

Duke TRAVELS



Timeless Islands of the Mediterranean Malta to Tuscany Aboard *Sea Cloud II*

with Dr. Nicolas Cassar, Professor of Biochemistry, Earth and Climate Sciences

October 10 – 20, 2025

duke-travels.com

CRUISE HIGHLIGHTS

CRUISE the Mediterranean aboard the luxurious *Sea Cloud II*, following in the wake of ancient conquerors to **Sicily, Sardinia, Corsica, Elba, and Tuscany**, lands awash with natural beauty, treasures of antiquity, and rich Napoleonic history

SAIL with the guidance of distinguished lecturers such as Duke study leader **Dr. Nicolas Cassar**, a scientist born in the region, whose research on the Mediterranean's unique waters will enhance your journey

ENJOY a guided inside look at the **Temple of Segesta**, an extraordinarily well-preserved Greek temple in Sicily, built in the fifth century B.C.

JOIN a scholar-led tour of the partially submerged ancient Sardinian city of **Nora**, with its gorgeously mosaicked **Roman baths and Carthaginian warehouses** showcasing the island's diverse and prosperous trade history

DELIGHT in a guided tour of prehistoric structures unique to Sardinia, including the spectacular **Nuraghe Palmavera**, dating back to as early as 1600 B.C.

TAKE a behind-the-scenes visit to **Villa San Martino**, Napoleon Bonaparte's residence during his exile on Elba, now a museum filled with frescoes, 19th-century prints, period furnishings, and Napoleonic antiques

SAVOR private wine tastings in picturesque settings, including a behind-the-scenes look at Elba's 18th-century seaside wine estate **Tenuta La Chiusa**, surrounded by olive trees

NAVIGATE the impressive fjord-like waterway into the dazzling clifftop city of **Bonifacio, Corsica**

FOLLOW Michelangelo's footsteps in **Pietrasanta**, the Tuscan town where he procured marble for his sculptures featuring a curator-led look at the **Museo dei Bozzetti's** rare collection of conceptual models from leading sculptors like Henry Moore

Duke TRAVELS

Dear Duke Travelers,

Cruise the Mediterranean's azure waters in the wake of legendary civilizations aboard the splendid **Sea Cloud II** from **October 10 to 20, 2025**. Step ashore on timeless island paradises with expert guidance. Enjoy inside looks at the breathtaking monuments of Mediterranean powers across millennia—from the Phoenicians, Greeks, and Romans to the Normans, Spaniards, and French—built to assert their identity in a region marked by constant change.

From Malta's ancient harbor of Valletta, sail to Sicily where Greek settlers built extraordinary temples. Go behind the scenes of marvels such as Segesta's remarkably preserved Doric sanctuary, one of Europe's most complete ancient structures, built around 420 B.C. Sail north to **Sardinia**, where experts will introduce you to sophisticated Bronze Age fortresses known as *nuraghi*, domed prehistoric structures found nowhere else on Earth, and seaside Carthaginian warehouses and exquisitely mosaicked Roman baths in Nora.

Prepare to be awestruck as *Sea Cloud II* approaches the French territory of **Corsica**, Napoleon's birthplace. Gaze upon Bonifacio's limestone cliffs crowned with medieval fortifications rising 230 feet above the sea, then step ashore for an inside look at two spectacular medieval churches that beautifully blend Romanesque and Gothic styles.

Sail to **Elba** for an inside look at Napoleon's well-preserved residence of exile, Villa San Martino, whose *trompe l'oeil* frescoes depict scenes from his campaigns. Your voyage concludes on Italy's mainland in romantic Tuscany, where you may choose to walk in the footsteps of venerated composer Puccini in his hometown of Lucca or trace Michelangelo's journey in Pietrasanta, where the Italian master sourced marble for his historic masterpieces.

Duke Travels is pleased to have engaged Arrangements Abroad to offer this journey. Cruise in the company of Duke study leader **Dr. Nicolas Cassar**, Professor of Biochemistry at the Nicholas School of the Environment. Born and raised along France's Mediterranean coast, Dr. Cassar will enrich your experience with his expertise on how the Mediterranean's distinctive waters influence marine life and climate—a crucial lens for understanding how this sea has sustained civilizations for millennia.

TRAVELING WITH YOU



Dr. Nicolas Cassar is Professor of Biochemistry in the Earth and Climate Sciences division of the Nicholas School of the Environment at Duke University. Born in Marseille and raised along France's Mediterranean coast, Dr. Cassar

brings both personal passion and scientific expertise to our voyage. He received a B.S. from McGill University, a Ph.D. from the University of Hawaii, and was a postdoctoral fellow and research scholar at Princeton University before coming to Duke, where he also served as Senior Associate Dean of Research and Doctoral Programs. He studies how oceans shape—and are shaped by—global climate, examining the complex interplay between carbon, nitrogen, and oxygen in marine environments. His research spans from the Arctic to Antarctic waters, with a particular focus on nutrient-poor seas like the Mediterranean.

Reconnect with friends from Duke while enjoying *Sea Cloud II's* elegant amenities and savoring the region's cuisine and famous wines. **Call us at (919) 684-2988** for information or to hold your cabin while you decide and to reserve conveniently over the phone. We hope you join this enriching Mediterranean voyage to lesser-known islands in October 2025.

Forever Duke,

Beth Ray-Schroeder '83
Senior Director, Duke Travels
Duke Alumni Engagement and Development

Activity Level:



Pace Level:



Visit Arrangements Abroad's website for more information about Activity and Pace Levels at www.arrangementsabroad.com/faqs.

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MONDAY, OCTOBER 13: TRAPANI (SICILY), ITALY / ERICE OR MARSALA

Arrive at the port of **Trapani** for an excursion to **Segesta**. Take a guided tour of Segesta's unfinished yet majestic and exceptionally well-preserved **Doric temple**, constructed by the Elymian people around 420 B.C.

You will also see the adjacent **ancient Greek theater**, built in the late fourth or early third century B.C., once seating more than 3,000 spectators. Following lunch on board the ship, choose between two excursions:

Option 1: Visit the medieval hilltop town of **Erice**, set 2,460 feet above sea level. Meander Erice's charming streets and stop at its 11th-century Norman fortress, **Castello di Venere**, constructed over an ancient temple dedicated to Venus. Revel in astonishing views of Sicily's Aegadian Islands and perhaps delight in a sweet treat from one of Erice's famous *pasticcerias*.

Option 2: Travel to **Marsala**, originally founded by the Carthaginians around 397 B.C. View remnants of ancient city walls, its storied Roman road, and magnificent Baroque churches. Savor **a private tasting of the famous fortified Marsala wine**, one of Italy's most celebrated offerings.

All guests will return to *Sea Cloud II* later this afternoon. B,L,D

Extend your adventure by exploring Valletta, Malta, on an optional prelude, October 8-11, 2025.

FRIDAY, OCTOBER 10: DEPARTURE

Depart for Valletta, Malta, on an overnight flight.

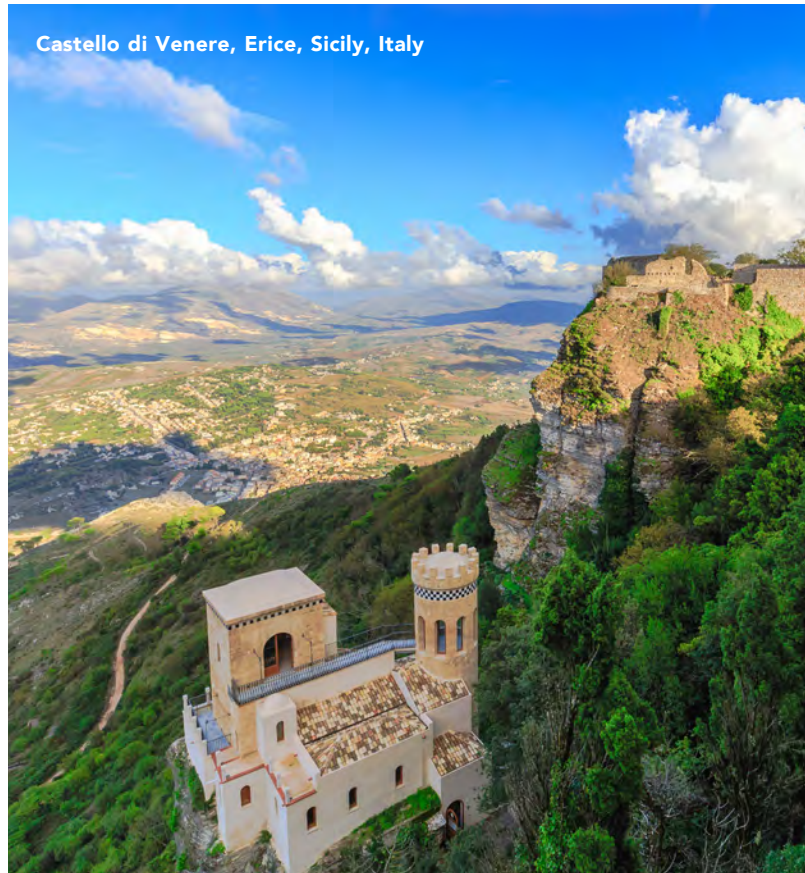
SATURDAY, OCTOBER 11: VALLETTA, MALTA / EMBARK SEA CLOUD II

In the Maltese capital, join an afternoon group transfer to **Sea Cloud II**. After settling into your cabin, convene with other guests on deck for a Champagne toast as we sail out of Valletta's harbor. D

SUNDAY, OCTOBER 12: DAY AT SEA

Fully acquaint yourself with the wonderful amenities aboard *Sea Cloud II* as we cruise the Mediterranean under a full set of billowing sails. This evening, gather for **the captain's welcome reception and dinner**. B,L,R,D

Castello di Venere, Erice, Sicily, Italy





Cattedrale di Santa Cecilia, Cagliari, Sardinia, Italy

TUESDAY, OCTOBER 14: DAY AT SEA

While relishing a day sailing the Mediterranean, **join your traveling scholars for enlightening lectures** about your upcoming visits during the program. Weather permitting, you may have the opportunity to board a Zodiac and capture some stunning photos of *Sea Cloud II*. B,L,D

WEDNESDAY, OCTOBER 15: CAGLIARI, SARDINIA / NORA

Upon arrival in Sardinia this morning, enjoy one of two excursions:

Option 1: Join an expert guide for a walking tour through **Cagliari**, Sardinia's capital, a former Neolithic settlement that Phoenicians, Romans, and the Aragonese later claimed. In the **medieval Castello district**, pass through the terraced **Piazza del Palazzo**, once Cagliari's political heart, and stop at the **Palazzo Regio**, an impressive residence of Sardinia's Spanish viceroys.

Admire the 13th-century **Cattedrale di Santa Cecilia (Cagliari Cathedral)**, whose imposing Baroque façade replaced the original Romanesque structure. Step inside to view the beautifully crafted Romanesque marble pulpit and visit the **Crypt of the Martyrs**, carved directly into the rock and housing the remains of 179 early Christian martyrs.

Option 2: Venture along Sardinia's southwestern coast to reach **Nora**, an ancient trade hub founded by the Phoenicians and later expanded under Carthaginian and Roman rule. By the third century A.D., rising sea levels began to submerge parts of the city, contributing to its eventual decline and abandonment.

Explore the remains of **Carthaginian warehouses** and **splendid Roman structures**, including bath complexes adorned with mosaics, and the **second-century A.D. theater**, which could hold up to 1,200 spectators.

All guests will return to the ship in Cagliari for lunch and spend the afternoon at sea. B,L,D

Nuraghe Palmavera, Alghero, Sardinia, Italy



THURSDAY, OCTOBER 16: ALGHERO

On Sardinia's northwest coast, venture to the medieval city of **Alghero**, colonized by the Aragonese in 1354. Known as "Barceloneta" or "Little Barcelona," Alghero is unique in Italy for its enduring Catalan influence—reflected in its language, traditions, and architecture. Join a guide to explore its 16th-century Catalan-Gothic landmarks and the well-preserved medieval bastions that line the waterfront.

From Alghero, transfer to **Nuraghe Palmavera**, a spectacular example of a structure known as a *nuraghe*, a Bronze Age stone megalithic structure only seen in Sardinia. Nuraghe Palmavera's main tower still has its original dome-shaped ceiling dating to 1600 to 1400 B.C. Return to Alghero and explore the town at your own pace before we sail in the early evening. B,L,D



FRIDAY, OCTOBER 17: BONIFACIO (CORSICA), FRANCE

Stand on deck this morning as the ship navigates Corsica's scenic, fjord-like waterway and arrives at **Bonifacio**. Take a guided walking tour through this town built on spellbinding, white limestone cliffs, with its ninth-century A.D. citadel, spiraling medieval lanes, Gothic architecture, and dramatic views.

You will be introduced to a pair of remarkable churches—the 12th-century **Église Sainte-Marie-Majeure**, Bonifacio's oldest building, constructed by Pisans; and the **Église Saint-Dominique de Bonifacio**, Corsica's largest church, built between 1270 and 1343.

Stop at the imposing **Porte de Gênes**, a 12th-century Genoese fortification that stood guard over Bonifacio's citadel for centuries. Return to *Sea Cloud II* for lunch and sail in the early evening northward to Elba. B,L,D

Villa San Martino, Portoferraio, Elba, Italy



Tenuta La Chiusa, Elba, Italy, photo courtesy of Tenuta La Chiusa

SATURDAY, OCTOBER 18: PORTOFERRAIO (ELBA), ITALY

Step ashore on **Elba**, best known as Napoleon's island of exile from 1814 to 1815. From Elba's capital, **Portoferraio**, set forth on a scenic drive south to **Villa San Martino**, Napoleon's neoclassical residence. Inside, an expert will show you its Napoleonic relics, engravings, and the renowned statue of Galatea, sculpted by Antonio Canova.

Continue along the coast to the seaside **Tenuta La Chiusa**, an 18th-century vineyard estate surrounded by olive trees. Enjoy a private look at the estate's cellar, built in 1700, to learn how the wine is handled and produced. In the seaside garden, enjoy a **delicious private tasting**. This evening, *Sea Cloud II* sails to the Italian mainland and the port of Livorno. B,L,D

SUNDAY, OCTOBER 19: LIVORNO / LUCCA OR PIETRASANTA (TUSCANY)

Arrive in **Livorno** this morning and choose between two full-day excursions in beautiful Tuscany:

Option 1: Wander through the medieval fortified town of **Lucca**, the birthplace of revered Italian opera composer **Giacomo Puccini**. Accompany an expert to behold the town's architectural jewels, including its famous 11th-century Romanesque **Cattedrale di San Martino**, with its polychrome-marble façade and a monumental, three-arched portico.

SEA CLOUD II

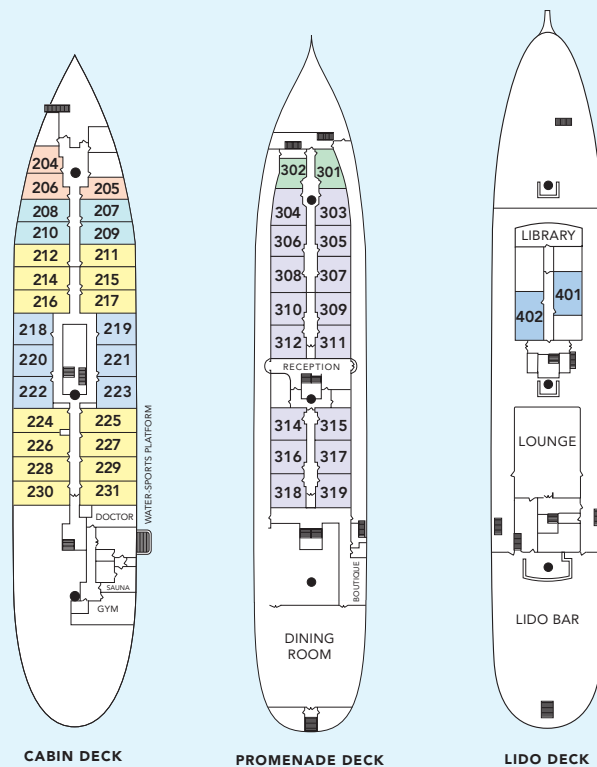
Option 2: Venture to tiny **Pietrasanta**, a town that has lived and breathed art since **Michelangelo** procured marble from its quarries for his sculptures. Today, international artists have graced Pietrasanta with contemporary sculptures, including the playful *Warrior* by Colombia's Fernando Botero and *The Centaur*, a bronze by Polish sculptor Igor Mitoraj.

Inside a 16th-century convent, join a guided inside look at the **Museo dei Bozzetti's** unique collection of models showcasing the preliminary visions of famous sculptors. See the concepts behind the finished sculptures of artists like Botero, Niki de Saint Phalle, and Isamu Noguchi. You will also discover Pietrasanta's **contemporary art galleries**, and/or **gain access to artists' studios** to witness their creative processes.

This evening, all guests will join the captain for a festive farewell reception and dinner. B,L,R,D

MONDAY, OCTOBER 20: GENOA / DISEMBARK / RETURN

Disembark *Sea Cloud II* this morning in Genoa and transfer to the airport for your flights home. B



Fernando Botero, *Warrior*, Pietrasanta, Italy

CRUISE RATES

(Per Person)

Cabins	Decks	Double Rates	Single Rates
204 to 206	Cabin	\$8,999	\$11,999
Upper/lower twin berths, shower			
207 to 210	Cabin	\$11,999	\$17,999
Superior Cabins. Twin beds, shower			
211 to 217 & 224 to 231	Cabin	\$14,499	\$21,999
Deluxe Cabins. Twin beds, shower			
218 to 223	Cabin	\$16,499	Inquire
Deluxe Cabins. Twin beds, shower			
301 & 302	Promenade	\$17,999	Inquire
Deluxe Cabins. Twin beds, shower			
303 to 319	Promenade	\$20,999	Inquire
Junior Suites. Twin beds, bathtub with shower			
401 & 402	Lido	\$22,999	Inquire
Owner's Suites. Queen-size bed, bathtub, and separate shower			

RATES INCLUDE

- Nine nights cabin accommodations aboard *Sea Cloud II* as per itinerary
- Meals as indicated in the itinerary (B=Breakfast, L=Lunch, R=Reception, D=Dinner). Bottled water, soft drinks, juices, and coffee/tea with all meals; thoughtfully selected wine and beers at lunches and dinners; complimentary open bar aboard *Sea Cloud II* throughout the cruise (including all standard spirits)
- Airport/pier/airport group transfers for all participants on suggested flights
- Enrichment program of lectures and talks
- Escorted sightseeing, transportation, and entrance fees for all included visits
- Taxes, service, and portage charges; gratuities to local guides and drivers; customary shipboard gratuities

NOT INCLUDED IN RATES: International airfare; passport/visa fees; meals not specified; alcoholic beverages other than noted in inclusions; personal items and expenses (ex: *laundry and satellite communication*); airport transfers other than for those on suggested flights; excess baggage; trip insurance; optional Valletta prelude; any other items not specifically mentioned as included.

DISCLAIMER: This itinerary is subject to change at the discretion of Arrangements Abroad and Duke Travels For complete details please carefully read the terms and conditions at www.arrangementsabroad.com/terms.

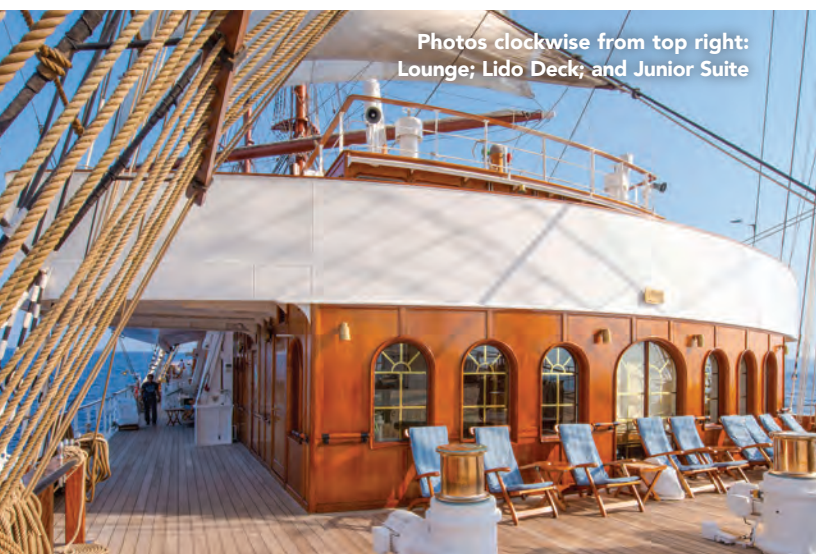
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SEA CLOUD II



Sea Cloud II

Sea Cloud II is a three-masted sailing yacht steeped in the elegance of yesteryear and complemented with the most modern amenities. Sister ship of the legendary *Sea Cloud*, *Sea Cloud II* has 47 outside cabins and travels under 23 billowing sails trimmed by hand. From the mahogany-paneled library and gracious lounge to the gym and watersports platform, no detail has been overlooked. Praised by the world's most discerning travelers, *Sea Cloud II* receives consistently high rankings from *Condé Nast Traveler*. Passengers enjoy open seating at all meals and complimentary use of all water sports equipment. A doctor is on call 24 hours a day. Please note: There is no elevator on *Sea Cloud II*.



Photos clockwise from top right:
Lounge; Lido Deck; and Junior Suite

Porte De Gênes, Bonifacio,
Corsica, France



DUKE TRAVELS
TIMELESS ISLANDS OF THE MEDITERRANEAN
ABOARD SEA CLOUD II
OCTOBER 10 – 20, 2025
RESERVATION FORM

To reserve a place, please contact Duke Travels at (919) 684-2988 or duketravels@duke.edu; or complete and return this form with your deposit of \$1,000 per person (of which \$500 is non-refundable for administrative fees) by mail with a check payable to *Arrangements Abroad* to: Duke Travels, Box 90572, Durham, NC 27708-0572. If you mail in your reservation, please give Duke Travels a call, so that space can be held.

Name(s) in full as on passport(s). Please print.

Address

City

State

Zip

Telephone (home)

(business)

Fax

E-mail

ACCOMMODATIONS

Sea Cloud II cabin preference (1) _____ (2) _____

I wish to share a cabin with _____

OPTIONAL VALLETTA PRELUDE

I'm/we're interested in receiving more information about the optional Valletta prelude

FORM OF PAYMENT

Enclosed is my check (payable to *Arrangements Abroad*)
 Debit card Credit card Wire transfer

Name on credit/debit card

Credit/debit card number

3- or 4-digit security code

Expiration date

I/We confirm that I/we have carefully read and agree to the Terms & Conditions of this Program (see www.arrangementsabroad.com/terms to review or call for a copy). I/We agree to full payment 120 days prior to departure. Each participant must sign below.

Signature (required)

Date

Signature (required)

Date



Duke TRAVELS

Box 90572
Durham, NC 27708

Front cover: Bonifacio, Corsica, France. Highlights page: Interior, Cattedrale di San Martino, Lucca, Italy.
Back cover: On Deck, Sea Cloud II (top) and Segesta, Sicily, Italy (bottom).
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