

Duke
TRAVELS

With **DOUGLAS P. NOWACEK P'25 P'27**,
Randolph K. Repass and Sally-Christine Rodgers
Professor of Marine Conservation Technology

ICELAND: Island of Fire & Ice



Goðafoss waterfall

Aboard the New Expedition Cruise Ship *VEGA*
August 8 - 18, 2024

Duke TRAVELS

Dear Duke Travelers,

Land of volcanoes. Land of glaciers. Stomping ground of 9th-century Vikings. Setting of countless legends and Norse sagas. Home to some of the most extraordinary geology on the planet. Iceland is all of these things and more.

On a circumnavigation of this endlessly fascinating island, sail into magnificent fjords, walk through volcanic landscapes of lava fields and hot springs, and witness magnificent waterfalls and ice-capped mountains. Encounter the fishermen of Ísafjörður and Grímsey and the artists and artisans of Seyðisfjörður. Marvel at the abundance of birdlife everywhere, but especially on the islands of Grímsey and Heimaey. Experience the almost unearthly geothermal displays at Lake Mývatn and at Krýsuvík. Hear tales of the Norsemen who discovered and settled here, and see how they lived as you explore the marvelous Viking Museum in Njarðvík.

Accompanying you throughout the voyage will be **Dr. Doug Nowacek P'25, P'27**, Randolph K. Repass and Sally-Christine Rodgers Professor of Marine Conservation Technology at Duke, who will share his experience and expertise on topics in a series of lectures and discussions. Complementing Dr. Nowacek's lectures will be talks from a team of naturalists and onboard experts.

Your vessel for this cruise will be the Swan Hellenic *VEGA*, a state-of-the-art, new-generation expedition cruise ship built in Finland and launched in 2022. Accommodating only 152 guests in superb staterooms and balcony suites, Vega features elegant common areas and the most modern mechanical and environmentally conscious technology.

We hope you will join Dr. Nowacek and fellow Duke Travelers on this expedition to the land of fire and ice.

Forever Duke,



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

What past travelers have to say...

"The quality of the excursions and the ship were superior." John & Karen Magerlein '80, guests on *"Passage from Ireland to Iceland 2023"* aboard *SH VEGA*

DUKE FACULTY

DOUGLAS P. NOWACEK P'25 P'27

Randolph K. Repass and Sally-Christine Rodgers
Professor of Marine Conservation Technology



Douglas P. Nowacek P'25 P'27 is the Randolph K. Repass and Sally-Christine Rodgers Professor of Marine Conservation Technology in Duke's Nicholas School of the Environment and in Duke's Edmund T. Pratt, Jr. School of Engineering; Professor at Duke Marine Lab; and Faculty Network Member of The Nicholas Institute for Energy, Environment

and Sustainability. Doug earned his Ph.D. in a joint program at the Massachusetts Institute of Technology and Woods Hole Oceanographic Institution in 1999, and his B.A. at Ohio Wesleyan University in 1991. His experience lies in marine mammals, technology development, bioacoustics, behavioral ecology, and foraging ecology of marine megafauna.

His research is focused on the link between acoustic and motor behavior in marine mammals, primarily cetaceans (whales and dolphins), specifically, how they use sound in ecological processes. Doug also works on the bioacoustics of fish and sea turtles. Sound propagates very efficiently through sea water, and marine animals take advantage of this medium to communicate and explore their environment. The cetaceans are divided into two main groups, the toothed whales (odontocetes) and the baleen whales (mysticetes). Doug has conducted bioacoustic and behavioral research with several species from both groups. Other focal points of Doug's current research are the effects of anthropogenic ocean noise on marine animals and the development of technologies for marine conservation research. Doug's work with humpback and minke whales will be particularly fun to share as we navigate the waters around Iceland, maybe we'll even get to hear some marine animal sounds live!



The beautiful Blue Church, Seyðisfjörður

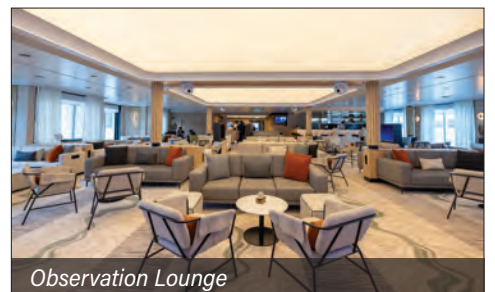
THE NEW 152-GUEST EXPEDITION CRUISE SHIP VEGA



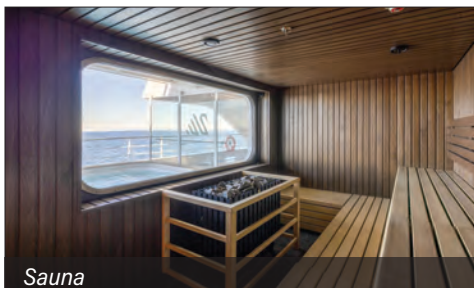
Oceanview Stateroom



Balcony Suite



Observation Lounge



Sauna



Club Lounge



Outdoor Café/Bar with swimming pool

Built in Finland and launched in July 2022, Swan Hellenic's *Vega* is a new-generation expedition cruise ship. Although at 10,250 tons the ship is large enough to accommodate more than 250 passengers, *Vega* will accommodate a maximum of 152 guests in 76 spacious staterooms and balcony suites. The low guest density results in one of the most generous indoor and outdoor space-to-guest ratios among cruise ships.

Featuring the latest advances in technology and engineering, *Vega* is among the world's first environmentally responsible ships. Equipped with hybrid engines and a unique water filtration system, *Vega* leaves a minimal footprint. For cruising in Polar regions, the ship meets the stringent requirements of the new Polar Code with its high PC5 Category A ice-strengthened hull and other advanced features. A computer-controlled Dynamic Positioning System allows the ship to maintain position without anchoring. Operated by a complement of 120 experienced European officers and international crew members, *Vega* will

carry a fleet of Zodiacs, versatile landing boats, and kayaks. Powerful stabilizers provide a smooth ride.

Vega's interior spaces exude sophisticated elegance, with most rooms opening to panoramic views of the sea. All staterooms and suites face outside and are equipped with private facilities, climate control, TV, Wi-Fi and USB connections, and other amenities. Of the ship's 76 staterooms, 60 have balconies. Public areas include a spacious observation lounge equipped with state-of-the-art facilities for lectures and presentations; a club lounge; a restaurant that accommodates all guests at one seating; an outdoor café/bar that surrounds the heated swimming pool; a wellness area with gym, spa, and sauna with an adjoining outdoor jacuzzi; library; beauty salon; and an infirmary that is attended by a full-time doctor and nurse. The ship also features expansive open-deck areas. Two elevators connect all decks. Attentive service is provided on a 24-hour basis. The outstanding cuisine is complemented by fine wines at lunch and dinner.

FOR RESERVATIONS AND INFORMATION, PLEASE CONTACT DUKE TRAVELS AT (919) 684-2988 or duketravels@duke.edu

ITINERARY



Thursday, August 8, 2024

DEPART THE UNITED STATES

Friday, August 9

REYKJAVÍK, Iceland

Arrive in Reykjavík and transfer to the *Hotel Hilton Reykjavík Nordica* (or similar), for overnight. Gather this evening with fellow travelers for a welcome dinner. (D)

Saturday, August 10

REYKJAVÍK/EMBARK

After breakfast at the hotel, begin the day with a drive through lava formations of all shapes and sizes to the geothermal fields of Krýsuvík, where powerful jets of steam escaping from deep below the Earth's crust share the landscape with multicolored pools of boiling mud. Continue to Njarðvík, on the northern coast of the Reykjanes Peninsula, to visit the superb Viking Museum, housing a fully seaworthy replica of a typical Viking ship. Return to Reykjavík for lunch and embarkation on *Vega*. (B,L,D)

Sunday, August 11

ARNARFJÖRÐUR/DYNJANDI WATERFALL

A short hike inland from Arnarfjörður brings you to the Dynjandi Waterfall, the largest in the Westfjords region, and, according to local



Reykjavík

residents, the prettiest in all of Iceland. The falls, which is actually a series of seven cascades, resembles the tiers of a wedding cake, the highest of which drops over 300 feet off the edge of a mountain. Despite its remoteness, it is one of the most photographed sights in Iceland. Later in the afternoon, *Vega* calls in Patreksfjörður, home to Europe's largest bird cliff, the perfect place to spot the iconic puffin, since the species is protected here and has little to fear from humans. (B,L,D)

Monday, August 12

ÍSAFJÖRÐUR/VIGUR ISLAND

This morning, call at the tiny fishing village of Ísafjörður, built at the foot of a high volcanic plateau, where even in the center of the town, nature predominates. Picturesque houses of contrasting colors, the oldest dating from the 17th-century, fill the historic district. The Westfjords Heritage Museum, which we will visit, is housed in one of these, and tells the story of the discovery and settlement of the town. In the afternoon, we sail to the small island of Vigur, known as the "Pearl of the Western Fjords." Vigur is a significant seabird sanctuary that includes colonies of Arctic terns, puffins, Black guillemots, and Eider ducks. (B,L,D)

Tuesday, August 13

GRÍMSEY

Grímsey is the northernmost island of Iceland, jutting out of the ocean, the Arctic Circle running through its center. Grímseyjarhreppur, the only town, is home to some 100 people, most of them intrepid fishermen who work the rich banks that surround the island. Grímsey is one of the best places in Iceland for watching cliff-nesting birds like Black-legged kittiwake, Northern fulmar, Atlantic puffin, razorbill, Black guillemot, and murre. The island also has one of Iceland's largest tern nesting sites and one of the largest puffin colonies in the world. (B,L,D)

Wednesday, August 14

AKUREYRI/LAKE MÝVATN/AKUREYRI

A full-day excursion takes you to Lake Mývatn, where a protected nesting area to its northwest is home to tens of thousands of birds. But it is the stunning variety of geological phenomena here that many visitors find most intriguing: a geothermal field full of mud pots, steam vents, sulfur deposits, boiling springs, and fumaroles; a wondrously surreal landscape of columns and arches left behind when a massive



Jökulsárlón Lagoon



Heimaey

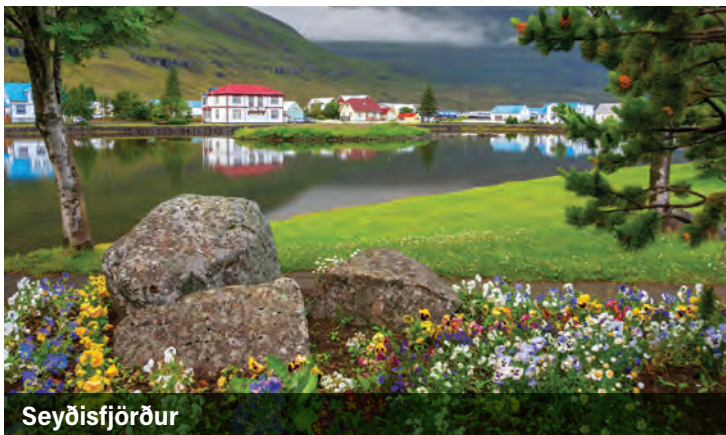
lava lake collapsed into the marshes below; and the extraordinary number of pseudo-craters in the town of Skútustaðir, where you pause for lunch. On the way back to the ship, stop at Goðafoss ("Waterfall of the Gods"), where legend has it that in the year 1000, Thorgeir, Lawspeaker of the ancient parliament, signaled his decision to adopt Christianity by destroying his statues of the pagan gods. (B,L,D)

Thursday, August 15
SEYÐISFJÖRÐUR

Seyðisfjörður is regarded by many as Iceland's most picturesque town, not only due to its impressive surroundings, but also because nowhere else in Iceland has a community of old wooden buildings been preserved as well as here. Enjoy an easy walk around the old town with a local guide, including a visit to the beautiful Blue Church, an arts and crafts market, Skaftfell cultural center, and the Technical Museum which houses the oldest mechanic shop and the first telegraph station in Iceland. (B,L,D)

Friday, August 16
DJÚPIVOGUR

Djúpivogur, in southeastern Iceland, is a small town on a peninsula



Seyðisfjörður

near the mouth of Berufjörður fjord, with an awe-inspiring pyramid-shaped mountain as its backdrop. It serves your gateway to Vatnajökull National Park, Europe's largest, covering 14% of Iceland, including ice caps, waterfalls, glaciers, canyons, craters and volcanoes. (B,L,D)

Saturday, August 17
HEIMAÆY

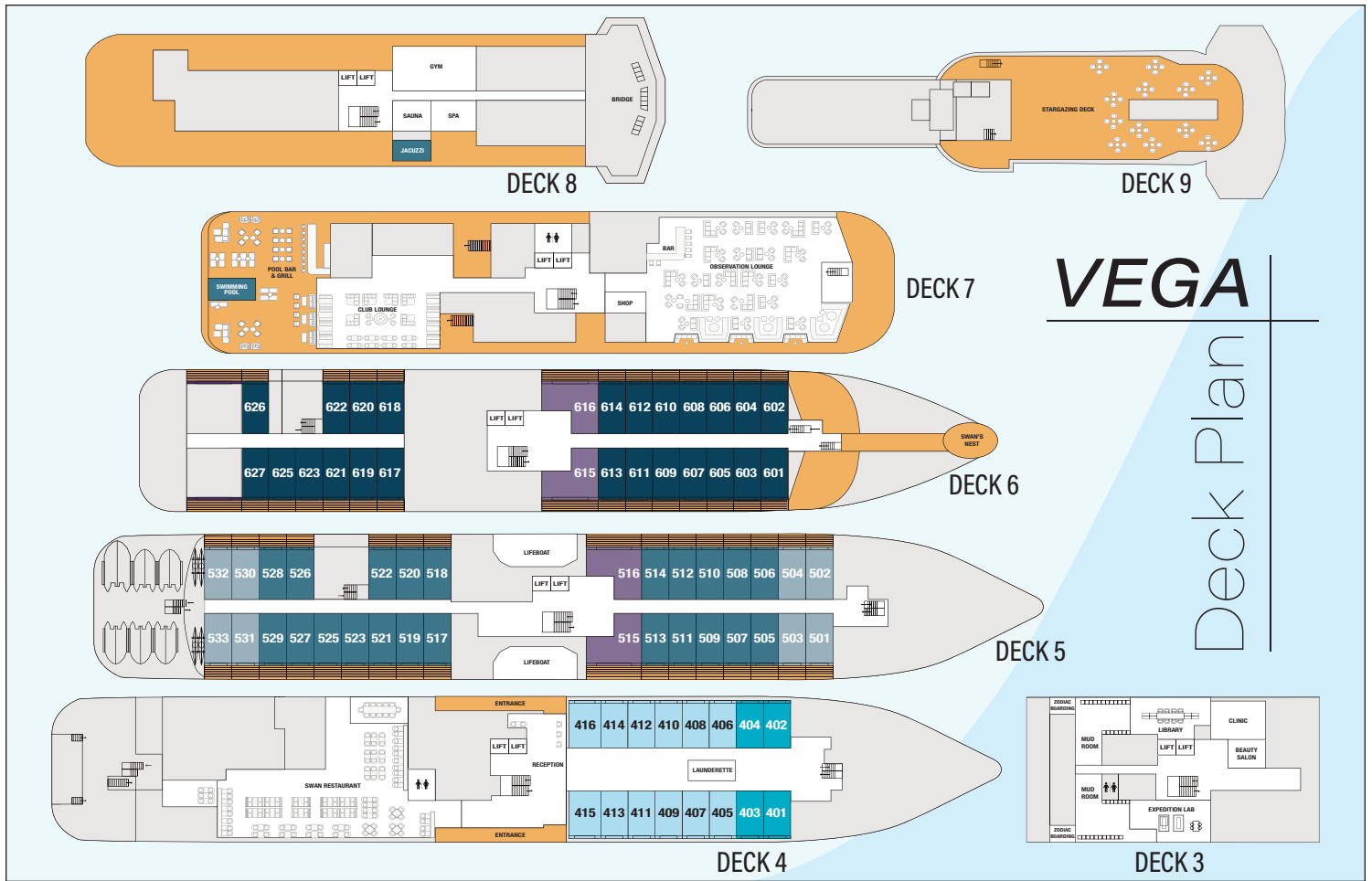
Heimaey is the largest of the Westman Islands Archipelago off the southern coast of Iceland, and is the summer home to millions of seabirds—puffin, fulmar, guillemot, and others. Our panoramic tour of this rugged island includes a stop at the nesting grounds and takes us through a valley framed by two volcanoes—the 5000-year-old Helgafell ("Holy Mountain") and the considerably younger Eldfell ("Fire Mountain"), which erupted in 1973, forcing an evacuation of the entire population. The story of that heroic evacuation is documented in the recently opened Eldheimar Museum, where the excavated remains of a house buried for 40 years in ash are on display. (B,L,D)

Sunday, August 18
REYKJAVÍK/DISEMBARK

After breakfast aboard, transfer to the airport for flights homeward. (B)



Seltún Geothermal Area, Krýsuvík



All accommodations aboard *Vega* are spacious staterooms and balcony suites. They are elegantly decorated, face outside, affording sea views, and include a queen-size bed that can be arranged as two twin beds, a spacious bathroom, mini-refrigerator, safe, ample closet space, climate control, telephone, TV, Wi-Fi, and USB connections, as well as other amenities.

CATEGORY	DESCRIPTION	RATES PER PERSON / DOUBLE OCCUPANCY
E	Oceanview staterooms with two large oval windows. 206 sq. ft. Deck 4. Staterooms 401-404.	\$8,990
D	Oceanview staterooms with two large oval windows. 206 sq. ft. Deck 4. Staterooms 405-416.	\$9,390
C	Suites with balcony & living room area. 300 sq. ft. Deck 5. Suites 501-504, 530-533.	\$10,390
B	Suites with balcony & living room area. 300 sq. ft. Deck 5. Suites 505-514, 517-523, 525-529.	\$10,890
A	Suites with balcony and living room area. 300 sq. ft. Deck 6. Suites 601-614, 617-623, 625-627.	\$11,690
AA	Suites with large balcony, separate bedroom & living room. 440 sq. ft. Decks 5 & 6. Suites 515, 516, 615 & 616.	\$13,390

LOYALTY REWARD PROGRAM

Travel on this cruise program and enjoy savings of **\$400 to \$900** per person on your next voyage with **DUKE TRAVELS and THALASSA JOURNEYS** aboard a Swan Hellenic ship. Savings is determined by the stateroom category booked and is applicable when you reserve your trip within 30 days of the completion date of **ICELAND: ISLAND OF FIRE & ICE.**

This saving cannot be combined with other offers and is subject to change.

FOR SOLO TRAVELERS

A limited number of cabins are available for single occupancy in categories D to B at no additional charge. Additional single cabins are available at a supplement of 50% of the per person double occupancy rate, instead of the normal 70% supplement.

PROGRAM INCLUSIONS

The rates are all-inclusive. There are no hidden costs and no additional charges such as shore excursions or embarkation and port charges. Other than the international airfare and expenses of a personal nature, all else is included. Specifically, the rates include:

- One night at *Hotel Hilton Reykjavik Nordica* (or similar).
- Welcome dinner in Reykjavik, and lunch on the day of embarkation.
- Cruise aboard the Swan Hellenic *Vega*, as described in the itinerary.
- Airport/hotel/pier transfers and luggage handling on the program arrival and departure dates.
- Program of lectures and discussions with Duke Professor Doug Nowacek.
- Additional presentations from our onboard team of naturalists.
- Complete program of shore excursions, led by professional local guides.
- All meals aboard the ship, with a selection of wines, beer and soft drinks during lunch and dinner.
- Welcome and farewell cocktail receptions aboard the ship hosted by the captain.
- Open bar with select alcoholic beverages.
- Coffee, including espresso and cappuccino, tea and soft drinks throughout the day and night aboard ship.
- 24-hour room service aboard ship.
- Gratuities to the ship's crew, guides, porters and drivers.
- Basic Wi-Fi aboard the ship.
- The services of an experienced Thalassa Journeys trip director.
- All local taxes and service charges, including port and embarkation taxes.
- Complete pre-departure material.

NOT INCLUDED: International airfare; travel insurance; expenses of a personal nature; any items not mentioned in the itinerary or the above inclusions.



Atlantic puffins, Grímsey Island

REGISTRATION

DUKE 24V-0808

Enclosed is my check or credit card no. for \$ _____ (\$ 1,500 per person) as a deposit to hold _____ place(s) on **ICELAND: ISLAND OF FIRE & ICE**, August 8 - 18, 2024 with Duke Travels. I understand that final payment is due ninety (90) days prior to departure and is payable by check or credit card.

To reserve your place, please contact **Duke Travels at (919) 684-2988 or duketravels@duke.edu**, or complete and return this form with your deposit of \$1,500 per person by mail with credit card or a check payable to **Thalassa Journeys** and mail with this registration form 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.

AmEx Discover Visa Master Card

No. _____
Exp. _____ 3- or 4-Digit Security Code _____

PLEASE SELECT STATEROOM CATEGORY IN ORDER OF PREFERENCE

1st choice _____ 2nd choice _____ 3rd choice _____

Double Occupancy Single Occupancy (Inquire for rates)

PREFERRED BED CONFIGURATION

Double _____ Twin _____

FIRST MIDDLE LAST (AS ON YOUR PASSPORT)

FIRST MIDDLE LAST (AS ON YOUR PASSPORT)

ADDRESS _____

CITY/STATE/ZIP _____

TELEPHONE (HOME) _____

(CELL) _____

EMAIL _____

Each participant must sign below: I/We have read the "General Information" section and agree to its terms.

SIGNATURE _____

DATE _____

SIGNATURE _____

DATE _____

GENERAL INFORMATION

PAYMENT SCHEDULE: A deposit of \$1,500 per person is required to reserve your space on the tour. Final payment is due 90 days prior to departure. Payment can be made by personal check or charged to a credit card.

CANCELLATIONS & REFUNDS: All cancellations are subject to a \$300 per person administrative fee. Cancellations received 71-90 days prior to departure will be assessed a penalty equal to 50% of the total program cost per person. Cancellations received within 70 days of departure are subject to 100% cancellation penalties. Requests for cancellations must be made in writing. No refunds will be made for any part of this program in which you choose not to participate.

INSURANCE: We strongly recommend the purchase of trip cancellation insurance, which is available for coverage of expenses in conjunction with cancellation due to illness or accident. Baggage insurance is also recommended. In the event that you must cancel your participation in a travel program, trip cancellation insurance may be the only source of reimbursement.

ITINERARY: The itinerary, accommodations and arrangements are subject to change at the discretion of Thalassa Journeys.

RESPONSIBILITY: Please read carefully the following terms and conditions, which constitute the sole, legally enforceable agreements between the traveler and Thalassa Journeys. Thalassa Journeys acts solely as agents for the traveler with respect to all transportation, hotel and other tour arrangements. In that capacity, we exercise all reasonable care possible to ensure the traveler's safety and satisfaction, but, we neither assume nor bear any responsibility or liability for any injury, death, damage, loss, accident, delay or irregularity arising in connection with the services of any ship, airplane, train, automobile, motor coach, carriage or other conveyance, or the actions of any third-party, involved in carrying the traveler or in affecting these tours. We are not responsible for damages, additional expenses, or any other losses due to cancellation, delay or other changes in air or other services, sickness, weather, strike, war, civil disturbances, acts or threats of terrorism, travel warnings or bans, termination or suspension of war risks or other carrier insurance, quarantine, acts of God or other causes beyond our control. All such losses must be borne by the traveler, and tour rates provide for arrangements only for the time stated. In the event of cancellation, delay or rescheduling mandated by any of the aforesaid causes beyond our control, the traveler shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by us, or else, receiving a refund of as much of such advance tour expenditures as we are able to recover on the traveler's behalf from carriers, third-party tour vendors, etc., but, we shall not have any obligation or liability to the traveler beyond the foregoing. We reserve the right to make alterations to the tour's itinerary and to substitute hotels, transportation methods, or lecturers if this is required. We reserve the right to cancel, delay, or reschedule any tour prior to departure, and, so long as this is not due to any of the aforesaid causes beyond our control, the traveler shall be entitled to a full refund of all monies paid to that point if he/she so desires. No refund shall be made for any unused portion of any tour. By forwarding their deposit(s), the traveler certifies that he/she and/or their dependents, minors or others covered thereby do not have any mental, physical or other condition of disability that could create a hazard for them or other travelers. We reserve the right to decline to accept or to decline to retain any person as a member of any tour should such person's health, condition or actions adversely affect or threaten the welfare or safety of other travelers or impede the tour. Baggage or valuables brought on the tour shall be transported, handled or stored at the traveler's risk entirely, and, we shall bear no liability or responsibility for any damage or other loss thereto. Resolution of any disputes arising hereunder shall be affected exclusively in the state or federal courts presiding in Florida, pursuant to applicable Florida law.

RATES: Tour costs are based upon current airfares, tariffs, and currency values. While we do everything possible to maintain the listed prices, they are subject to change.

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Ísafjörður

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