-lined channels. You’ll journey deep into secluded islands and riverside towns, where you’ll meet fascinating local populations as they preserve and celebrate Colombia’s legendary beauty.

The *National Geographic Quest* is outfitted with Zodiacs, kayaks, snorkeling gear, and stand-up paddleboards, offering you myriad delightful ways to witness the Caribbean’s marine life. The ship’s expedition team of naturalists will ensure you don’t miss the plethora of mammals, birds, and insects hidden in the dense forest canopy, while the certified photo instructor will help you capture your best shots ever.

Join us to explore the Caribbean coast. Reserve your space online by visiting alumni.berkeley.edu/panamacolombia.

Go Bears!
Cal Discoveries Travel
alumni.berkeley.edu/caldiscoveries
Email: caldiscoveries@alumni.berkeley.edu

**SPECIAL AIRFARE SAVINGS:**
Book by Feb. 28, 2022 and receive a $450 air credit. See page 12.

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**LEVEL 2**
What to expect: These trips often travel by motor coach, ship, or train. Touring days may include full-day motor coach excursions or extended periods of standing and walking during city tours, museum visits, and/or outdoor activities. Travelers should be able to board transportation, walk over sometimes-uneven terrain, and climb a few flights of stairs, occasionally without handrails or assistance. Elevators are not always available. Outings last two to four hours most days. Suitable for: Travelers who are able to comfortably walk two to four miles, or 4,600–6,900 steps, each day.

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Expand your horizons.
A time-honored tradition since 1969, Cal Discoveries Travel creates learning opportunities for thoughtful travelers. Join great minds on our world-class journeys.

CAA is a self-funded non-profit organization that relies on donations to provide programs and services that support students, alumni, and the University. To make a gift, please visit alumni.berkeley.edu/give. Thank you for choosing CAA as the recipient of your generosity.

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Cover: Cartagena, Colombia. Opposite page: Gatún Locks, Panama Canal.
Ship’s registry: United States
COLOMBIA: NATURE & AUTHENTIC CULTURE

Our journey through the remote wilderness and heritage-rich coastal cities of Colombia will both open your eyes to the past and enhance the present. Near the little-explored coastal community of Necoclí, we begin with Zodiac excursions into the secluded coastal lagoons. Keep your eyes peeled for wildlife and listen in delight to the chipper racket of scarlet macaws, parrots, and collared aracari.

In Tuchín, observe the making of the sombrero vueltiao, a hat considered the national symbol of Colombia. Feast your eyes on the eclectic Santa Cruz de Lorica, an idyllic riverside gem with Belgian, English, French, Syrian, and Lebanese influences. Visit Santa Cruz del Islote—one of the most densely populated islands on Earth—and chat with local residents.

In addition to the treasures above ground, you’ll discover vibrant marine life beneath the Caribbean ripples. Search for wildlife in the hidden coves of rarely visited Cispatá Bay on an evening cruise. The mystery, history, and lively mosaic of the Caribbean is sure to leave you wanting more.

PANAMA: A PROUD PEOPLE, A STORIED PAST

In the Guna Yala archipelago on Panama’s Caribbean coast, encounter the powerful heritage of the indigenous Guna people. Learn about mola, the legendary handmade textiles bursting with color, and their roots in female body painting.

Opposite page (clockwise from top): Church on the main plaza in Santa Cruz de Lorica in Cordoba, Colombia; red howler monkey; traditional Guna people living on Tigre Island; Guna Yala Islands, Panama; scarlet macaw in flight.
The Panama Canal offers a perfect contrast to the natural beauty of the region—a man-made technological marvel that is both historic and the future of global shipping. Crossing the canal by ship is a life-list must—and your transit aboard the National Geographic Quest offers the best possible experience. The National Geographic Quest completes the transit over two eventful days, enabling you to see the canal by day and night. Enjoy the privilege of visiting Barro Colorado Nature Monument, home to the Smithsonian Tropical Research Institute. Whether it’s on your bucket list, or simply a bonus on your Panama and Colombia expedition, you will remember your canal transit forever.

Panama’s lush wilderness rivals that of Colombia and there are more discoveries to make along the Caribbean coast on land and under the sea. Hike into the jungles of Portobelo in search of mantled howler monkeys and toucans, and head underwater to encounter the abundant marine life beneath the Guna Yala archipelago. Choose to kayak, snorkel, or paddleboard off the island’s coast, soaking up the vibrant undersea world of the Caribbean.

AN EXTRAORDINARY PANAMA CANAL TRANSIT

Opposite page (clockwise from top): Kayaks allow for water-level explorations; transiting through the Panama Canal; discover diverse habitats up close on Zodiac forays; take advantage of abundant opportunities to snorkel.
The 50-cabin National Geographic Quest is your front-row seat on the legendary diversity of Colombia and an unforgettable Panama Canal transit. Along with top amenities and comfortable interiors, and bow and deck specs designed for easy access to the world outdoors, she also offers a variety of enhancements that make her one of the top expedition vessels out there. National Geographic Quest carries a fleet of customized Zodiacs that let you explore remote, jungle-framed beaches. Kayaks enable you to experience wildness personally at water level, as you paddle along mangrove channels. Snorkeling equipment, a hydrophone, an ROV (remotely operated vehicle), a splash-cam, and underwater video camera let you see the underwater life you’d otherwise miss. And now a fleet of stand-up paddleboards allows you to experience Colombia and Panama in a whole new way.

You are accompanied by an expert team of naturalists who know every aspect of this region, so you’ll see, do, and learn more. You can gravitate to those whose interests—birds, plants, photography, and more—mirror yours. Or sample and benefit from a great variety of expertise and engaging personalities. Plus, enjoy perfectly sized groups on activities and personal attention; you’re never lost in a crowd.

A certified photo instructor is also on board to assist you with camera settings, composition basics, and useful tips. Because he or she is also a naturalist, you learn about the wildlife so you can anticipate behaviors that make for great photos. So whether you’re a smartphone, point and shoot, or DSLR user, count on returning home with new skills and your best photos ever.

Opposite page (clockwise from top): Complete snorkeling gear is provided; guests get photography tips in the field; observe the Panama Canal dramatically lit at night; naturalist-led Zodiac cruise; try stand-up paddleboarding.
Immerse yourself in natural and cultural wonders along the Caribbean coast of Panama and Colombia on a voyage aboard the National Geographic Quest. Venture into the lush jungles of Portobelo; spot brightly colored toucans, macaws, and monkeys; and observe the making of the sombrero vueltiao. A highlight of your voyage will be a transit of the legendary Panama Canal.

**DAY 1: HOME/PANAMA CITY, PANAMA/EMBARK**
Upon arrival in Panama City, embark the National Geographic Quest to begin the expedition. (D)

**DAY 2: GATÚN LAKE**
By special permission, the ship anchors overnight in Gatún Lake, a vast artificial lake that forms a major part of the Panama Canal. In the morning, visit the Smithsonian Tropical Research Institute and learn about the Barro Colorado Nature Monument, one of the most studied areas of tropical forest on the planet. Hike into the island’s jungles or navigate the surrounding waters by Zodiac. Or, choose to take a boat to the mouth of the Chagres River to explore the Panama Rainforest Discovery Center. (B,L,D)

**DAY 3: PORTOBELO**
Arrive along Panama’s Caribbean coast and step ashore in the historic town of Portobelo, a UNESCO World Heritage site. Here, numerous walled forts are prominently perched along the coastline, recalling the times when Portobelo was a major Spanish colonial trading center. Opt to hike into lush jungles in search of mantled howler monkeys, toucans, and parrots. (B,L,D)
DAY 4: GUNA YALA, PANAMA
Wake up amid the Panamanian archipelago of Guna Yala, a constellation of 368 tiny, white-sand isles off the northeast coast of Panama. Meet the indigenous Guna people and spend the morning among the thatched huts of an island village, learning about Guna culture and handicrafts. Marvel at the intricate designs of handmade textiles called *molas*. In the afternoon, explore the vibrant marine world around the islands by snorkel, kayak, and stand-up paddleboard. (B,L,D)

DAY 5: NECOCLÍ, COLOMBIA
Discover the little-explored coastal community in and around Necoclí. Take Zodiacs into protected, mangrove-lined lagoons as you watch out for an array of bird species like great and snowy egrets, and Amazon and green kingfishers. Later, visit a local cocoa farm, where residents strive to incorporate the UN’s Sustainable Development Goals into their agricultural community. (B,L,D)

DAY 6: SANTA CRUZ DEL ISLOTE/SAN BERNARDO ARCHIPELAGO/TUCHÍN/SAN ANTERO
Wander through Santa Cruz del Islote, the size of two soccer fields, making it one of the most densely populated islands on Earth. Later, the ship cruises into the San Bernardo archipelago, calling at San Antero. After lunch, visit Tuchín, an indigenous village celebrated as the birthplace of the sombrero *vueltiao*, the hat considered a national symbol of Colombia. Observe *vueltiao* makers at work, and then meet with the local Zenú community, known for their ingenious irrigation systems. Anchor tonight in San Antero. (B,L,D)

DAY 7: SANTA CRUZ DE LORICA/CISPATÁ BAY
Drive inland to Santa Cruz de Lorica, a charming riverside town with French, Belgian, English, Syrian, and Lebanese influences in its historic architecture and central square. After lunch, embark on a late afternoon cruise in the rarely explored Cispatá Bay, timed for optimum wildlife spotting, as native creatures emerge from their mid-day rest. This evening National Geographic Quest continues the journey along the Colombian coastline. (B,L,D)

DAY 8: CARTAGENA/DISEMBARK/HOME
Upon arrival in Balboa, disembark and transfer to the airport in Cartagena for flights home. (B)

OPTIONAL PRE-VOYAGE EXTENSION: CARTAGENA, BARRANQUILLA, SANTA MARTA & TAYRONA—8 DAYS
Journey farther along the Caribbean coast all the way to La Guajira, the point where dry coastal desert meets the Caribbean. Along the way, at Barranquilla, Santa Marta, and Cartagena we dive deeper into the culture, and in Tayrona we witness dazzling biodiversity—all the wonders of the Colombian Caribbean coast. Please contact Cal Discoveries Travel for details.
NATIONAL GEOGRAPHIC QUEST

CAPACITY: 50 cabins accommodating 100 guests.
REGISTRY: United States. OVERALL LENGTH: 238 feet.

*National Geographic Quest* (launched in 2017) is designed with over 50 years of expedition heritage and built in the U.S.A. She sets a new standard in exploration comfort and style.

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. The open Bridge provides guests an opportunity to meet the officers and captain and learn about navigation.

MEALS: Served in single seatings with unassigned tables for an informal atmosphere and easy mingling. Breakfast is a wide-selection buffet and lunch is often served family-style. Cuisine is fresh, sustainable, and accented with regional flair.

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, stand-up paddleboards, snorkeling equipment; ROV (remotely operated vehicle); hydrophone, splash-cam, underwater video camera, and video microscope.

SPECIAL FEATURES: Guest Wi-Fi access, elevator, certified photo instructor, undersea specialist, video chronicler, and ship's doctor.

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.

SELF-DISINFECTING SHIPS: Lindblad Expeditions became the first self-disinfecting fleet with the rollout of the ACT CleanCoat™ system in 2019. This photocatalytic cleaning process activates when illuminated, continuously breaking down unwanted microbes such as bacteria, viruses, mold, and airborne allergens. The positive environmental impacts of this non-toxic, chemical-free system are many: less plastic in the supply chain and waste stream, and more than one million gallons of water saved annually. The system lowers our carbon footprint and creates a cleaner, healthier shipboard environment for guests and crew alike.

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

<table>
<thead>
<tr>
<th>ITINERARY</th>
<th>CAT. 1</th>
<th>CAT. 2</th>
<th>CAT. 3</th>
<th>CAT. 4</th>
<th>CAT. 5 SUITE</th>
<th>CAT. 1 SOLO</th>
<th>CAT. 2 SOLO</th>
<th>ADVANCE PAYMENT</th>
<th>SAMPLE AIRFARES</th>
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<td>$6,230</td>
<td>$7,320</td>
<td>$7,920</td>
<td>$8,990</td>
<td>$10,000</td>
<td>$9,620</td>
<td>$10,980</td>
<td>$850</td>
<td>Los Angeles-LAX/ Cartagena—Panama City/ Los Angeles-LAX: Economy from $615; Business from $1,035. Subject to change.</td>
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Subject to change.
**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:** Solo 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

Clockwise from top left: The casual dining room with its expansive windows; Category 4 cabin with lower single beds (which can be converted to a Queen) and a private step-out balcony; the sundeck is a perfect place to relax and observe the scenery; Category 5 cabin is the most spacious aboard.
INCLUSIVE PRICING

ABOARD SHIP
✓ All meals served in the dining room
✓ All nonalcoholic beverages including unlimited cappuccinos, lattes, coffee, tea, and soda
✓ Hors d’oeuvres and snacks during evening Recaps
✓ Environmentally friendly refillable water bottle
✓ Fully stocked library
✓ Mac computers for downloading your camera’s memory card and Wi-Fi access
✓ Fitness center
✓ The guidance and company of the expedition staff
✓ Access to the Bridge to learn about navigation

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

ACTIVITIES
✓ All shore activities
✓ Zodiac and kayak explorations
✓ Snorkeling and paddleboarding
✓ Lectures and presentations in the lounge
✓ Photo instruction
✓ Morning stretch class with wellness specialist

SPECIAL OFFERS

SAVINGS: Book by Feb. 28, 2022 to receive a $450 air credit. Valid for new bookings only, subject to availability, and may not be combined with other offers or extensions. Call for details.

BRING THE KIDS: Sharing an expedition with your kids or grandkids is a life-enhancing experience. Take $500 off the double occupancy price for each person under 18.

TERMS AND CONDITIONS

COSTS INCLUDE: All accommodations aboard ship; all meals and nonalcoholic beverages aboard ship; shore excursions, sightseeing, and entrance fees; use of kayaks, paddleboards, and snorkeling gear; special access permits; transfers to and from group flights; tips (except to ship’s crew); taxes, and service charges; services of a ship physician and the expedition staff. Unused services or items included in the program are non-refundable.

NOT INCLUDED: Air transportation (unless otherwise indicated); passport, visa, immigration fees; meals not indicated; travel protection plan; items of a personal nature such as alcoholic beverages, Wi-Fi, voyage chronicle and laundry.

AIRFARE: Airfare is an additional cost (unless otherwise indicated); Lindblad will assist in making your air arrangements for a $50 per person service fee.

RESERVATIONS: To confirm your place, an advance payment of US$850 per person is required and is payable by Visa, MasterCard, American Express, Discover, or check. Receipt of advance payment indicates your acceptance of the terms and conditions.

FINAL PAYMENT: Due 90 days prior to departure.

TRAVEL PROTECTION PLAN: A travel protection plan is available at an extra cost. Upon receiving your reservation, Cal Discoveries Travel will send you information on this policy. This is a comprehensive guest protection plan. You can view details here: travelinsure.com/calalumni.

SMOKING AND VAPING POLICY: Allowed only in designated outdoor areas.

ENTRY AND VISA REQUIREMENTS: Guests are advised to verify travel documents (passport/transit visa/entry visa) for the country through which they are transiting and/or entering. Reliable and most current information regarding international travel can be found by contacting the consulate/embassy of the country(s) you are visiting or transiting through. We will not be responsible if you are denied entry or transit into a country, if you are unable to provide valid documents as per the country’s requirement.

RESPONSIBILITY AND OTHER TERMS & CONDITIONS: Certain other provisions concerning, among other things, limitations of Lindblad Expeditions’, National Geographic Expeditions’ (a division of National Geographic Partners, LLC) and the Cal Alumni Association/Cal Discoveries Travel’s liability for loss of property, injury, illness, or death during the voyage will be provided to all guests on the ship’s ticket prior to departure or upon request. By registering for a trip, the guest agrees to all such terms and conditions.

Note: Itinerary and prices listed in this brochure are as of publication date and are subject to change. Under normal conditions the total expedition price is guaranteed at the time of booking. However, the expedition pricing is determined far in advance of initial departure on the basis of then-existing projections of fuel and other costs. In the event of increases in those costs, including but not limited to increases in the price of fuel, currency fluctuations, increases in government taxes or levies, or increased security costs, the right is reserved to adjust the price of your expedition or add a surcharge to cover such unexpected increases. We will always provide an explanation of the reason for increase in costs.

All cancellations must be submitted in writing to the Cal Discoveries Travel office.

CANCELLATION POLICY

<table>
<thead>
<tr>
<th>Number of Days Prior to Expedition Start</th>
<th>Per Person Cancellation Fee</th>
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<tr>
<td>120 or more days</td>
<td>$450</td>
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<td>119–90 days</td>
<td>Advance payment cost</td>
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<tr>
<td>89–60 days</td>
<td>25% of trip cost</td>
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<tr>
<td>59–45 days</td>
<td>50% of trip cost</td>
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<td>44-0 days</td>
<td>No refund</td>
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This policy applies to the voyage only. We strongly recommend that you purchase a travel protection plan.

12

PHOTO CREDITS: Willy Alfaro, Alexandra C. Daley-Clark, Eric Guth, Ralph Lee Hopkins, Sven-Olof Lindblad, Nancy Nehring, Floriano Rescigno, Marco Ricca, Kelvin Rumsby, Gary Tognoni, David Vargas.
RESERVATION FORM: PANAMA & COLOMBIA: EXPLORING THE CARIBBEAN COAST
ABOARD NATIONAL GEOGRAPHIC QUEST—NOVEMBER 5-12, 2022

Please reserve __________ place(s).

Name 1: ________________________________________________________________________
(As it appears on passport)
Name 1: ___________________________ Date of Birth: _______ Cal Class Year: ______
(Preferred name for name badge)
Email: ________________________________________________________________________
Primary Phone: ______________________ Cell Phone: ______________________
Name 2: ________________________________________________________________________
(As it appears on passport)
Name 2: ___________________________ Date of Birth: _______ Cal Class Year: ______
(Preferred name for name badge)
Email: ________________________________________________________________________
Street Address: __________________________________________________________________
City: ___________________________ State: ___________ ZIP: ______________
Primary Phone: ______________________ Cell Phone: ______________________
Accommodations: □ Double □ Single □ Twin share w/friend:

☐ Twin share: I request assistance in securing a same gender roommate; my first choice is with a fellow Cal alumni guest. Subject to availability and cannot be guaranteed.
Please indicate choice of cabin category in order of preference:
1st choice: ___________________________ 2nd choice: ___________________________

☐ Please send me information on the Cartagena, Barranquilla, Santa Marta & Tayrona extension.

Advance Payment Information: US$850 per person.
☐ If paying by check, please make payable to: Lindblad Maritime Enterprises, Ltd.

Enclosed is my advance payment of $ __________________

☐ If paying by credit card, we will contact you to finalize your booking and collect payment information.

☐ I have read the Terms and Conditions for the program and agree to them:

Signature: ___________________________ Date: ___________________________

One traveler per room, whether an alumni or friend, must be a current Cal Alumni Association member at the time of departure to participate in Cal Discoveries Travel offerings. Payment of $60 for seniors 65 years and over and $75 for others establishes a regular or affiliate membership with all other Association benefits. Memberships are for individuals only, and are non-refundable and non-transferable. A traveling pair and their children under 21 years of age may travel on one membership. Please make dues payable to CAA by separate check, or, if you prefer, provide a Visa, MasterCard, or American Express number with expiration date for payment. You can also enroll online at alumni.berkeley.edu/join.
PANAMA & COLOMBIA: EXPLORING THE CARIBBEAN COAST

EXPEDITION HIGHLIGHTS

» Explore the fascinating lock system of the Panama Canal and navigate the waters of the man-made Gatún Lake.

» Stroll through the vibrant villages, pristine beaches, and wildlife-rich jungles of Colombia.

» Visit Tuchin, the birthplace of the sombrero vueltiao, a type of hat considered a national symbol of Colombia.

» Wander through the motor-free streets and bustling docks of Santa Cruz del islote.

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Follow us on Instagram @caldiscovers

Printed on 10% recycled content paper with soy-based inks. We recommend that you pass this along for others to enjoy or recycle.

1 Alumni House
Berkeley, CA 94720-7520

100% CARBON NEUTRAL
SINGLE-USE PLASTIC FREE

We have chosen Lindblad Expeditions because they care deeply about the planet and see travel as a powerful force for good.

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