JOURNEY TO ANTARCTICA: THE WHITE CONTINENT

14 DAYS / 11 NIGHTS | NOVEMBER 27 - DECEMBER 10, 2023
TRAVEL WITH PROFESSOR DARREN ZOOK

ABOARD NATIONAL GEOGRAPHIC EXPLORER
DEAR ALUMNI AND FRIENDS OF CAL,

A trip to majestic, remote Antarctica is truly the journey of a lifetime. Join our voyage and you’ll be able to observe thousands of penguins. You will trek through the exhilarating landscape, see cathedral-sized icebergs from your Zodiac, observe whales feeding, and kayak for your own personal polar adventure.

Share the adventure with a veteran team of naturalists who will enhance your understanding and appreciation. Experience the Antarctic undersea with the expertise of an undersea specialist and with the help of a Remotely Operated Vehicle (ROV). You’ll capture the amazing scenery and wildlife with a unique expedition photography program featuring an onboard professional photographer. Plus, you’ll have the services of an onboard certified photo instructor and a specially trained naturalist who will help improve your skills and ensure you go home with incredible photos.

It is important to remember that Antarctica is not tame—it is one of the most remote and wild places on Earth. Our tour operator for this program, Lindblad Expeditions, pioneered expedition travel to Antarctica over 50 years ago and is well known for their experience and commitment to safety and preserving the environment. We’ll travel to the White Continent aboard the state-of-the-art expedition ship National Geographic Explorer, designed to provide you with the utmost safety and comfort. I hope you will join us on this memorable trip of a lifetime to the stunning wilderness of Antarctica! To reserve your place, please complete the reservation form online at alumni.berkeley.edu/antarctica.

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

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.

ABOUT DARREN ZOOK

Darren Zook teaches Global Studies and Political Science and has been a member of the faculty at the University of California, Berkeley, since 2000. He taught previously at the University of California, Davis, and at the Claremont Colleges in southern California. In 2012, he was a Fulbright Research Scholar in Singapore working on a project that focused on cybersecurity in the Asia-Pacific region. He has received numerous teaching awards for his creativity in the classroom, and most recently was named as one of the “Top Ten Most Inspiring Professors at UC Berkeley” by the popular online journal College Magazine. He has lectured all around the world and has traveled extensively in the course of his professional work. Zook’s interest in Antarctica stems from his research in international law, specifically Polar Law and the Law of Outer Space (which are surprisingly linked). Zook has published six books, and is currently at work on a research project involving the politics of ice in the era of climate change.

Cover photo: An Adélie penguin takes the plunge over icy landscapes.
Guests exploring by Zodiac in Antarctica.
Ship’s Registry: Bahamas
DISCOVER THE THRILL OF THE ICE

The ice art of Antarctica is among the world’s most singular sights. The Antarctic ice sheet is the most distinctive feature of Earth as seen from space—as described by every astronaut’s account. And the ice is what makes every Antarctic explorer vow to return. It’s visually stunning and nearly kaleidoscopic in its variety of forms. But what’s exhilarating to discover is the ice’s voice. Sitting in a stillled kayak, listening to the subtle sibilance of 1,000-year-old gases releasing from a bobbing field of floating bergy bits is like eavesdropping on Earth’s whispered secrets. Ice fever. It’s a thing.

ENCOUNTER PENGUINS GALORE

Adélies. Chinstraps. Gentoos. These are the riveting, often raucous, denizens of Antarctica. Meet and greet three of the world’s penguin species. Visit their rookeries and see fascinating behavior. Whether they’re squabbling, fetching krill, or “porpoising” (propelling themselves from the sea), you will delight in their antics and marvel at their adaptation to life on the ice.

Opposite page (clockwise from top): Take advantage of Antarctica’s unrivaled photo opportunities; guests observing a leopard seal up close; guests enjoy the spectacular vistas from deck; the natural harbor of Port Lockroy creates a calm environment for individual exploration; abundantly present in Antarctica, look for chinstrap penguins gliding on their bellies.
**PERFECT PLATFORM FOR EXPLORATION**

*National Geographic Explorer* is a genuine expedition ship, not a cruise ship masquerading as one. Therefore, it is uniquely equipped to facilitate the expedition philosophy of in-depth seeing and experiencing—with state-of-the-art tools for exploration. An unparalleled base for discovery, the ship enables the fullest expression of the expedition style: an intimate, authentic, learning-oriented environment. It is also, most importantly, able to provide excellent safety features and an equally excellent Antarctic experience. In addition to being an ice-class polar expedition vessel, *National Geographic Explorer* is a beautiful ship, built with careful attention to details and comfort. Accommodating just 148 guests in 81 outside-facing cabins, it fosters a welcoming esprit de corps within the expedition community and provides a perfect ending to active days.

**TOOLS & TECHNOLOGY ENSURE EXTRAORDINARY BENEFITS**

- **DNV ICE-1A Class Rating** on the hull, enabling us to navigate the ice safely
- **Remotely Operated Vehicle (ROV)** that can explore the ocean at depths to 1,000 feet
- **Crow’s Nest Remote-controlled Camera** with real-time footage broadcast on high definition LCD video screens within each cabin
- **Electronic Chart System** that broadcasts as a channel in the cabins
- **Chart Room** with nautical maps and a coffee, tea, and hot cocoa station
- **Open invitation to Visit the Bridge**
- **Observation Lounge** providing panoramic vistas of the scenery and a supply of binoculars
- **Large Fleet of Zodiacs** and internal boarding mechanism for swift, effortless disembarkation of all guests
- **36 Double Kayaks** that allow personal exploring in pristine Antarctic environments

*Opposite (clockwise from top):* National Geographic Explorer is designed with the utmost attention to safety and comfort; guests join officers on the Bridge to watch them navigate the ice; exploring amid the bergs via Zodiac with narration by a naturalist; kayaks allow for personal exploration.
TRAVEL WITH AN A+ EXPEDITION TEAM

You'll travel with the top team plying polar waters. The ship's captain and officers have decades of experience navigating Antarctic expeditions, confirming they have the expertise and confidence to safely conduct guests through the full range of polar weather and sea conditions. With a profound love for the polar geographies, the captain and his team ensure that spontaneity and memorable moments remain expedition hallmarks.

TAKE GREAT PHOTOS WITH THE PROS

Unique in the world of travel, our expedition photography program offers guests of every skill and interest level unrivaled photography opportunities—including a world-class professional photographer aboard. Plus, a certified photo instructor is on hand to help you understand your camera settings, the basics of composition, and wildlife behavior. Then, test the latest high-end photo gear, on loan from OM System. Now, every guest—from smartphone camera users to semi-pro shooters—can stand side-by-side with top photographers and pick up tips in the field and take great photos.

Guests photograph an iceberg.
ACTIVELY EXPLORE EVERY DAY, IN MANY WAYS

Go with us for a genuinely immersive experience. National Geographic Explorer’s Antarctic itinerary is crafted by explorers, enhanced by onboard experts and advanced tools, and features myriad opportunities for adventure. Begin each day with a morning stretch class or pre-breakfast coffee. Hang out on the Bridge to watch the captain navigate, or head to the bow to watch the ship slice through the ice. Go ashore to hike for spectacular views, explore a penguin colony, and have a chance to kayak for personal exploration. A fleet of Zodiacs and kayaks, plus the team’s swiftness in deploying them, ensures you’ll never be wistfully awaiting a turn. You’ll be out in nature—enjoying and exploring all it offers—as quickly as possible.

DISCOVER THE VIVID UNDERSEA

An onboard undersea specialist will dive with a video camera and bring back footage for all to watch in vivid HD, in the dry warmth and comfort of the ship’s lounge, perhaps with a cocktail in hand and hors d’oeuvres at the ready. Always interesting, it can also be pioneering. In Antarctica, the footage you see may be of marine life few scientists, or human eyes for that matter, have ever seen.
Traveling aboard the state-of-the-art *National Geographic Explorer*, encounter the spectacular Antarctic Peninsula and the surrounding islands and waterways. Glide around enormous tabular icebergs by Zodiac, photograph the penguin colonies, and kayak in complete tranquility.

**DAYS 1 AND 2: U.S./BUENOS AIRES, ARGENTINA**
Depart on an overnight flight to Buenos Aires, Argentina’s cosmopolitan capital. Settle into the Alvear Art Hotel (or similar) before seeing the city’s Beaux-Arts palaces and parks, and Recoleta—the final resting place of Argentina’s iconic first lady, Eva Perón. (Day 2: L)

**DAY 3: FLY TO USHUAIA/EMBARK**
Fly by private charter to Ushuaia, the southernmost city in the world. Enjoy lunch on a catamaran cruise on the Beagle Channel before embarking the ship. (B,L,D)

**DAY 4: AT SEA/DRAKE PASSAGE**
While crossing the legendary Drake Passage, spot albatross and other seabirds that glide alongside the ship. (B,L,D)
DAYS 5-10: EXPLORING ANANTARTICA
With long hours of daylight at this time of year, you have ample opportunity to explore the Antarctic Peninsula and the surrounding islands. In keeping with the nature of an expedition, the schedule is flexible so that we can take advantage of the unexpected—watching whales perform off the bow, taking an after-dinner Zodiac cruise, or heading out on an unplanned landing. We anticipate making landings to walk ashore and kayak among the ice floes and experience close encounters with wildlife. You may have the thrill of watching the powerful ship head into the pack ice or step ashore to thousands of Adélie and chinstrap penguins. You’ll learn how climate change affects the penguin populations and how to capture images of those same penguins from an accomplished professional photographer. Back aboard, the underwater specialist may present video from that day’s dive or show rare images taken up to 1,000 feet below the surface using the ROV. The expert staff will craft an expedition where you will learn, see, and experience more. (B,L,D)

DAYS 11 AND 12: AT SEA
Enjoy the ship’s amenities as the Antarctic coast disappears from view, round the southernmost tip of South America, and see the meeting of the Atlantic and Pacific Oceans. Celebrate your voyage at a farewell dinner on board. (B,L,D)

DAYS 13 AND 14: USHUAIA, ARGENTINA/DISEMBARK/BUELOOS AIRES/U.S.
Disembark in Ushuaia. Fly by charter to Buenos Aires and connect with your overnight flight home. (Day 13: B)

OPTIONAL EXTENSIONS:
Buenos Aires: Pre-voyage, 3 days.
Iguazú Falls: Post-voyage, 3 days.
Easter Island: Post-voyage, 4 days.
NATIONAL GEOGRAPHIC EXPLORER

CAPACITY: 81 outside cabins accommodating 148 guests.
REGISTRY: Bahamas. OVERALL LENGTH: 367 feet.
National Geographic Explorer is a state-of-the-art expedition ship. It is a fully stabilized, ice-class vessel with an ice-reinforced hull, enabling it to navigate polar passages while providing exceptional comfort.
PUBLIC AREAS: Bistro bar; chart room; restaurant; global gallery; library; lounge with full-service bar and state-of-the-art facilities for films, slideshows, and presentations; mudroom with lockers for expedition gear; and observation lounge. An open Bridge enables guests to meet the captain and officers and learn about navigation.
MEALS: Served in single seatings with unassigned tables for an informal atmosphere. Menu is international with local flair.
CABINS: All cabins face outside with windows or portholes, private bathroom, and climate controls. Cabins are equipped with Wi-Fi, multiple electrical outlets, USB outlets, full-length mirror, and phones. TV featuring entertainment on demand, live feed for onboard presentations, bow camera, and ship’s position. Luxury bed linens and pillows. Botanically inspired shampoo, conditioner, shower gel, and lotion are all available in cabin bathrooms, as well as an Expedition Essentials Kit. Hair dryers, complimentary insulated water bottles, and a National Geographic Atlas are available in each cabin.
EXPEDITION EQUIPMENT: Zodiacs, kayaks, Remotely Operated Vehicle (ROV), hydrophone, splash-cam, underwater video camera, crow’s nest remote-controlled camera, video microscope.
SPECIAL FEATURES: A full-time doctor, undersea specialist, professional photographer, certified photo instructor, internet café, and laundry.
WELLNESS: The vessel is staffed by a wellness specialist and features a glass-enclosed fitness center, outdoor stretching area, LEXspa treatment room, and sauna.
SUSTAINABILITY: Lindblad Expeditions takes responsible, sustainable travel to heart. For over 50 years, our expeditions have inspired travelers to protect the ocean, conserve wildlife, bolster local communities, and enable meaningful scientific research. We are 100% carbon neutral and dedicated to green business practices at every level of our operations. When you travel with us, you’ll eat sustainable meals, experience our commitment to single-use plastic-free travel, and be aboard the industry’s first self-disinfecting expedition ships, prioritizing your health and safety. Feel good about exploring with us and preserve the planet for future generations.
COSTS ARE PER PERSON, DOUBLE OCCUPANCY UNLESS INDICATED AS SOLO.

**CATEGORY 1:** $15,840
Main Deck — With one or two portholes #301-308

**CATEGORY 2:** $16,960
Main Deck — With window #317-320, 335-336

**CATEGORY 3:** $17,560
Main Deck — With window #313-316, 321-328, 337-340, 342, 344, 346, 348, 350

**CATEGORY 4:** $18,880
Upper & Veranda Decks — With window #103-104, 107-108, 201-202, 204-207, 210, 212, 217, 226, 228

**CATEGORY 5:** $22,750
Upper Deck — With balcony #209, 211, 214, 216, 218, 220-222, 224

**CATEGORY 6:** $25,940
Veranda Deck — Suite #101-102; Upper Deck-Suite with balcony #213

**CATEGORY 7:** $29,620
Upper Deck — Suite with balcony #215, 219, 230

**CATEGORY A SOLO:** $21,000
Main Deck — With window #309-312, 329-334

**CATEGORY B SOLO:** $21,910
Upper & Veranda Decks — With window #105-106, 203, 208

**SHARED ACCOMMODATIONS:** Available in Categories 1 and 2.

**SOLO OCCUPANCY:** Cabins available in Categories A and B.

**Note:** Cabins #209, 211, 214, 216-218, 220, 222, 224, 226, 228, 303-306 have one queen-size bed. All other double cabins have two single beds; some can convert to a queen-size bed.

*Third person rates are available in the designated triple occupancy cabins at one-half the double occupancy rate. Cabins #341, 343, 101, 102, 215, 219 and 230 can accommodate a third person.*
### INCLUSIVE PRICING

**ABOARD SHIP**
- All meals—from breakfast, lunch, and dinner, to hors d’oeuvres and snacks during Recap, tea time cookies, and all-day fruit
- All alcoholic (excluding certain premium brands) and nonalcoholic beverages including coffees and sodas
- Complimentary refillable water bottle
- Fully stocked library
- Sauna and fitness center
- The guidance and company of our expedition staff
- Mac computers for downloading your photos
- Access to the OM System Photo Gear Locker with the latest gear to try on loan
- Complimentary Exclusive Antarctica Parka
- Crew gratuities

**ASHORE**
- One hotel night in Buenos Aires with guided city tour
- Guided tour of Ushuaia
- VIP lounge pre-departure with refreshments
- Meals on land, as indicated
- Special access permits, park fees, port taxes
- Transfers to and from group flights
- The expertise of our expedition staff

**ACTIVITIES**
- All shore activities
- Zodiac and kayak explorations
- Lectures and presentations in the lounge
- Photo instruction
- Morning stretch classes with our wellness specialist

### SPECIAL OFFERS

**FREE AIR:** Book by June 30, 2023, for free roundtrip economy international group airfare Miami/Buenos Aires on this date at the time of booking. One group member per party and must be ticketed by Lindblad Expeditions, and in the case that Lindblad’s group flight is not available at the time of booking, we reserve the right to issue a credit. Baggage fees may be additional. Valid for new bookings only, subject to availability. Call for details.

**MILESTONE CELEBRATION PACKAGE:** Celebrate birthdays, anniversaries, family reunions, etc., with your group of eight or more, and receive 5% off, a $150 shipboard credit for the spa or champagne, a complimentary group photo, and more. Milestone celebration must be communicated at time of booking. Milestone amenity package is one per group, intended for the guest celebrating the Milestone event. Group discount is applicable to cruise portion only, and does not apply toward additional services such as hotels, extensions, airfare, etc. Group cancellation terms also apply. Not combinable with certain offers.

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

### TERMS AND CONDITIONS

**EXPEDITION COST INCLUDES:** Accommodations aboard ship; one hotel night in Buenos Aires; meals and all beverages aboard ship (except certain super premium brands of alcohol); meals on land as indicated; exclusive Antarctica parka; transfers to/from airport if traveling on group flights; all shore excursions, sightseeing, and entrance fees; use of kayaks; taxes, service charges, and all tips (including gratuities to the ship’s crew); and services of the ship physician and our expedition staff. Unused services or items included in this program are non-refundable.

**NOT INCLUDED:** Air transportation (unless otherwise indicated) including charter airfare Buenos Aires/Ushuaia/Buenos Aires; extensions; passports, visa, immigration fees; meals not indicated; travel protection plan; items of a personal nature, such as Wi-Fi, laundry, etc.

**SAMPLE AIRFARES:** Round-trip Miami/Buenos Aires: Economy from $1,200; Business from $3,400.

**RESERVATIONS:** To confirm your place, an advance payment of US$2,600 per person 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 120 days prior to departure. Lindblad Expeditions reserves the right to cancel your reservation if payment has not been received by final due date.

**TRAVEL PROTECTION PLAN:** Travel protection and medical insurance are available at extra cost. Upon receiving your registration, 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:** Required by the Consulate of the country you will be traveling through. We will not be responsible if you are denied entry or transit into a country if you are unable to provide valid travel 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 sent prior to departure 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 as of publication date and are subject to change. Under normal conditions the total expedition price is guaranteed at the time of booking. However, our 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, we reserve the right 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.

**CANCELLATION POLICY**

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<thead>
<tr>
<th>Number of Days Prior to Expedition Start</th>
<th>Per Person Cancellation Fee</th>
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<tbody>
<tr>
<td>180 or more days</td>
<td>$850</td>
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<td>179-120 days</td>
<td>Advance payment cost</td>
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<tr>
<td>119-90 days</td>
<td>25% of trip cost</td>
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<td>50% of trip cost</td>
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<tr>
<td>59-0 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.

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RESERVATION FORM:
JOURNEY TO ANTARCTICA: THE WHITE CONTINENT

14 DAYS / 11 NIGHTS  |  NOVEMBER 27 - DECEMBER 10, 2023
ABOARD NATIONAL GEOGRAPHIC EXPLORER

Please reserve ___________ place(s).

Guest 1: _______________________________________________________________

(As it appears on passport) ___________________________________________

Date of Birth: ________ Cal Class Year: ________

(Preferred name for name badge) _______________________________________

Email: _______________________________________________________________

Primary Phone: ___________________ Cell Phone: _______________________

Guest 2: _______________________________________________________________

(As it appears on passport) ___________________________________________

Date of Birth: ________ Cal Class Year: ________

(Preferred name for name badge) _______________________________________

Email: _______________________________________________________________

Primary Phone: ___________________ Cell Phone: _______________________

Street Address: _______________________________________________________

City: ___________________________ State: _______________ ZIP: ___________

Accommodations:  □ Double  □ Single  □ Twin share with a 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: _________________

Advance Payment Information: US$2,600 per person

Please send information on the extension to  □ Buenos Aires  □ Iguazú Falls  □ Easter Island

□ 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: _______________________

For more information and to reserve your space, please visit alumni.berkeley.edu/antarctica

Or send reservations to:
Cal Discoveries Travel
Cal Alumni Association
1 Alumni House
Berkeley, CA 94720-7520

For Information:
Phone: 510.900.8222
Email: caldiscoveries@alumni.berkeley.edu

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.
JOURNEY TO ANTARCTICA

EXPEDITION HIGHLIGHTS

» Explore the world’s last great wilderness in the company of our team of top naturalists along with Professor Darren Zook.

» View magnificent mountains, towering icebergs, and ice formations.

» On shore, observe thousands of penguins: gentoo, Adélie, and chinstrap.

» Cruise aboard sturdy Zodiac landing craft in search of wildlife.

» Kayak in protected waters, paddling as penguins swim nearby.

» Choose to spend two days prior in warm Buenos Aires, or time post-voyage at Easter Island or Iguazú Falls.

100% CARBON NEUTRAL AND COMMITTED TO BEING 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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Follow us on Instagram @caldiscoveries

1 Alumni House
Berkeley, CA 94720-7520

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