BOOK BY JUNE 30, 2023



## BELIZE & GUATEMALA

JANUARY 31 - FEBRUARY 5, 2024

ABOARD NATIONAL GEOGRAPHIC QUEST



JOIN EITHER A SIX OR NINE DAY EXPEDITION IN STUNNING CENTRAL AMERICA



#### DEAR BRYN MAWR ALUMNAE/I AND FRIENDS.

Discover the tropical wonders of Belize on a voyage exploring the full length of the Belizean Barrier Reef—once endangered but now a UNESCO World Heritage Site. Since the days of the ancient Maya, who flourished along this coast some 1,500 years ago, civilization has had relatively little impact. Much of the region remains genuine wilderness, with large expanses of dense tropical forest, miles of wild rivers, abundant birdlife—and the second largest barrier reef in the world.

Few cruise lines venture here, and *National Geographic Quest* is the perfect platform for exploring. Using a fleet of Zodiacs, kayaks, and paddleboards, you'll explore crystalline waters and land on isolated cayes. The snorkeling is immensely satisfying and your ship is equipped with all the gear you need. And for those who want to and are certified to scuba dive, excursions can be arranged to fit seamlessly with our itinerary.

Cruise coastal rivers in Zodiacs and explore the lush jungle on foot, tackling trails with an expert naturalist who will point out colorful birds, tree frogs, monkeys, and other wildlife. At Mayflower-Bocawina National Park, learn about ongoing research into the behaviors of Belize's jaguars from scientists and researchers.

Make the most of your trip with a land extension venturing into the rainforest to the ancient ruins of Tikal and Yaxhá. Walk among incredibly well-preserved stone temples, palaces, and ceremonial structures, delving deep into the culture and mystery of these immense and cornerstone sites of ancient Maya culture.

Choose between two exciting itineraries: a 6-day voyage to Belize, exploring its wildlife, reefs, and rivers, or a 9-day sea and land expedition combining Belize with the famous Maya ruins in Tikal and Yaxhá in Guatemala. I hope you will decide to join us. **To reserve your place, please return the reservation form or call our group representative at Lindblad Expeditions toll free at 833-985-1261.** 

Sincerely,

Millicent Bond '05 Exectutive Director of Constituent Engagement Bryn Mawr College

Millient Bond

**SPECIAL OFFER:** 

Book by June 30, 2023 and receive a \$700 air credit per person. See page 12 for details.

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#### BELIZE: DIVE INTO A WEALTH OF BIODIVERSITY



The Belize Barrier Reef, the largest reef system in the Northern Hemisphere, reveals hundreds of species of fish, marvelous sea turtles, graceful rays, gentle manatees, and over 90 varieties of coral. As only a small percentage of the reef has been

studied, researchers believe hundreds, even thousands, more species could be discovered in this protected zone. Much of Belize remains genuine wilderness, with large expanses of dense tropical forest, miles of wild rivers, and abundant bird life. Protecting 7,000 acres with three waterfalls, miles of hiking trails along creeks cutting through the tropical forest, Mayflower-Bocawina National Park is a gem in Belize's corridor of protected areas. Hike a nature trail with naturalists, photograph colorful tropical plants, search for exotic birds, and look out for the tracks of deer, tapirs, and wild cats. And learn of the extensive research on Central America's apex predator, the jaguar.

#### A NATURAL SUCCESS STORY



In 1996, the Belize Barrier Reef was designated a UNESCO World Heritage Site. In 2009, it was added to the List of World Heritage Sites in Danger due to the detection of coral bleaching, mangrove cutting, and excessive development. But in 2019, the Belize Barrier Reef was removed from this list as UNESCO determined it no longer faced threats from development. In recent years,

the Belize government placed a moratorium on oil exploration around the reef and added protections for coastal mangrove forests. Our expeditions put you at the heart of it—to experience the reef in all its natural splendor.

Opposite page (clockwise from top): Green iguana; howler monkey; diver encounters hawksbill turtle; keel-billed toucan; guest scans the treetops for birdlife. This page: Waterfall hikes at Mayflower-Bocawina N.P; Barrier Reef coral.



## THE PERFECT PLATFORM FOR EXPLORING

National Geographic Quest gives you rare access to the turquoise lagoons and white-sand beaches of the Mesoamerican Reef. She is equipped with a fleet of onboard tools—snorkel gear for every guest, Zodiacs, kayaks, stand-up paddleboards—so you can experience this vibrant habitat up close and with all your senses. A supremely comfortable ship, National Geographic Quest features open decks, spacious cabins, generous windows, and an accommodating bow area. Life aboard ship is warm and welcoming. The lounge graciously accommodates the expedition community during evening Recaps, and the casual dining room serves meals in single seatings with unassigned tables for easy mingling.

## SHARE THE ADVENTURE WITH OUR EXPERT TEAM

The A+ expedition team that accompanies you is your key to unlocking the wonders that lie within the diverse ecosystems and spectacular archaeological sites you explore. You travel with an expedition leader and several naturalists—many of whom are knowledgeable locals—plus an undersea specialist, an expedition diver, and a wellness specialist. A certified photo instructor is also aboard to assist you. Whether you are a novice or more advanced, you will take your best photos ever.

#### **EXCLUSIVE MUSICAL PERFORMANCE**

Enjoy a private concert by the internationally renowned Garifuna Collective, the premier representative of Garifuna music from Belize on the international stage.



Opposite page (clockwise from top): Get up and explore on a stand-up paddleboard; discover diverse habitats up close on Zodiac forays; National Geographic Quest is ideal for exploring the tropical waterways of Central America; naturalist giving a presentation to guests onboard; naturalists help you spot birds and other wildlife.









#### VISIT STUNNING RUINS OF THE ANCIENT MAYA WORLD



Make the most of your time and explore the impressive ruins of the region, once the hub of classic Maya civilization. Discover seldomvisited Yaxhá, a critical ceremonial site and the third largest ruins of the Maya world, beautifully sited overlooking Yaxhá Lake. Then spend a full day at Tikal among

extensive, well-preserved stone temples, palaces, ceremonial platforms, terraces, and roads cloaked in lush, wildlife-harboring vegetation.

Hike into the Maya Biosphere Reserve amid giant ceiba trees—the sacred tree of the Maya—and with the help of experienced naturalists, search for 400+ species of birds, howler and spider monkeys, tree frogs, and more.

Spend three nights at the beautiful Hotel Camino Real Tikal, your home base while you explore the Maya culture and ruins. The hotel is nestled in the rainforest, where you can enjoy the many different species of birds while on an optional bird walk with your naturalist or relax on a sunset boat ride on Lake Petén Itzá



Opposite page (clockwise from top): Gartered trogon; sunrise and morning mist at Tikal; Temple 1 in Tikal; explore the little-visited Maya ruins at Yaxhá; white-nosed coati in Tikal National Park. This page: Lush rain forest surrounds temple pyramid, Tikal; aerial view of the Hotel Camino Real Tikal.

## WILD BELIZE ESCAPE: WILDLIFE, REEFS & RIVERS

6 DAYS/5 NIGHTS-NATIONAL GEOGRAPHIC QUEST



Wander through Belize's tropical wilderness and kayak or paddleboard along white sand beaches. Take a dip in turquoise lagoons with the unique opportunity to snorkel alongside sea turtles, rays, and tropical fish in the world's second largest coral reef system.

#### DAY 1: BELIZE CITY, BELIZE/EMBARK

Arrive in Belize City where we embark National Geographic Quest. (D)

#### **DAY 2:** BELIZE BARRIER REEF

Awake anchored in the northern cayes of the Mesoamerican Reef System, second only to Australia's Great Barrier Reef in terms of scale and biodiversity. Enjoy a full day to further explore this dynamic ecosystem. Take to the water by kayak or stand-up paddleboard, or don a mask and fins and dive into turquoise waters to encounter sea turtles, swirling schools of tropical fish, and gentle nurse sharks. For scuba divers, incredible dive opportunities abound (additional cost). (B,L,D)

#### DAY 3: MAYFLOWER-BOCAWINA NATIONAL PARK

Spend the morning discovering Mayflower-Bocawina National Park. Join the naturalists for a hike along one of the trails to photograph tropical plants, scan the treetops for winged wonders, and spot the tracks of tapirs and jungle cats. The national park is dotted with remote and strategically placed "camera traps," which frequently capture images of the legendary and mystical jaguar, so revered in Maya culture. At Bocawina, we learn about ongoing research into the behaviors of Belize's jaguars from scientists and researchers. Tonight, enjoy a festive music performance by the internationally acclaimed drumming group The Garifuna Collective. (B,L,D)

#### **DAY 4: MONKEY RIVER/BELIZE BARRIER REEF**

At morning light, we are at the mouth of Monkey River, where we board Zodiacs to cruise inland through the Belizean jungle in search of toucans, green iguanas, and myriad bird species. Few experiences rival hearing the first throaty roar of a mantled howler monkey echoing across the canopy. This afternoon, the Belize Barrier Reef calls us, home to idyllic sandy isles and vibrant corals, where we enjoy more

opportunities to explore by snorkel, kayak, and stand-up paddleboard. For scuba divers, there are incredible dive opportunities (additional cost). (B.L.D)

#### **DAY 5:** BELIZE BARRIER REEF

Our second straight day on the reef brings us into the central cayes where we anchor close and go snorkeling, paddleboarding, diving, or kayaking inside the fringing reef. Coral patches dot the shallow lagoon, harboring parrotfish, butterflyfish, octopus, and other marine species. (B,L,D)

#### **DAY 6:** BELIZE CITY/DISEMBARK

Return to Belize City overnight and disembark after

breakfast to transfer to the international airport for your flight home. Or continue on our land excursion to Tikal and Yaxhá. (B)

Itinerary stops and sequence subject to modification.



### BELIZE TO TIKAL: REEFS, RIVERS & RUINS OF THE MAYA WORLD

#### 9 DAYS/8 NIGHTS-NATIONAL GEOGRAPHIC QUEST + LAND EXCURSION

The expedition continues inside the Maya Biosphere Reserve—which is twice the size of Yellowstone National Park. Journey deep into the jungles of Guatemala led by a local guide to discover the spectacular Mayan temples and pyramids of both Tikal and Yaxhá and see over 400 bird species as well as monkeys.

#### DAYS 1-5: See above itinerary.

#### DAY 6: BELIZE CITY/EL REMATE, GUATEMALA

Disembark in Belize City and drive to El Remate, Guatemala, gateway to Tikal, one of the largest cities in the Classic Maya world. Enjoy lunch on the way before reaching the shores of picturesque Lake Petén Itzá and transferring to the Hotel Camino Real Tikal. Later, set out on a birding walk with our naturalists, or take a sunset boat cruise on the lake. (B,L,D)

#### DAY 7: YAXHÁ

Explore Yaxhá, a former Maya ceremonial center situated on a ridge overlooking Yaxhá Lake. The world's third largest known Maya site, Yaxhá spreads across nine plazas and contains multiple pyramids, ball courts, and stelae. Examine its features with your local guides and, if you wish, climb a temple for panoramic views. Later, enjoy lunch at a traditional Guatemalan restaurant, followed by an evening at leisure. (B,L,D)

#### **DAY 8: TIKAL**

Spend a full day exploring Tikal, where ancient pyramids tower more than 200 feet and thousands of temples, shrines, and plazas are scattered beneath the rainforest canopy. Discover the site's archaeological treasures, including the Temple of the Great Jaguar and the North and South Acropolis. Encounter ancient Maya art and hieroglyphs, and examine carved stone inscriptions that illuminate the history and spiritual significance of Tikal. (B.L.D)

#### **DAY 9:** EL REMATE/FLORES/HOME

Enjoy breakfast this morning and transfer to the Flores airport for flights to Guatemala City to connect with international flights home. (B)

**NOTE:** The cost of the flight from Flores to Guatemala City is not included. Airfare is set at \$250 USD per person for the January 2024 season.



#### NATIONAL GEOGRAPHIC QUEST

CAPACITY: 50 cabins accommodating 100 guests.

REGISTRY: United States. OVERALL LENGTH: 238 feet.

National Geographic Quest is designed with over 50 years of expedition heritage and built in the U.S.A, offering the best in comfort and style.

PUBLIC AREAS: Global gallery; fitness center; LEXspa; lounge with full service bar and facilities for films and presentations; observation deck; mudroom with lockers for expedition gear, and a partially covered sundeck with chairs and tables. The open Bridge provides guests an opportunity to meet the officers and captain and learn about navigation.

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

**CABINS:** All cabins face outside with windows or portholes, private facilities, and climate controls. Category 4 cabins have step-out balconies.

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

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

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

SUSTAINABILITY: Lindblad Expeditions takes responsible,

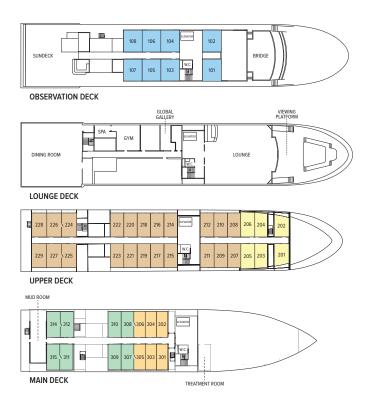
sustainable travel to heart. For over 50 years, our expeditions have inspired travelers to protect the ocean, conserve wildlife, bolster local communities, and enable meaningful scientific research. We are 100% carbon neutral and dedicated to green business practices at every level of our operations. 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.







Category 4 cabin with single beds (which can be converted to a Queen) and a private step-out balcony; the casual dining room with its expansive windows; morning stretches on the sun deck.



CATEGORY 1: Main Deck #301-306 — Cabins feature two single beds that can convert to a Queen, a writing desk, and two portholes.

CATEGORY 2: Main Deck #307-315 — Cabins feature two single beds that can convert to a Queen, a writing desk, and two portholes.

CATEGORY 3: Upper Deck #201-206 — Cabins feature two single beds that can convert to a Queen, a writing desk, and two large windows.

CATEGORY 4: 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.

CATEGORY 5: Observation Deck #101-108 — Cabins 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.

CATEGORY 1 SOLO: Main Deck #301-306 CATEGORY 2 SOLO: Main Deck #307-315

**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

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

ITINERARY	CAT. 1	CAT. 2	CAT. 3	CAT. 4	CAT. 5	CAT. 1 SOLO	CAT. 2 SOLO	ADVANCE PAYMENT	AIRFARES
Wild Belize Escape: Wildlife, Reefs & Rivers	\$4,460	\$4,750	\$5,070	\$5,350	\$6,170	\$6,550	\$6,990	15% of the cabin fare	Miami/Belize City/Miami – Economy from \$550; Business from \$850. Subject to change.
Belize to Tikal: Reefs, Rivers & Ruins of the Maya World	\$6,650	\$6,940	\$7,260	\$7,540	\$8,360	\$8,930	\$9,370	15% of the cabin fare	Call for details.

#### INCLUSIVE PRICING

- √ All meals as indicated in the itinerary.
- Snacks and non-alcoholic beverages, including 24-hour coffee, tea, and soda on demand
- Beer, wine, cocktails, and spirits. \*Super premium wines and liquors are available for purchase.
- √ Hors d'oeuvres and snacks during lounge recap
- √ All excursions
- Exploration tools curated to your destination, such as Zodiacs, stand-up paddleboards, kayaks, and a full complement of snorkeling equipment

- √ Lectures and presentations
- √ The guidance and expertise of our expedition staff
- √ Accommodations on land as indicated in itinerary
- √ Special access permits, park fees, and port taxes
- √ The services of a physician, physician's assistant, nurse practitioner, or paramedic (where available)
- √ Transfers to and from designated flights
- Morning stretch classes and 24-hour access to fitness center
- √ Fully stocked library
- √ Refillable water bottle

#### SPECIAL OFFERS

**\$700 AIR CREDIT:** Book by June 30, 2023. Receive \$700 per person air credit, deducted from cabin fare prior to any additional applicable savings. Valid on this departure date. New bookings only, subject to availability, may not be combined with other offers, and is not applicable on extensions. 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 towards additional services such as hotels, extensions, airfare, etc. Group cancellation terms also apply. Not combinable with certain offers.

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

#### TERMS AND CONDITIONS

WILD BELIZE ESCAPE COSTS INCLUDE: All accommodations aboard ship or in hotels per itinerary; all meals as indicated in the itinerary, both aboard and onshore; beer, wines, spirits, and cocktails (with super premium wines and liquors available for purchase); hors d'oeuvres, 24-hour access to snacks, premium coffees and teas, non-alcoholic beverages, and filtered water; excursions and airport transfers to and from recommended flights, as indicated in the itinerary; exploration tools such as Zodiacs, stand-up paddleboards, kayaks, snorkeling equipment (including wetsuits, masks, and fins); guidance and company of our leading expedition staff; assistance by a certified photo instructor; access to the OM System Photo Gear Locker; presentations by expedition staff and expert guest speakers; complimentary reusable water bottle; services of a physician, physician's assistant, nurse practitioner, or paramedic; morning stretch classes and 24-hour access to exercise equipment; 24-hour access to lounges, observation decks, library, and other shared spaces; park and site entrance fees, special access permits, and port taxes. Unused services or items included in our programs are non-refundable.

**BELIZE TO TIKAL COSTS INCLUDE:** All inclusions for Belize portion as noted above; three hotel nights in Tikal; meals on land as indicated with non-alcoholic beverages; gratuities to local guides in Tikal; ground transportation Belize City/El Remate/Flores.

**NOT INCLUDED:** International air transportation; meals not indicated; extensions; scuba diving fees; passport, visa, immigration fees; travel protection plan; items of a personal nature such as alcoholic beverages (on the Tikal portion) or certain super premium brands while onboard;, Wi-Fi, and laundry. Gratuities to ship's crew at your discretion.

**AIRFARE:** Airfare is an additional cost. Lindblad Expeditions will 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 required at the time of reservation and is payable by check, Visa, MasterCard, American Express, or Discover. Receipt of advance payment indicates your acceptance of the terms and conditions.

**FINAL PAYMENT:** Payment is due 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:** Because the cancellation policies outlined below are strictly enforced, we strongly recommend that you purchase trip cancellation insurance for your protection. Upon receiving your reservation, Bryn Mawr College will send you information on coverage options.

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

ENTRY AND VISA REQUIREMENTS: All 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.

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					
Number of Days Prior to Expedition Start	Per Person Cancellation Fee				
120 or more days	No penalty: Advance Payment will be credited toward your next expedition**				
119-90 days	50% of trip cost***				
89-0 days	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.

PHOTO CREDITS: David Vargas, Willy Alfaro, Jose R. Calvo, Ralph Lee Hopkins, Bennett Goldberg, Eric Guth, Marc Cappelletti, Andrew Peacock, Alamy, Shutterstock, Getty



#### Please send reservation to:

Lindblad Expeditions 96 Morton Street New York, NY 10014 Ph: (833) 985-1261

Fax: (646) 390-2050

Email: groups@expeditions.com

#### RESERVATION FORM: BELIZE & GUATEMALA

#### ABOARD NATIONAL GEOGRAPHIC QUEST

Please reserve	_ place(s) on the 6-day Wild Belize Escape, Jan. 31 - Feb. 5, 2024						
Please reserve	erve place(s) on the 9-day Belize to Tikal, Jan. 31 - Feb. 8, 2024						
Name 1:	s on passport)						
Name 1:	Date of Birth:						
	s on passport)						
Name 2:	me for name badge)  Date of Birth:						
Street Address: _							
City:	State: Zip:						
Home Phone:	Business Phone:						
Cell Phone:	Fax:						
Email:							
Accommodations:	☐ Double ☐ Single ☐ Twin share with a friend ☐ Share with roommate assigned by tour operator						
Please indicate ch	oice of cabin category in order of preference:						
1st choice:	2nd choice:						
Advance Paymen	t Information: 15% of the cabin fare, per person.						
☐ If paying by che	ck, please make payable to: Lindblad Maritime Enterprises, Ltd.						
Enclosed is my a	advance payment of \$						
☐ If paying by cred	dit card, we will contact you to finalize your booking and collect ation.						

# **BELIZE & GUATEMALA**

## **EXPEDITION HIGHLIGHTS**

- Snorkel or dive the coral gardens of the Belize Barrier Reef.
- Sail aboard National Geographic Quest, exploring the Mesoamerican Reef.
- Kayak and paddleboard turquoise lagoons, and cruise in Zodiacs to wildlife-rich coastal rivers.
- Bocawina National Park and learn about the Join our naturalists for a hike in Mayflower latest research on jaguars from local scientists.
- nine days exploring Belize and Mayan ruins Select from either one week in Belize or in Guatemala.

## 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



BRYN MAWR

Bryn Mawr Alumnae Association

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