

Duke TRAVELS

Panama & Colombia: Exploring the Caribbean Coast

OCTOBER 20-27, 2024

ABOARD NATIONAL GEOGRAPHIC QUEST

TRAVEL WITH DR. BRUCE W. JENTLESON, P'15



**BOOK BY MARCH 13, 2024
FOR A \$500 CREDIT, SOLO SAVINGS & MORE**

duke-travels.com



Dear Duke Travelers,

Not many visitors have the chance to explore the Panama Canal from the inside out, surveying its lush green shores by day and observing the luminous traffic of ships as they sail at night. We invite you to be one of the privileged few to experience this fascinating contrast, on a voyage aboard the 50-cabin expedition vessel *National Geographic Quest*—the only passenger ship that transits the canal both during the day and after dark.

Nimble enough to sail along sinuous channels and equipped with kayaks, stand-up paddleboards, and a fleet of Zodiacs, *National Geographic Quest* is purpose-built to bring you unforgettable encounters in Panama and Colombia. Sail to the Smithsonian Tropical Research Institute on Barro Colorado Island to learn about the tropical forests that have drawn biologists from across the globe since 1932. Go ashore in Portobelo, a critical Spanish trading port in the “New World,” or cruise the backwaters of Cispata Bay, where parrots soar overhead and wading birds poke along the mangrove-lined channels.

For this voyage, Duke Travels is pleased to have engaged Lindblad Expeditions, who has spent decades exploring the shores of Panama and Colombia and is well known for the exceptional travel experiences they offer. Their naturalists have a deep knowledge of tropical species and habitats, allowing them to make the most of nature’s opportunities—which means you will enjoy adventure-filled days and amazing wildlife sightings.

Many guides are also Panamanian and Colombian, and they provide an authentic connection to the region’s vibrant cultural history. Meet the Zenú artisans who weave the traditional sombrero *vueltaio*, and watch Guna craftswomen embroider intricate *mola* textiles. A certified photo instructor will always be on hand to help you capture the photographs of a lifetime.

This eight-day voyage lets you discover a land where tropical wilderness still reigns above all else. **To reserve your place, please return the reservation form or call (919) 684-2988.**

Forever Duke,



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

SPECIAL OFFERS

Save 10% on the cabin fare when traveling with Duke Travels, plus book by March 13, 2024 for a \$500 credit, 25% solo savings, and more. See page 12 for details.



Bruce W. Jentleson P'15 is William Preston Few Professor of Public Policy and Professor of Political Science at Duke University. His most recent books are *Economic Sanctions: What Everyone Needs to Know* (Oxford University Press, 2022) and *The Peacemakers: Leadership Lessons from 20th Century Statesmanship* (W.W. Norton, 2018).

Career awards include the 2018 American Political Science Association (APSA) International Security Section Joseph J. Kruzel Award for Distinguished Public Service and the 2020 Duke University Alumni Distinguished Undergraduate Teaching Award. He is often quoted in the press and has appeared on such shows as the PBS News Hour, BBC, Al Jazeera, al Hurra, China Radio International, and NPR.

Panama: Bridge of the World

A Storied Crossing Between Two Oceans

More than a century after its completion, the Panama Canal stands as an engineering marvel in commercial and engineering history. Sailing through it offers a unique perspective: our vessel is the only passenger ship that overnights in the Canal Zone, allowing guests the opportunity to take in eye-level views of the locks' intricate workings by day, and to witness the spectacle of the canal's dazzling illumination after dark.

Preserving Nature, Nurturing Tradition

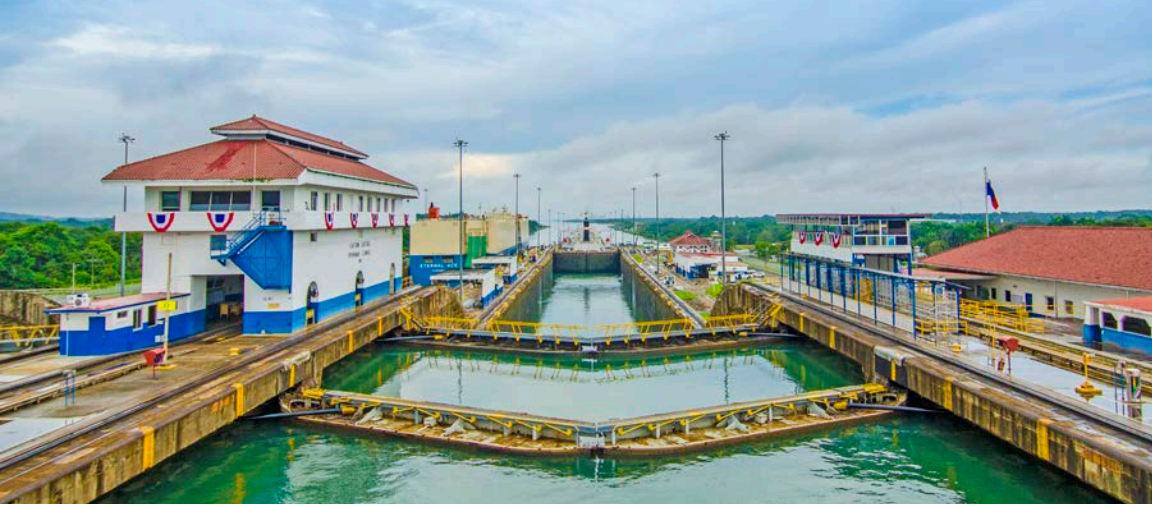
Beyond the canal's concrete gates, we experience verdant rainforests where biodiverse flora and fauna thrive thanks to government efforts



to preserve the fresh water needed to operate the locks. We'll have a front-row seat to Mother Nature's dramatic display. Kayak or paddleboard off jungle-shrouded isles, gliding above a vibrant undersea world. Dive in and join snorkeling excursions to encounter abundant marine life in places like the Guna Yala archipelago, and hike into

the jungles of Gamboa in search of mantled howler monkeys and toucans. We will also discover the rich heritage of the Indigenous Guna people and their legendary *mola*—handmade textiles bursting with color and intricate embroideries.

Opposite page (clockwise from top): Panama Canal; keel-billed toucan; women with mola in Panama; orange-chinned parakeet. This page: Kayaking off Anmardub Island.





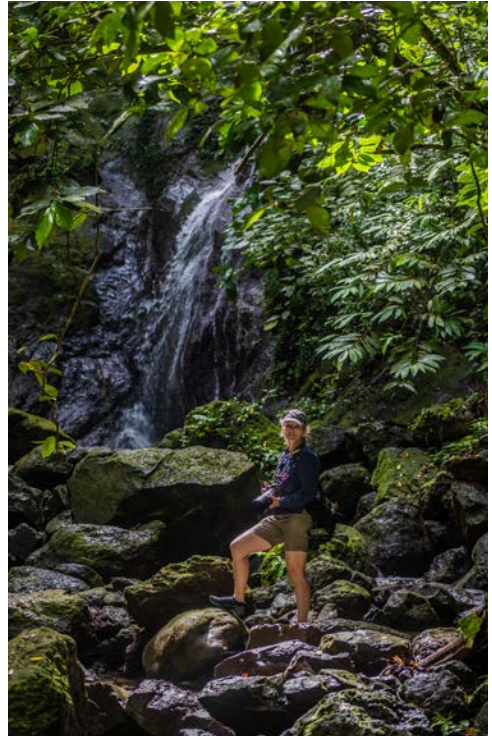
The Heart of Caribbean Colombia

Ancient Customs Adapted to Modern Life

We'll continue to unfurl the rich layers of Caribbean culture on an exploration of the Colombian coastline. Feast your eyes on the eclectic Santa Cruz de Lorica, with its Belgian, English, French, Syrian, and Lebanese influences. Stroll the central square to see distinct influences mingling harmoniously, spotlighted in the architecture of the stunning Spanish-colonial cathedral and historical buildings in colorful Arabic styles. In the village of Tuchín, meet the indigenous Zenú people. For hundreds of years, these artisans have woven traditional sombrero *vueltaio* from sun-dried coastal cane.

Wild Natural Wonders

Colombia's rainforests are a thriving habitat for more than 1,900 species of birds and 45 types of mammals. Venture through the Capurgana-Sapzurro trail, a remote tropical hike where you can spy three-toed sloths and the sleepy stillness is broken by a cacophony of croaking toucans and monkeys chattering. Glide into the back channels of Bahía Cispatá, serenaded by a chorus of birdcalls that emanates from the remarkably dense mangrove forest.



Opposite page (clockwise from top): Artisan crafted sombrero vueltaio hat made out of Gynerium sagittatum hanging at market in Tuchín, Colombia; dance performance in Santa Cruz de Lorica, Colombia. This page: A guest hikes and looks for wildlife in Sapzurro, Colombia.

The Perfect Platform for Exploring

Life on Board

The nimble, 50-cabin *National Geographic Quest* is designed to sail along sinuous channels and provide up-close experiences. Her open decks and large windows keep you connected to extraordinary views of turquoise waters and leafy shorelines draped in a thousand shades of green. A fleet of kayaks, stand-up paddleboards, and Zodiacs allows us to glide into a quiet cove or a serene bay for a solitary snorkeling excursion. After a day of exploring, gather in the lounge to hear our naturalists discuss the wonders we witness each day, or visit the open Bridge and watch the crew navigate the canals and bays that make these waters so extraordinary to explore.

A World-Class Expedition Team

Each of our guides—from our naturalists to our expedition leaders—is committed to ensuring you have an unforgettable experience. We have curated this expedition team to ensure that you are getting in-depth perspectives from veteran and locally based experts who have deeply personal connections to the region. Exploring in small groups, you will have the opportunity to hear different perspectives every day, and because there are no group assignments, you can gravitate toward naturalists who share your interests.

On a Lindblad Expeditions voyage, photography is never an afterthought—it's central to the expedition experience. That's why a certified photo instructor (CPI) joins our voyage to assist travelers with everything from camera settings to composition. Every guest—from smartphone camera users to advanced hobbyists—can stand side by side with top photographers, pick up tips in the field, and return home with extraordinary images you can return to for years to come.

Opposite page (clockwise from top): Guest on Zodiac in Guna Yala; beautiful hand made textiles hang between palm trees with the ship National Geographic Quest in the background in Islet of Anardub Island, Panama; a guest hikes and looks for wildlife in Sapzurro, Colombia.



Voyage Itinerary

Transit the legendary Panama Canal to encounter dazzling natural and cultural treasures as you navigate Caribbean coastlines aboard the aptly designed *National Geographic Quest*. Hike lush rainforests teeming with diverse wildlife, and maneuver secluded inlets by Zodiac, kayak, and stand-up paddleboard. Get immersed in the thriving cultures of local Indigenous communities, from the Guna Yala archipelago to the village of Tuchín.

DAY 1: Cartagena, Colombia/Embark

After arriving in picturesque Cartagena, transfer to the *National Geographic Quest* and begin your journey along the fabled Caribbean Coast of Colombia this evening. (D)

DAY 2: Sanguare Natural Reserve/Cispatá Bay

The day begins by exploring Sanguare Natural Reserve. Learn of the conservation work being done and explore the tropical dry forests, coastal lagoons, and sea grass beds. Enjoy kayaking or paddleboarding, or dig your toes in the sand and sip a chilled refreshment. Later, venture to Cispatá Bay, where we'll spend

the afternoon among the most extensive area of mangroves on Colombia's Caribbean coast. Local community guides accompany us to share their insight and knowledge of the prolific wildlife. (B,L,D)



DAY 3: San Antero/Santa Cruz de Lorica/Tuchín

Travel to the riverside Santa Cruz de Lorica, a cultural melting pot with French, Belgian, English, Syrian, and Lebanese influences. A folkloric show will be performed on the riverfront malecón during our walking tour. We'll also visit Tuchín, where for hundreds of years, Zenú artisans have woven the traditional sombrero vueltiao from sun-dried coastal cane. You'll have a chance to purchase one of these authentic souvenirs, a symbol of sustainable craftsmanship. Anchor tonight in San Antero. (B,L,D)

DAY 4: Capurgana and Sapzurro, Colombia

Travel between the charming villages of Sapzurro and Capurgana, watching for toucans, parrots, trogons, scarlet macaws, three-toed sloths, and howler monkeys as we traverse the tropical forest trails between these coastal communities. The sheltered, tropical waters at Sapzurro bay beckon for a pleasant kayak or paddleboard. (B,L,D)

DAY 5: Guna Yala Archipelago

Wake up amid the archipelago of Guna Yala, a constellation of 368 tiny, white-sand isles off the northeast coast of Panama. Spend the morning learning about Guna culture among the thatched huts of an island village and 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 6: 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 colonial times, when Portobelo was a major Spanish trading center. Later, hike the surrounding jungle in search of native parrots and unruly howler monkeys. As we sail down the coast, there will be time for snorkeling in the Caribbean's colorful undersea realms. (B,L,D)

DAY 7: Gatún Lake/Barro Colorado/Panama Canal Crossing

By special permission, anchor overnight in Gatún Lake, a vast artificial lake that forms a major part of the Panama Canal. In the morning, join a behind-the-scenes tour of 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. This evening, we begin our transit of the Panama Canal under its dazzling illumination (B,L,D)

DAY 8: Panama City, Panama/Disembark

Disembark in Panama City and transfer to the airport for your flight home. (B)



A Palenquera performer displays balance and brilliant colors in Cartagena.

National Geographic Quest



Purpose-built to explore North American coastlines, *National Geographic Quest* has decks designed for exceptional wildlife viewing and shallow drafts for navigating the innermost reaches of carved coastlines. She is U.S.-flagged, eliminating domestic customs stops and allowing more time to explore.

Capacity

50 cabins and suites accommodating 100 guests.

Registry

United States.

Overall Length

238 feet.

Public Areas

Global Gallery; fitness center; LEXspa; lounge with full service bar and facilities for films and presentations; OM System Photo Gear Locker; observation deck; elevator; 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

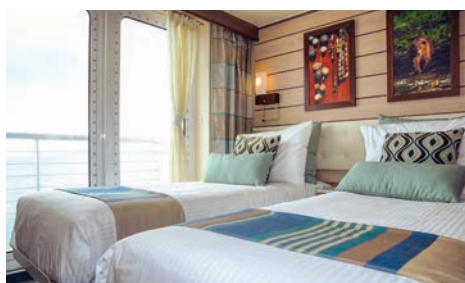
Served in single seatings with unassigned tables for an informal atmosphere. Cuisine is fresh, sustainable, accented with regional flair, and served plated.



The casual dining room with its expansive windows.

Accommodations

All cabins and suites face outside with windows or portholes, private facilities, climate controls, and Wi-Fi connections and USB ports for mobile devices. Category 4 cabins have step-out balconies.



Category 4 cabin with single beds (which can be converted to a Queen) and a private step-out balcony.

Expedition Equipment

A fleet of 8 Zodiacs and 24 kayaks, stand-up paddleboards, ROV (remotely operated vehicle); hydrophone, splash-cam, underwater video camera, and video microscope.

Staff & Crew

Every member of our staff is committed to ensuring our guests have an unforgettable experience. Many of our veteran guides and naturalists are locally based in your destination and have worked with us for decades. A full-time medical professional, undersea specialist, professional photographer and certified photo instructor are on board, and with a low staff-to-guest ratio, you can hear different perspectives and gain new insights every day.

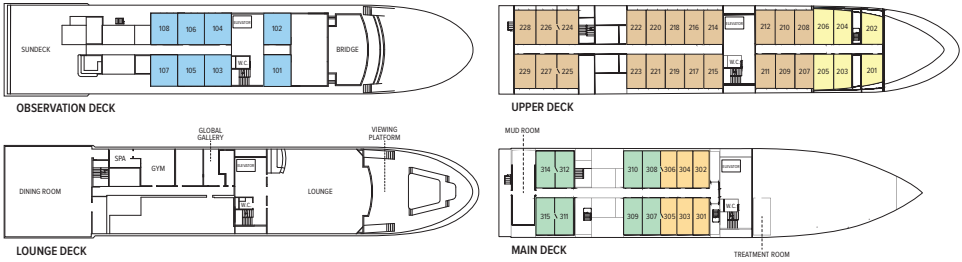
Wellness

The vessel is staffed by a wellness specialist and features a gym with an elliptical machine, treadmill, exercycles, handweights, and resistance bands. Massages in the LEXspa are available by appointment.

Sustainability

From our carbon neutrality initiatives to the locally sourced food we serve on board, our expeditions are designed around the well-being of our world. Travel with peace of mind, knowing that green practices are embedded in our operations and that each voyage gives back to the places we explore.

Ship Deck Plan & Pricing



Voyage Dates

October 20-27, 2024

Advance Payment Details

15% of the cabin fare, per person

	10% SAVINGS	
<p>Prices are per person, double occupancy unless indicated as solo.</p> <p>Category 1</p> <p>Main Deck #301-306 – Cabins feature two single beds that can convert to a Queen, a writing desk, and two portholes</p>	\$6,480	\$5,832
<p>Category 2</p> <p>Main Deck #307-315 – Cabins feature two single beds that can convert to a Queen, a writing desk, and two portholes.</p>	\$7,700	\$6,930
<p>Category 3</p> <p>Upper Deck #201-206 – Cabins feature two single beds that can convert to a Queen, a writing desk, and two large windows.</p>	\$8,320	\$7,488
<p>Category 4</p> <p>Upper Deck #207-229 – Cabins feature two single beds that can convert to a Queen, a writing desk, sliding glass door, and small, private balcony.</p>	\$9,440	\$8,496
<p>Category 5*</p> <p>Observation Deck #101-108 – Suites feature two single beds that can convert to a Queen, large windows, an expanded bathroom, writing desk, ample storage space, and a convertible sofa bed to accommodate a third person.</p>	\$10,510	\$9,459
<p>Category 1 Solo</p> <p>Main Deck #301-306</p>	\$10,020	\$9,018
<p>Category 2 Solo</p> <p>Main Deck #307-315</p>	\$11,540	\$10,386

***Suite Exclusives:** The suites on our ships are your elegant retreat at sea, featuring spacious living areas and incredible ocean views. Now, booking one of these beautifully appointed accommodations comes with even more benefits. Our new Suite Exclusives package gives guests staying in eligible cabins access to an array of amenities designed to enhance your on-board experience, including priority booking for spa treatments, complimentary laundry, and other exclusive perks.

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

INCLUSIVE PRICING

- All accommodations aboard ship
- Excursions and airport transfers, as indicated in the itinerary
- All meals as indicated in the itinerary, both aboard and onshore. Meals and hors d'oeuvres are inspired by regional cuisine and locally sourced where possible
- 24-hour access to snacks, premium coffees and teas, non-alcoholic beverages, and filtered water
- Beer, wine, cocktails, and spirits. We are also pleased to offer a selection of super premium wines and liquors, available for purchase
- Selection of exploration tools, including Zodiacs, stand-up paddleboards, wetsuits, kayaks, and a full complement of snorkeling equipment
- The guidance and company of our leading expedition staff
- Presentations by our expedition staff
- Access to the OM System Photo Gear Locker with the latest gear to try out on loan
- Complimentary reusable water bottle
- The services of a medical professional
- 24-hour access to the lounge, observation decks, library, and other shared spaces
- Morning stretch classes and 24-hour access to the fitness center
- Assistance by the onboard photo instructor
- Special access permits, park and site entrance fees, and port taxes

TAKE ADVANTAGE OF OUR SPECIAL OFFERS

NEW YEAR, NEW PERSPECTIVES: Book by March 13, 2024 for the following offers. Valid for new bookings only on this departure date, subject to availability, not applicable on airfare or extensions, and may not be combinable with other offers. Call for details.

\$500 CREDIT: Receive a \$500 credit per person, deducted from cabin fare prior to any additional applicable savings with the purchase of cabin fare.

SPECIAL SOLO SAVINGS: Save 25% on solo cabins on this departure date.

SAVE 10% WHEN YOU PAY IN FULL: Save an additional 10% on the cabin fare when you pay in full at time of booking. To qualify for the discount, non-refundable payment in full is due at the time of booking.

SPECIAL 10% GROUP SAVINGS: Save 10% on the cabin fare (as indicated) when traveling with Duke Travels. Valid on the October 20-27, 2024 departure date of *Panama & Colombia: Exploring the Caribbean Coast*. For new bookings only, subject to availability, may not be combined with other offers, and is not applicable on airfare or extensions. Call for details.

CELEBRATE LIFE'S MILESTONES: Celebrate a milestone with a group of eight or more and enjoy a special amenity package including: 5% savings on voyage fares, custom group photo, \$150 shipboard credit for the group, and other special gifts. Milestone celebration to be communicated at time of booking. Valid for new bookings only, subject to availability, not applicable on airfare or extensions, and may not be combined with other offers. Deposit, final payments, and cancellation policies for group travel vary from our regular policies. 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. Not applicable on extensions or airfare.

TERMS AND CONDITIONS

Prices quoted in this brochure are per person based on double occupancy in USD. Prices quoted are valid at the time of printing, January 29, 2024, are subject to change and availability at time of booking. Under normal conditions the total expedition price is guaranteed at the time advanced payment is made. 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.

COST INCLUDES: All amenities listed in inclusive pricing above. Unused services or items included in this program are non-refundable.

NOT INCLUDED: Airfare; pre- and post-expedition extensions; additional hotel nights; private transfers; travel protection plan; passport, visa, and immigration fees; spa treatments; items of a personal nature such as laundry, Wi-Fi, and phone services. Gratuities to ship's crew at your discretion.

AIRFARE: Airfare is an additional cost. Lindblad Expeditions will gladly assist in making your air arrangements for a \$50 per person service fee.

RESERVATIONS: To confirm your place, an advance payment of 15% of the cabin fare, 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 no later than 120 days prior to departure. Lindblad Expeditions reserves the right to cancel your reservation if payment has not been received by final payment due date.

TRAVEL PROTECTION PLAN: Travel protection and medical insurance are available at extra cost. Information will be sent upon registration.

ENTRY AND VISA REQUIREMENTS: Guests are advised to verify travel documents (passport/transit visa/entry visa) for the country(s) 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' and National Geographic Expeditions' (a division of National Geographic Partners, LLC) 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.

CANCELLATION FEE POLICY (PER PERSON)

120 or more days prior to expedition start: **No penalty:** Advance Payment will be credited toward your next expedition**

119-90 days prior to expedition start: **50% of trip cost*****

89-0 days prior to expedition start: **100% of trip cost*****

**Advance payments will be credited in the form of a Lindblad Expeditions Travel Certificate, valid for 12 months from the date of cancellation, and which may only be applied towards final payment on any future booking.

***Trip cost is total price paid including extensions, charter airfare and other additional services.

We strongly recommend that you purchase a travel protection plan.

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Reservation Form



Panama & Colombia: Exploring the Caribbean Coast

OCTOBER 20-27, 2024

ABOARD NATIONAL GEOGRAPHIC QUEST

Contact Information

Please call to reserve:

Phone: (919) 684-2988

Or please send reservation to:

Duke Travels

Box 90572

Durham, NC 27708-0572

Email: duketravels@duke.edu

Passenger Information

Please reserve ____ place(s).

Guest 1: _____ DOB: _____

(Name as it appears on passport)

Guest 2: _____ DOB: _____

(Name as it appears on passport)

Street Address: _____

City: _____ State: _____ ZIP: _____

Home Phone: _____ Cell Phone: _____

Business Phone: _____ Fax: _____

Email: _____

Accommodations: Double Single Twin share with a friend

Share with roommate assigned by tour operator.

Please indicate choice of cabin category in order of preference:

1st choice: _____ 2nd choice: _____

Advance Payment Information: 15% of the cabin fare 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.

Panama & Colombia: Exploring the Caribbean Coast

Expedition Highlights

- Travel with Duke University's Dr. Bruce W. Jentleson P'15.
- Discover the Panama Canal—one of the greatest engineering marvels of the 20th century—from a unique viewpoint.
- Get an insider's look at the Smithsonian Tropical Research Institute.
- Explore lush Colombian jungles teeming with over 1,900 birds and 450 mammal species.
- Visit the Zenú artisans who weave the traditional *sombrero vueltrio*.
- Kayak or paddleboard amid the coastal lagoons and tropical dry forests of the Sanguare Natural Reserve.

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.



Printed on 100% recycled content paper with soy-based inks. We recommend that you pass this along for others to enjoy or recycle.



Duke TRAVELS

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