



Join us on a getaway for a revitalizing experience of wildness and wellness. Join **Museum President and CEO, Judy Gradwohl** and **Curator of Botany, Jon Rebman** on the *National Geographic Sea Bird* and sail to the Channel Islands National park. We'll actively explore three of the five wildlife-rich islands, plus beautiful Catalina Island. Kayak and hike unmarred landscapes, revel in nature, and rejuvenate mind, body, and soul.



DAY 1: LOS ANGELES OR SAN DIEGO*/EMBARK

We embark *National Geographic Sea Bird* in the early evening and set sail.

Enjoy a short presentation on mindfulness and a sunset cruise (aka golden hour for photographers!).



DAY 2: ANACAPA AND SANTA CRUZ ISLANDS, CHANNEL ISLANDS NATIONAL PARK

Wake to the gentle motion of the ship at anchor off the rocky outcropping of East Anacapa Island. Join us on the sundeck for morning yoga, before heeding the call of the breakfast buffet. After breakfast, join naturalists aboard our expedition landing craft to go ashore on East Anacapa. The goal is the Anacapa Lighthouse, built in 1912, the last major light station to be built on the west coast. Enjoy strolling through the landscape or head out on a guided botany hike with Jon.

And then get ready to really geek out on Santa Cruz when we head there after lunch for hiking and exploring. At over 96 square miles in size, it's the largest island in California, with more than 600 plant species, 140 birds, including large colonies of nesting seabirds, and 11 land mammal species, including pinnipeds. Isolation has led to adaptation—there are 60 endemic species found nowhere else in the world. So, test your skills by trying to spot the Santa Cruz Island fox – one of the smallest in the world.

Spend the afternoon your way: there are many trails covering the eastern end of the island offering the opportunity for leisurely walking, hiking with Jon,

**FOR QUESTIONS, OR TO MAKE YOUR RESERVATION,
PLEASE CONTACT LINDBLAD EXPEDITIONS:**

96 Morton Street
New York, NY 10014

Phone: 888-773-9007

Email: groups@expeditions.com

birding, or working with your certified photo instructor to capture the natural beauty. Or grab a kayak or a paddleboard to explore the shoreline. Head back to the ship to refresh for cocktail hour and a pre-dinner neck and shoulder massage on deck (first come, first serve), and dinner.



DAY 3: SANTA ROSA ISLAND, CHANNEL ISLANDS NATIONAL PARK

Kickstart your morning with a morning beach boot camp class ashore before breakfast on board. Weather permitting, spend the day tide-pooling, kayaking, or hike one of the many trails. Join naturalists for a more strenuous hike out to the base of the Torrey Pines, considered one of the world's rarest pines, and one of only two naturally occurring groves in the world.

The day ends with a pre-dinner yoga session on deck, followed by a sunset cocktail party.

DAY 4: CATALINA ISLAND

Spend the day discovering the colorful history and natural wonders of Catalina Island. Once a haunt of smugglers and gold-diggers, the island was transformed into a resort destination by chewing gum tycoon William Wrigley, Jr. in the 1920s. Some 50 years later,

William's heirs, Philip K. Wrigley and Dorothy Wrigley Offield, established the Catalina Island Conservancy, protecting nearly 90 percent of the island. After an optional morning workout on deck followed by breakfast, meet with a member of the Conservancy for a guided walk along the coastline and into the backcountry. With luck, we may catch a glimpse—or a photo—of the elusive fox species endemic to the island. Head for the water to kayak or stand-up paddleboard.

After lunch, the ship drops anchor in Avalon Harbor, where you'll have time to explore on your own. Ride a bike through Avalon, a town of less than 5,000, or hike up to Avalon Canyon for spectacular views and a visit to the Wrigley Memorial and Botanic Garden—featuring Ada Wrigley's original desert exotica collection as well as a collection of Channel Island endemic plants, plus the spectacular tile and rockwork all from Catalina Island. Or step into an architectural gem: the art deco Catalina Casino, built by William Wrigley, Jr. in 1929. Scuba-certified? Our team will arrange diving and gear rental for you with a top local operator. Return to the ship for sunset yoga on deck, a farewell dinner, and a last evening at sea.

DAY 5: LOS ANGELES OR SAN DIEGO* / DISEMBARK

Enjoy a final breakfast on board before disembarking.

Advance Payment: \$750 per person

Cost Includes: All accommodations aboard ship; all meals and beverages aboard ship; shore excursions; sight-seeing and entrance fees; special access permits and park fees; use of kayaks and paddle boards; taxes and service charges; and services of Lindblad Expeditions' natural history staff.

Not Included: Air transportation; transfers from airport upon arrival or departure; passport or visa fees if necessary; meals not indicated; travel protection plan; optional diving excursions; personal items such as WiFi, laundry, spa treatments, alcoholic beverages, etc.; gratuities to the ship's crew are at your discretion.

Cancellation Policy:

# of Days Prior to Expedition Start	Per Person Cancellation Fee
120 or more days	\$350
119-90 days	Advance Payment Cost
89-60 days	25 % of trip cost
59-45 days	50% of trip cost
44-0 days	No Refund

**Based on a minimum of 50 guests registered from San Diego – the embarkation/disembarkation ports may change from Los Angeles to San Diego – to be determined by January 1, 2019.*

NATIONAL GEOGRAPHIC SEA BIRD

CABIN CATEGORY	01	02	03
COST PER PERSON DOUBLE OCCUPANCY	\$ 2,620	\$ 3,200	\$ 3,670
CABIN CATEGORY	01	02	
COST PER PERSON SINGLE OCCUPANCY	\$ 3,930	\$ 4,820	