



NATIONAL  
GEOGRAPHIC

ACTIVE

# EXPEDITIONS

OUTDOOR ADVENTURES FOR CURIOUS TRAVELERS



TRAVEL CATALOG

2020-2021





| NEW ZEALAND: SOUTH ISLAND ADVENTURE

# ACTIVE EXPEDITIONS

On our active expeditions, you'll venture off the beaten path in spectacular places around the world, exploring alongside our highly skilled National Geographic Adventure Guides and joining a rich legacy of adventure that dates back more than a century. Whether you find yourself hiking an ancient pilgrimage route, snorkeling pristine coral reefs, or kayaking through waters in a vineyard-laced valley, you'll experience the unforgettable rush that comes with achieving a personal quest. And we keep our group size to a maximum of 16 so that we can move with agility and enjoy every place we visit in depth. These unique itineraries combine stunning destinations, physical challenges, and cultural interactions to create a rewarding and exhilarating adventure.

## SOUTH AMERICA

- 8** Patagonia Hiking Adventure
- 10** Peru: Machu Picchu Inn to Inn Trek

## ASIA AND THE PACIFIC

- 12** Palau: Snorkeling and Kayaking the Pristine Seas
- 14** New Zealand: South Island Adventure
- 16** Japan: Hiking and Cultural Adventure
- 17** Borneo Wildlife Adventure

## EUROPE

- 18** Scotland Hiking Adventure: From the Highlands to Islands
- 20** Hiking England Coast to Coast
- 21** Ireland: Hiking the Emerald Isle
- 22** Spain: Walking the Camino de Santiago
- 23** Portugal Hiking Adventure
- 24** Italy Hiking Adventure: Tuscany to the Cinque Terre
- 25** Greek Islands Adventure
- 26** Hiking the Alpe-Adria Trail through Austria, Slovenia, and Italy **NEW**
- 27** Tour du Mont Blanc
- WEB** Iceland Hiking Adventure

## NORTH AMERICA

- WEB** Costa Rica Adventure: From Canopy to Coast

## AFRICA

- WEB** Climbing Mount Kilimanjaro with Optional Safari

## RESOURCES

- 4** The National Geographic Difference
- 6** Activity Levels
- 7** Active Travel the National Geographic Way
- 28** More Ways to Travel with National Geographic
- 29** From Our Travelers
- 30** Terms and Conditions
- 31** Active Expeditions Calendar

WEB = Visit [natgeoexpeditions.com/active](https://natgeoexpeditions.com/active) to view these trips.

Front Cover: A hiker takes in majestic views in Chile's Torres del Paine National Park.



# THE NATIONAL GEOGRAPHIC DIFFERENCE



PATAGONIA HIKING ADVENTURE

## KNOWLEDGE

LET OUR EXPERTS GUIDE YOU

You gain knowledge when you explore with National Geographic—whether you're discussing the legacy of the ancient Inca with a National Geographic Grantee in Peru or delving into the geologic history of glaciers in Iceland. Traveling with our National Geographic Adventure Guides—among the most engaging and skilled guides in the business—you'll be surrounded by people who are steeped in knowledge and insight about the places we go. And they're passionate about sharing that knowledge with you.



Over the past 132 years, we've sent our scientists, storytellers, and adventurers across continents and into remote cultures, down to the oceans' depths and up the highest mountains in an effort to better understand our planet. National Geographic Expeditions grew from this legacy as a way to invite others to explore—to encounter the wonders of the world up close, in depth, right at the source, and to be transformed by the experience.



**PALAU: SNORKELING AND KAYAKING  
THE PRISTINE SEAS**



**HIKING ENGLAND COAST TO COAST**

## GIVE BACK

### EXPLORATION HAPPENS BECAUSE OF YOU

When you travel with us, you help further the work of our scientists, explorers, and educators around the world. Every year, we distribute a portion of our proceeds to the National Geographic Society, creating more opportunities to work toward a planet in balance. To learn more, visit [natgeo.com/giveback](http://natgeo.com/giveback).

## ACCESS

### CLOSER THAN YOU'VE EVER IMAGINED

Our relationships with scientists, explorers, scholars, and storytellers allow us special access to places and people. Traveling with us, you go behind the scenes to get a close-up view of work that's helping to illuminate and preserve the world's natural and cultural treasures—from a hike in the Scottish Highlands alongside a conservationist and historian from the John Muir Trust, to a visit to the Palau International Coral Reef Center, where we learn about the center's collaboration on a 2014 National Geographic Pristine Seas expedition.

# CHOOSE YOUR ADVENTURE

HIKING THE ALPE-ADRIA TRAIL  
THROUGH AUSTRIA, SLOVENIA,  
AND ITALY

Our trips are rated by activity level—from Light/Moderate to Maximum—so you can choose the one that best suits you. All of our itineraries are well-paced and filled with opportunities for you to push your limits, choose the harder trail, or go on the extra hike. And whenever you feel the need, you can opt to take a break and relax at the hotel.



## LIGHT/MODERATE

Travelers should be in good health and comfortable walking or standing for extended periods of time. Daily activities may include walking tours, visits to sites, safari drives, and easy hikes; and some days will have more physical activities such as longer hikes, kayaking, snorkeling, or biking.

## MODERATE

Travelers should be physically fit and prepared for multiple hours of activity (e.g., hiking, kayaking, biking) each day.



## MODERATE/STRENUOUS

Travelers should be physically fit and prepared for multiple hours of activity (e.g., hiking, kayaking, biking) each day. Certain days may have more challenging physical activity, such as ascents/descents on steep mountainous terrain.

## STRENUOUS

Designed for experienced active travelers in excellent physical condition, these itineraries may include full-day hikes (sometimes at high altitude) or full-day



kayaking excursions. Trails often include steep ascents/descents on mountainous terrain, with some exposed sections.

## MAXIMUM

The ultimate challenge for serious hikers who are very fit and have experience hiking or trekking at high elevations. These itineraries include numerous challenging, full-day hikes.



# ACTIVE TRAVEL

## THE NATIONAL GEOGRAPHIC WAY

### GUIDED BY THE BEST

National Geographic Adventure Guides are among the world's top professional guides—seasoned outdoor adventurers who are chosen for their love of exploration; their extensive guiding experience; and their knowledge of the flora, fauna, geology, and culture you'll encounter. They take care of you every step of the way and ensure that you experience each location to its fullest. Meet some of these passionate people in the following pages, and visit our website to read their bios.

### SEAMLESS TRAVEL

Whether you set out to kayak in New Zealand or hike clear across England, we manage all the logistics and details, allowing you to fully immerse yourself in the incredible places you're exploring. Your expedition includes gratuities for all guides and trip staff, all transfers, and most meals and activities.

### SMALL GROUPS

A key part of experiencing a place intimately is getting away from the crowds. No matter where we travel, we keep our group size to a maximum of 16 so that we can move with agility, interact with the people and communities we meet along the way, and experience every place we visit in depth.

### CURATED ACCOMMODATIONS

Our accommodations are carefully chosen for their location, comfort, amenities, and the way they reflect the local culture—whether it's a traditional *ryokan* in Japan, a historic monastery in northern Spain, or a National Geographic Unique Lodge tucked into the rainforest in Borneo. In remote areas where choices are limited, we select the best available accommodations to ensure your comfort.

*From top to bottom: National Geographic Adventure Guide Michelle Hughes leads hikers in Ireland; the sublime beauty of England's Lake District inspired William Wordsworth and Beatrix Potter; Sukau Rainforest Lodge offers an immersion in Borneo's wilderness; mountain peaks glow at sunrise in Argentina's Los Glaciares National Park.*





## PATAGONIA HIKING ADVENTURE

13 DAYS FROM \$6,995

### NATIONAL GEOGRAPHIC HIGHLIGHTS

- Hike the famed W circuit in Chile's Torres del Paine National Park, trekking to the base of Las Torres.
- Trek to the foot of the Fitz Roy massif in Argentina's Los Glaciares National Park.
- Cruise to the spectacular Perito Moreno Glacier and watch for calving ice.



Activity Level:  
Strenuous



### DAYS 1-2 | PUNTA ARENAS, CHILE/PUERTO NATALES/TORRES DEL PAINE NATIONAL PARK

Arrive in Punta Arenas and transfer to the quaint town of Puerto Natales. The next day, drive north into Torres del Paine National Park, where we'll set out on a short walk across the valley. Step into Milodón Cave, where scientists have found evidence of the extinct Mylodon—an animal described as a giant ground sloth. Travel

to Grey Lake and settle into our lakeside hotel. **Hotel Costaustralis; Hotel Lago Grey**  
**Meals: 1B, 1L, 2D**

### DAY 3 | GREY GLACIER

Cross Grey Lake by boat to the foot of Grey Glacier. Trek along the lakeshore, and take in spectacular views of the unique ice formations, flanked by the dramatic Paine massif. Arrive at our lodge overlooking Lake Pehoé.

**Refugio Paine Grande | Meals: 1B, 1L, 1D**

### DAY 4 | FRENCH VALLEY

Today's hike traverses the magnificent French Valley, a natural basin overshadowed by the black slate "horns" of the Cuernos del Paine and a highlight of the famed W circuit. Walk beneath the ice-covered slopes of Cerro Paine Grande, the highest summit in the range, and take in panoramic vistas of the mountains. Stay in cabins tucked in beside a waterfall tonight.

**Cabañas Los Cuernos | Meals: 1B, 1L, 1D**

### DAYS 5-6 | PASO LOS CUERNOS/TORRES DEL PAINE

Follow the Paso Los Cuernos trail along the north shore of Nordenskjöld Lake, hiking between the soaring Cuernos del Paine massif

and the lake's sapphire waters. Continue to the base of the mountains and check in to our hotel. The next day, set out on an all-day hike to the base of Las Torres, where sheer walls of granite soar towards the sky. Trek along a path that cuts through beech forests and up the barren slopes below the towers, arriving at one of the world's most magnificent viewpoints.

**Hotel Las Torres Patagonia | Meals: 2B, 2L, 2D**

### DAYS 7-8 | EL CHALTÉN, ARGENTINA/LOS GLACIARES NATIONAL PARK

Cross the Argentine border and arrive at El Chaltén—our base camp for exploring Los Glaciares National Park, a UNESCO World Heritage site and part of the third largest ice cap in the world. The next morning, walk through the Diablo River Valley, on the lookout for wildlife. After lunch, return along a trail that passes the stunning Blue and Green Lagoons.

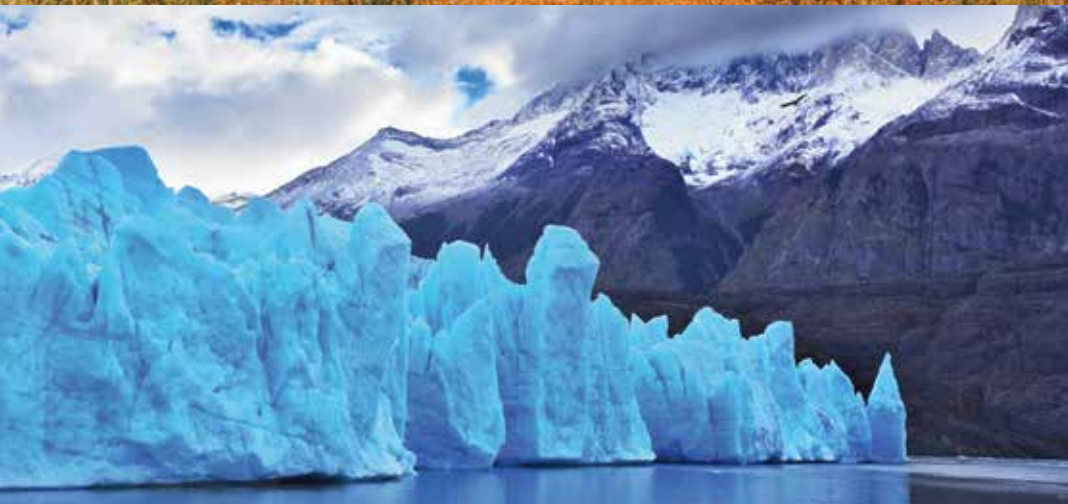
**Hotel Destino Sur | Meals: 2B, 2L, 2D**

### DAY 9 | MONTE FITZ ROY

Explore the fabled Monte Fitz Roy (11,073') from a variety of angles. Stop at a scenic overlook for your first glimpse; then hike through a beech forest along the Blanco River. Pause at a lookout

*Clockwise from above: A hiker watches as the setting sun paints the sky and mountain peaks with dazzling colors; a guanaco saunters through golden grasslands; snow-dusted peaks frame a glacial lake in Torres del Paine National Park; the vast Grey Glacier measures more than a hundred square miles.*





to view the Piedras Blancas Glacier, and continue to a climbing base camp where a stunning vista awaits. Take your return route past the sparkling Capri Lagoon.

**Hotel Destino Sur | Meals: 1B, 1L, 1D**

#### DAY 10 | CERRO TORRE

Spend today tackling spectacular Cerro Torre. Ascend the trail along the Fitz Roy River canyon, and see stunning waterfalls along the way. Reach the mountain's base camp, and continue to Torre Lagoon, a glacial lake flanked by needlelike granite peaks.

**Hotel Destino Sur | Meals: 1B, 1L, 1D**

#### DAY 11 | EL CALAFATE

Today, head out on an excursion on foot to the Madsen House Museum—the restored historic home of the region's Danish pioneer. Travel south across the steppe on our way to El Calafate. This evening, savor a private dining experience at Estancia Bon Accord, a traditional ranch, complete with regional specialties and a behind-the-scenes tour led by the owner.

**Esplendor by Wyndham El Calafate**

**Meals: 1B, 1L, 1D**

#### DAYS 12-13 | PERITO MORENO GLACIER/ EL CALAFATE

Embark on a full-day cruise aboard the *María Turquesa* to discover the majesty of the Southern Patagonian Ice Field from the water. Step ashore for a walk with a naturalist, then continue on through the Upsala Canal and enjoy spectacular panoramic views of the towering Spegazzini Glacier. Take in the scenery from the ship's upper deck as it navigates to the famed Perito Moreno Glacier, an active glacier on the southern arm of Lake Argentino, and watch the glacier calve great chunks of ice into the lake. Enjoy a farewell dinner and depart the following morning.

**Esplendor by Wyndham El Calafate**

**Meals: 2B, 1L, 1D**

#### NATIONAL GEOGRAPHIC ADVENTURE GUIDE



A National Geographic Adventure Guide will accompany each departure. **María Cecilia Costa** will join the November 6, 2020 departure. Find her bio and departure dates on our website.

#### INFORMATION

**2020 Dates:** Oct. 18-30 | Nov. 6-18 | Nov. 19-Dec. 1 Dec. 10-22

**2021 Dates:** Jan. 6-18 | Jan. 17-29 | Jan. 27-Feb. 8 Feb. 14-26 | Mar. 7-19 | Mar. 14-26

Price is per person, double occupancy, and subject to change. Single supplement is from \$1,800. Gratuities are included in the expedition cost. Airfare is not included in the price.

**Maximum group size: 16**

#### ACTIVITY LEVEL

Hikes range from 4-10 hours (7-14 miles) on moderate to steep grades on potentially uneven and rocky terrain. Vehicle support is limited in the national parks. See our website for each day's specific activity details.

**Call or visit our website for full itineraries, accommodation details, inclusions, and more.**





## PERU: MACHU PICCHU INN TO INN TREK

10 DAYS FROM \$6,495

### NATIONAL GEOGRAPHIC HIGHLIGHTS

- Hike the Cordillera de Vilcabamba from one charming mountain lodge to the next.
- Explore the Inca ruins of Machu Picchu from your base at a National Geographic Unique Lodge of the World.
- Enjoy an evening with National Geographic grantee Peter Frost or one of his colleagues.



Activity Level:  
Strenuous



### DAY 1 | CUSCO, PERU

Arrive in Cusco and head out on a guided walk through this ancient city, once the capital of the vast Inca Empire. Venture into ornate cathedrals, stroll the central square where artisans display fine Quechuan handicrafts, and soak up the charm of hidden courtyards and cobbled streets. Later, gather for a welcome dinner and hear a talk by archaeologist and National Geographic Grantee Peter Frost, or another prominent local archaeologist.

**Palacio del Inka Hotel | Meals: 1D**

*Clockwise from above: The Inca citadel of Machu Picchu was excavated in 1912 with support from National Geographic; ancient houses and terraces adorn the Inca ruins of Llactapata; a Quechua woman in colorful dress stands in vibrant contrast to the Andean landscape; hikers trek along the Salkantay Trek to Machu Picchu.*

### DAYS 2-3 | SORAYPAMPA

Rise early for the journey to our first lodge, stopping along the way to visit the ruins of Quillarumiyoc, an Inca temple dedicated to the moon. Drive to Marcoccasa, and enjoy lunch at a farmhouse. Then opt for a spectacular hike to Salkantay Lodge or continue by vehicle. Settle into our lodge, which affords a breathtaking view of 20,574-foot Salkantay, the highest peak in the Cordillera de Vilcabamba. Spend the next day acclimating to the altitude with an optional half-day hike to a glacial lake.

**Salkantay Lodge | Meals: 2B, 2L, 2D**

### DAY 4 | HUAYRAQMACHAY

Rise early and set out on our four-day trek to the legendary citadel of Machu Picchu. Follow the Río Blanco Valley, hiking the girth of Humantay, a snowy peak across from Salkantay. We'll reach the highest point of our trip at 15,213 feet, and pause to admire a vista of snowcapped peaks. From here, descend to Wayra Lodge (12,812') where showers and a hot tub await.

**Wayra Lodge | Meals: 1B, 1L, 1D**

### DAY 5 | COLLAPAMPA

Today's hike takes us out of the high-alpine region and into increasingly lush vegetation, as we head down into the Collpapampa Valley.

Our lodge for the night is perched on an open promontory at the confluence of three rivers. Upon arrival, sit down to a *pachamanca*, a traditional underground stone barbecue.

**Collpa Lodge | Meals: 1B, 1L, 1D**

### DAY 6 | LUCMABAMBA

Continue downhill through the verdant Santa Teresa River Valley. Hike past coffee plantations and tropical fruit orchards, as well as dazzling wildflowers of all colors. Stop alongside the river for a picnic lunch. From here it is a short climb to Lucma Lodge. We'll arrive in time to explore the village and meet some local residents.

**Lucma Lodge | Meals: 1B, 1L, 1D**

### DAY 7 | AGUAS CALIENTES

Our trail winds uphill toward Llactapata Pass at 8,974 feet, where we'll catch our first glimpse of Machu Picchu far in the distance. Explore the ruins of Llactapata, a sacred Inca site that has been recently restored. Like Machu Picchu, the ruins here were rediscovered by explorer Hiram Bingham in 1911 and excavated with support from National Geographic. After lunch at an observation point overlooking Machu Picchu, follow the path down to the Urubamba River. A short, scenic train ride brings us to Aguas Calientes, the gateway to Machu Picchu.





Settle into our hotel, a National Geographic Unique Lodge of the World nestled in the cloud forest.

#### **Inkaterra Machu Picchu Pueblo Hotel**

**Meals: 1B, 1L, 1D**

#### **DAY 8 | MACHU PICCHU**

Stacked up a hillside amid soaring Andean peaks, the 15th-century Inca citadel of Machu Picchu is considered one of the New Seven Wonders of the World. A short bus ride brings us to the sanctuary, where we'll spend an entire day exploring its breathtaking labyrinth of stone temples, sanctuaries, and homes. Delve into the site with our guides, learning about the Inca's sophisticated culture and technology. Opt to climb the steep peak of Machu Picchu Mountain—enjoying a rewarding view of the entire sanctuary and the surrounding peaks.

#### **Inkaterra Machu Picchu Pueblo Hotel**

**Meals: 1B, 1L, 1D**

#### **DAY 9 | CUSCO**

This morning, opt to relax or explore the trails surrounding our lodge. Then take the train from Aguas Calientes to the Sacred Valley, where lunch awaits at a charming restaurant. Continue by private van to Cusco, stopping along the way at a weaving cooperative

founded by National Geographic Grantee Nilda Callañaupa Alvarez. Learn about the center's work preserving and reviving this ancient Peruvian art form. Tonight, toast our Andean trek during a farewell dinner.

**Palacio del Inka | Meals: 1B, 1L, 1D**

#### **DAY 10 | CUSCO**

Explore Cusco on your own this morning. Later, transfer to the airport for your flight home.

**Meals: 1B**

#### **NATIONAL GEOGRAPHIC UNIQUE LODGE**



*Inkaterra Machu Picchu Pueblo Hotel*

#### **NATIONAL GEOGRAPHIC ADVENTURE GUIDE**



A National Geographic Adventure Guide will accompany each departure. **Admil Arce Yañez** will join the August 2, and October 11, 2020 departures. Read his bio on our website.

#### **INFORMATION**

**2020 Dates:** Apr. 19–28 | May 3–12 | May 17–26  
June 14–23 | July 5–14 | July 19–28 | Aug. 2–11  
Aug. 16–25 | Sept. 8–17 | Sept. 20–29 | Oct. 11–20

Price is per person, double occupancy, and subject to change. Single supplement is from \$1,000 and only guarantees single accommodations in Cusco and at Machu Picchu. Gratuities are included in the expedition cost. Airfare is not included in the price.

**Maximum group size: 12**

#### **ACTIVITY LEVEL**

During our trek, we will hike 3–7 hours (4–11 miles) per day on moderate to steep grades and at elevations ranging from 6,200 feet to a max of 15,300 feet. See our website for each day's specific activity details.

**Call or visit our website for full itineraries, accommodation details, inclusions, and more.**





## PALAU: SNORKELING AND KAYAKING THE PRISTINE SEAS

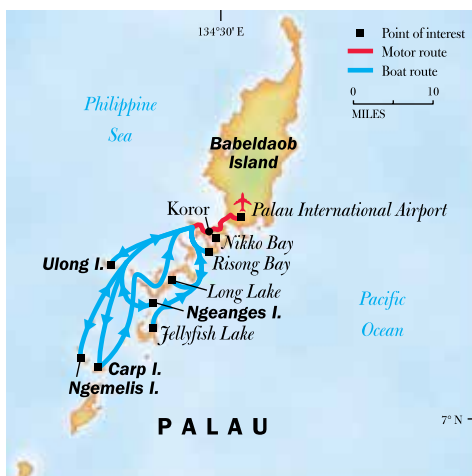
10 DAYS FROM \$6,995

### NATIONAL GEOGRAPHIC HIGHLIGHTS

- Explore spectacular reefs documented by the National Geographic Pristine Seas team.
- Snorkel and kayak in waters teeming with marine life, and swim among non-stinging jellyfish.
- Enjoy a traditional Micronesian feast prepared by local villagers.



Activity Level:  
Moderate



### DAYS 1-2 | KOROR, PALAU/RISONG BAY/ MANDARIN FISH LAKE

Arrive in Palau and settle into our waterfront hotel. The next morning, take a speedboat to a stunning lagoon for a warm-up snorkel, keeping an eye out for blue starfish, blue-green chromis, and butterfly fish. Cruise to Risong Bay, nestled among the limestone islets of Chelbacheb, also known as the Rock Islands—a UNESCO World Heritage site renowned for its natural beauty

and marine life. Discover the oasis known as Mandarin Fish Lake, named for the eponymous and elusive fish species that live here, and snorkel among its vibrant reefs. In the evening, enjoy a poolside reception and a welcome dinner.

Palau Pacific Resort | Meals: 1B, 1L, 1D

### DAYS 3-4 | KOROR/NIKKO BAY/ ULONG ISLAND

Travel by speedboat to the Palau International Coral Reef Center (PICRC), which collaborated with National Geographic on the 2014 Pristine Seas expedition to document Palau's biodiversity. After visiting the center, continue by boat to Nikko Bay, where we'll learn about a coral-spawning study and enjoy a private snorkeling excursion in Rembrandt's Cove. Later, view World War II artifacts at a former Japanese bunker, and explore a stunning stalactite-adorned cave by kayak. The following morning, snorkel in the sheltered lagoons of Ulong, where an astonishing aggregation of bumphead parrotfish gather to spawn. Hike to an ancient Palauan village, and pitch in with a local conservation project by planting a giant clam in a marine sanctuary. Then snorkel amid the labyrinth of islands surrounding Ngeruktabel.

Palau Pacific Resort | Meals: 2B, 2L, 1D



Healthy, colorful corals abound in Palau's waters.

Clockwise from above: A snorkeler swims below a naturally formed limestone arch in the Rock Islands of Palau; Palau's pristine islands and reefs harbor a rich marine ecosystem; a kayaker gazes at a jungle-clad island; harmless golden jellyfish float serenely in the waters of Jellyfish Lake.





#### DAYS 5-6 | CARP ISLAND/LONG LAKE

Head to Palau's Outer Reef and explore the protected coves of Carp Island. Here, untouched reefs teem with fishes, turtles, white-tipped reef sharks, garden eels, and much more. The following day, paddle beneath a canopy of mangroves into Long Lake—a mile-long saltwater lake where the ancient Micronesian cycad plant and endemic Palau Fruit Doves can be found. Explore the opaque waters of the Milky Way Lagoon, and enjoy an optional mud bath made from the lagoon's limestone and calcium clay.

**Palau Pacific Resort | Meals: 2B, 2L, 1D**

#### DAYS 7-8 | PATCH REEFS/ NGEMELIS ISLAND

Today, snorkel amid dozens of "super mollusks," including giant clams that are more than a century old and weigh over 500 pounds. Enjoy a walk in the forests of Ngeanges Island, rich with native bird species, and search for chicken-like megapode birds and their enormous nests. The next day, experience an "underwater Serengeti" at Ngemelil Island, which the National Geographic Pristine Seas team identified as one of the most vibrant marine protected areas in Palau. Snorkel spectacular

sites including German Channel, where the Pristine Seas team filmed majestic manta rays. Later, venture out on the water by boat to spot spinner dolphins and whales.

**Palau Pacific Resort | Meals: 2B, 2L, 1D**

#### DAYS 9-10 | MECHERCHAR/JELLYFISH LAKE/KOROR

Set off to the island of Mecherchar and go snorkeling at Jellyfish Lake, a saltwater lake containing thousands of non-stinging golden jellyfish. Then travel by speedboat along the coast to discover a treasure of Micronesian history: a two-ton relic of the world's largest—and heaviest—currency. Next, head to Ngchus Cove and snorkel over a sunken World War II Japanese fighter aircraft. Return to Koror and toast our adventure at a farewell dinner.

**Palau Pacific Resort | Meals: 2B, 1L, 1D**

#### NATIONAL GEOGRAPHIC ADVENTURE GUIDE



A National Geographic Adventure Guide will accompany each departure. **Ron Leidich** will join select departures. Find his bio and departure dates on our website.

#### INFORMATION

**2020 Dates:** Oct. 17-26 | Oct. 28-Nov. 6 | Nov. 14-23  
Nov. 25-Dec. 4 | Dec. 7-16 | Dec. 17-26

**2021 Dates:** Jan. 14-23 | Jan. 29-Feb. 7 | Feb. 12-21  
Feb. 28-Mar. 9 | Mar. 16-25 | Apr. 1-10 | Apr. 16-25  
Nov. 20-29

Price is per person, double occupancy, and subject to change. Single supplement is from \$2,800. Gratuities are included in the expedition cost. Airfare is not included in the price.

**Maximum group size: 16**

#### ACTIVITY LEVEL

Snorkeling excursions range from 2-4 hours; hikes range from 1-2 hours on moderate grades; and kayaking excursions are an average of 2 hours. No previous snorkeling or kayaking experience is necessary, though you should know how to swim. See our website for each day's specific activity details.

**Call or visit our website for full itineraries, accommodation details, inclusions, and more.**





## NEW ZEALAND: SOUTH ISLAND ADVENTURE

12 DAYS FROM \$7,995

### NATIONAL GEOGRAPHIC HIGHLIGHTS

- Hike spectacular sections of three of New Zealand's iconic Great Walks.
- Sea kayak along the coast of Abel Tasman National Park and cruise magnificent Milford Sound.
- Explore Mount Aspiring National Park on a helicopter, hiking, and jet boat adventure.



Activity Level:  
Moderate



### DAYS 1-3 | NELSON, NEW ZEALAND/ABEL TASMAN NATIONAL PARK

Arrive in Nelson, a hub of artists and craftspeople on the northern shores of the South Island, and enjoy time to discover this vibrant town. Then travel to Abel Tasman National Park and set out on the Abel Tasman Coast Track, declared one of New Zealand's Great Walks by the Department of Conservation. Hike through lush native forests along granite and limestone

cliffs and gold-sand beaches, and settle into our eco-lodge on the edge of Awaroa Bay. Go kayaking in the Tonga Island Marine Reserve, keeping an eye out for dolphins, fur seals, and blue penguins, and hike the Coast Track back to our lodge.

**Rutherford Hotel Nelson; Awaroa Lodge**  
**Meals: 2B, 2L, 3D**

### DAYS 4-5 | MURCHISON/WEST COAST/PUNAKAIKI/PAPAROA NATIONAL PARK

Drive through Motueka Valley, dotted with orchards, hop plantations, and farms, to the town of Murchison. Here, we walk through a privately-owned deer farm to Murchison's "eternal flames"—an endlessly blazing fire in the middle of the forest floor, fed by methane gas from deep underground—and enjoy hot pancakes and a cup of traditional "billy tea." Continue along the Buller River towards the West Coast, and check in to our beachfront hotel in Punakaiki. Set off on a hike that follows the Pororari River upstream into Paparoa National Park. Pass through the Pororari River Gorge, lined on both sides by dramatic cliffs and bluffs, and visit the famous Pancake Rocks of Punakaiki—bizarre geological formations

created 30 million years ago from the remains of marine flora and fauna.

**Punakaiki Resort | Meals: 2B, 2L, 2D**

### DAY 6 | ARTHUR'S PASS NATIONAL PARK/METHVEN

Drive south along the spectacular Great Coast Road before heading inland to Canterbury. Enjoy a short hike in Arthur's Pass National Park, located in the heart of the Southern Alps, and wander among the enchanting limestone outcrops of Castle Hill, where early Maori people hunted and grew kumara. Continue to Methven, a ski town in winter and a popular base for outdoor adventures throughout the year.

**Ski Time Lodge | Meals: 1B, 1L, 1D**

### DAY 7 | AORAKI/MOUNT COOK NATIONAL PARK

Drive to Mount Cook National Park, winding our way among picturesque hills, rolling farmlands, and turquoise-hued lakes. Ascend the Sealy Tarns Track, and enjoy stunning views of the majestic Southern Alps, including Mount Cook, New Zealand's highest peak—locally known as Aoraki.

**The Hermitage Hotel or Aoraki Court**  
**Meals: 1B, 1L, 1D**

*Clockwise from above: The snowcapped peak of Mount Cook is reflected in the waters of a glacial lake; a waterfall cascades amid lush rainforest on Milford Sound; kayaks rest on a sandy shore in Abel Tasman National Park; hikers wind their way amid snow-dusted peaks on the Hooker Valley Track.*





## DAYS 8-9 | HOOKER GLACIER/WANAKA/ MOUNT ASPIRING NATIONAL PARK

Set out on the Hooker Valley Track, following the Hooker River below snowcapped peaks and ascending to a glacial lake. Then head to the charming lakeside town of Wanaka, an ideal launching pad for our exploration of Mount Aspiring National Park—the southern extension of the South Westland UNESCO World Heritage area. Drive north to Makarora, a tiny settlement on the Haast Pass Road, and board a helicopter for an extraordinary flight among the ice-carved peaks of the park. Land in the remote Siberia Valley and embark on a hike along an old pack trail down through beech forest to the Wilkin River. Here, we set off on a thrilling jet boat ride, skimming for miles along the river's calm waters.

**Edgewater Hotel | Meals: 2B, 2L, 1D**

## DAY 10 | TE ANAU/KEPLER TRACK

Drive down the sweeping Crown Range Road to Te Anau, a mountain-framed town known as the “gateway to fjords.” Set out on the Kepler Track—another Great Walk—hiking along the shores of Lake Te Anau and traversing red beech forests edged by limestone cliffs.

Opt to continue on the track as it climbs through forest up to a tussock-covered meadow, and take in exhilarating views of the surrounding lakes and peaks.

**Distinction Te Anau Hotel & Villas or Marakura Deluxe Lakeview Motel | Meals: 1B, 1L, 1D**

## DAYS 11-12 | FIORDLAND NATIONAL PARK/MILFORD SOUND/ QUEENSTOWN

Venture into Fiordland National Park, home to nearly three million acres of verdant, glacially carved wilderness. Embark on a cruise through Milford Sound, one of New Zealand's most breathtaking natural wonders, and look out for bottlenose dolphins; fur seals; and, during the breeding season, rare Fiordland crested penguins. Then, hike a part of the Routeburn Track—our third Great Walk. Return to Te Anau for a farewell dinner to toast your New Zealand adventure, and depart for Queenstown to connect with your flight home.

**Distinction Te Anau Hotel & Villas or Marakura Deluxe Lakeview Motel | Meals: 2B, 1L, 1D**

## NATIONAL GEOGRAPHIC ADVENTURE GUIDE



A National Geographic Adventure Guide will accompany each departure. **Jeremy Martin** will join select departures. Find his bio and departures dates on our website.

## INFORMATION

**2020 Dates:** Nov. 29–Dec. 10 | Dec. 13–24  
Dec. 27, 2020–Jan. 7, 2021

**2021 Dates:** Jan. 10–21 | Jan. 24–Feb. 4 | Feb. 7–18  
Feb. 21–Mar. 4 | Mar. 7–18

Price is per person, double occupancy, and subject to change. Single supplement is from \$2,000. Gratuities are included in the expedition cost. Airfare is not included in the price.

**Maximum group size: 16**

## ACTIVITY LEVEL

Hikes range from 1–6 hours (2–9 miles) on good trails with moderate elevation gain. On our kayaking excursion, we will paddle stable, two-person kayaks for 4–5 hours (4–5 miles). No previous kayaking experience is necessary. See our website for each day's specific activity details.

**Call or visit our website for full itineraries, accommodation details, inclusions, and more.**





## JAPAN: HIKING AND CULTURAL ADVENTURE

11 DAYS FROM \$7,995

### NATIONAL GEOGRAPHIC HIGHLIGHTS

- Hike the UNESCO World Heritage–designated Kumano Kodo pilgrimage route.
- Take part in an authentic tea ceremony, and enjoy a private class with a *taiko* drummer.
- Settle into a Japanese *ryokan* and soak in one of the oldest hot springs in Japan.



Activity Level:  
Moderate



### DAYS 1-2 | OSAKA, JAPAN/ASUKA

From Osaka, journey by train to ancient Asuka. Explore the town, then watch a private performance by a *taiko* drummer.

**Osaka Marriott Miyako | Meals: 1B, 1L, 2D**

### DAYS 3-6 | KUMANO KODO

Travel to Takijiri and set off on the Nakahechi Trail, part of a network of ancient pilgrimage routes known as the Kumano Kodo. Spend four days trekking through cedar forests and

scenic villages, and descend to the sacred Hongu Taisha shrine. Later, take a short drive to Kawayu Onsen, one of the oldest hot springs in Japan, just a few steps from our ryokan for the night.

**Organic Hotel Kirinosato Takahara;  
Fujiya Ryokan | Meals: 4B, 3L, 4D**

### DAYS 7-8 | KANSAI REGION/KYOTO

Take a scenic boat ride on the Kumano River, cruising along a route historically used by pilgrims. Visit Nachi Taisha, the final of the three Grand Shrines of Kumano, and see the nearby waterfall. Then journey to Kyoto.

**Fujiya Ryokan; Noku Kyoto  
Meals: 2B, 2L, 2D**

### DAYS 9-11 | KYOTO

Spend two days exploring Kyoto, Japan's former imperial capital. Stroll the Philosopher's Path, enjoy a Zen meditation session, and visit Nijo Castle. Visit Tokufuji Temple and admire its unique Zen rock garden. Meet an apprentice geisha, then take part in a Japanese tea ceremony. On our final evening, enjoy a farewell dinner. Depart for home the following day.

**Noku Kyoto | Meals: 3B, 1L, 1D**

### NATIONAL GEOGRAPHIC ADVENTURE GUIDE



A National Geographic Adventure Guide will accompany each departure. **Atsuko Iketsu** will join the May 24 and September 6, 2020 departures. Read her bio on our website.

### INFORMATION

**2020 Dates:** Apr. 5-15 | May 10-20 | May 24-June 3  
Sept. 6-16 | Sept. 27-Oct. 7 | Oct. 18-28

Price is per person, double occupancy, and subject to change. Single supplement is from \$1,500. Gratuities are included in the expedition cost. Airfare is not included in the price.

**Maximum group size: 16**

### ACTIVITY LEVEL

Hikes range from 1-5 hours (1-7 miles) per day on well-worn paths with some steep and uneven terrain. For one night on the Kumano Kodo, we will carry what we need in day packs. Some transfers will be by public train, subway, or bus. See our website for each day's specific activity details.

**Call or visit our website for full itineraries, accommodation details, inclusions, and more.**

*Above: Japanese pilgrims in traditional dress hike the Kumano Kodo.*





## BORNEO WILDLIFE ADVENTURE

11 DAYS FROM \$7,895

### NATIONAL GEOGRAPHIC HIGHLIGHTS

- Observe orangutans and Malayan sun bears up close at conservation centers in Sepilok.
- Go on rainforest hikes and river safaris, looking for orangutans, civets, and exotic birds.
- Stay at Sukau Rainforest Lodge, a National Geographic Unique Lodge of the World.



Activity Level:  
Light/Moderate



### DAYS 1-2 | SANDAKAN, MALAYSIA/ SEPILOK

Arrive in Sandakan and head inland to the Kabili-Sepilok Forest Reserve. Join scientists at an orangutan rehabilitation center to observe the primates and learn about on-site projects. Enjoy a jungle trek through the reserve and a canopy walk.

**Sepilok Nature Resort | Meals: 1B, 1L, 2D**

### DAYS 3-6 | KINABATANGAN RIVER/ TABIN WILDLIFE RESERVE

Enjoy a behind-the-scenes tour of the Bornean Sun Bear Conservation Centre before continuing to our National Geographic Unique Lodge on the Kinabatangan River. Set out on a variety of hikes and river safaris, looking for wildlife. Visit a community conservation organization to learn about sustainability issues surrounding palm oil. Then journey into the Tabin Wildlife Reserve, home to an array of exotic species. Hike to a mud volcano and discuss Sumatran rhino conservation efforts with the executive director of the Borneo Rhino Alliance.

**Sukau Rainforest Lodge; Tabin Wildlife Resort  
Meals: 4B, 4L, 4D**

### DAYS 7-11 | DANUM VALLEY CONSERVATION AREA/KOTA KINABALU

Travel to the forested valley of the Danum River and spend three days exploring the many nature trails. Keep an eye out for rare species including the clouded leopard and Bornean gibbon. Hike to a waterfall, go on a canopy walk amid the treetops, and venture out on night safaris. Later, fly to Kota Kinabalu for a farewell dinner.

**Borneo Rainforest Lodge; Kota Kinabalu Marriott Hotel | Meals: 5B, 4L, 4D**

### NATIONAL GEOGRAPHIC ADVENTURE GUIDE



A National Geographic Adventure Guide will accompany each departure. **Charles Ryan** will join all 2020 departures. Read his bio on our website.

### INFORMATION

**2020 Dates:** Mar. 30–Apr. 9 | Apr. 20–30 | Sept. 14–24  
Oct. 5–15 | Oct. 19–29

Price is per person, double occupancy, and subject to change. Single supplement is from \$1,900. Gratuities are included in the expedition cost. Airfare is not included in the price. The internal flight is an additional \$100 per person (subject to change).

**Maximum group size: 16**

### ACTIVITY LEVEL

This is primarily a wildlife-viewing trip. Hikes range from 2–5 hours (1–5 miles) on uneven terrain over moderate grades in hot and humid conditions. See our website for each day's specific activity details.

### NATIONAL GEOGRAPHIC UNIQUE LODGE



*Sukau Rainforest Lodge*

**Call or visit our website for full itineraries, accommodation details, inclusions, and more.**

*Above: A young orangutan lounges at the Kabili-Sepilok Forest Reserve.*





# SCOTLAND HIKING ADVENTURE: FROM THE HIGHLANDS TO ISLANDS

8 DAYS FROM \$5,995

## NATIONAL GEOGRAPHIC HIGHLIGHTS

- Join a conservationist and John Muir historian for a hike beneath the peak of Ben Nevis.
- Step into Scotland's past as you walk among Neolithic and Bronze Age settlements.
- Discover Highland culture in remote villages, and tour a whisky distillery in Oban.



Activity Level:  
Moderate



### DAY 1 | EDINBURGH, SCOTLAND

Arrive in Edinburgh and transfer to our hotel. After time to relax, meet for a walk along the Royal Mile. Step back in time as you wind your way past medieval church spires and cobbled alleyways to Holyrood Park. A brisk hike leads up the knoll of Arthur's Seat, where outstanding views of the city await. Tonight, gather for an orientation and a welcome dinner at the hotel.

**Bruntsfield Hotel | Meals: 1D**

### DAY 2 | LOCH LOMOND AND THE TROSSACHS NATIONAL PARK/OBAN

Head west after breakfast, stopping for a warm-up hike in Loch Lomond and the Trossachs National Park—Scotland's first national park, established in 2002. Our hike takes us along part of the famous West Highland Way trail, diverting to a small but prominent peak called Conic Hill. Geologically part of the Highland Boundary Fault, this 1,180-foot summit offers outstanding views across the islands of Loch Lomond to the peaks of the Arrochar Alps and beyond. Afterward, continue to Oban in the West Highlands and settle into our historic hotel overlooking the harbor.

**Perle Oban | Meals: 1B, 1L, 1D**

### DAY 3 | ISLE OF KERRERA/OBAN

From our base in Oban, travel to the isle of Kerrera and set off on an intriguing hike through history. Hike past Horseshoe Bay, where King Alexander II of Scotland died in 1249 while preparing to drive the Norwegian army out of western Scotland; and explore Gylen Castle, perched dramatically on a nearby cliff. Built as a stronghold of the MacDougall clan in 1582, the castle was

besieged and burned in 1647. Head up into the hills to take in spectacular views of the Island of Mull. Later, return to Oban by ferry and spend some time exploring this colorful port at your leisure.

**Perle Oban | Meals: 1B, 1L**

### DAY 4 | KILMARTIN GLEN/OBAN

This morning we join a local historian on an interpretive hike at Kilmartin Glen, home to hundreds of ancient monuments. Afterward,



A sheep stands before a telephone box in the Scottish Highlands.

Clockwise from above: A hiker is dwarfed by the stunning landscape of the Quiraing on the Isle of Skye; glassy lake waters reflect the silhouette of Eilean Donan Castle; ancient standing stones reach skyward at Kilmartin Glen; hikers follow a scenic trail on Ben Nevis.





stop at the ruins of Dun Add, an Iron Age fort considered by some to be the birthplace of Scotland. Back in Oban, take a guided tour of the local whisky distillery, and sample Scotland's national drink.

**Perle Oban | Meals: 1B, 1L, 1D**

#### DAY 5 | GLEN NEVIS/ISLE OF SKYE

Head north, tracing the eastern shores of Loch Linnhe into a mystical landscape of sweeping slopes and rocky peaks. Pass the western end of Glen Coe, scene of a historic massacre of the MacDonald clan in 1692, and then continue to Fort William. Join a conservationist and John Muir historian for a guided hike beneath the hulking summit of Ben Nevis, the highest peak in the United Kingdom. Later this afternoon, cross over the sea to the Isle of Skye, stopping for a visit to the historic Eilean Donan Castle.

**Cuillin Hills Hotel | Meals: 1B, 1L, 1D**

#### DAY 6 | NORTHERN SKYE

The spectacular landscapes of northern Skye rise in soft, grassy slopes that drop off in sheer cliffs, and rock formations that spike and curl. Set off on foot into this magical place, rich with legend and intrigue. Hike beneath the unusual rock formations of the Quiraing and learn its fascinating story of geologic turmoil.

**Cuillin Hills Hotel | Meals: 1B, 1L, 1D**

#### DAY 7 | CUILLIN HILLS/PERTHSHIRE

Hike through a wild glen on a journey through Skye's most famous mountains, walking from the Red Cuillin to the Black Cuillin range. Surrounded by red-hued peaks, descend volcanic slopes, and take in a stunning vista of the Black Cuillin—one of Scotland's most iconic views. Trace the coast of Loch Slapin, framed by the magnificent rock citadel of Bla Bheinn. After refreshments in a local tearoom, transfer south to Perthshire and settle into our hotel located in a Victorian mansion.

**Fonab Castle Hotel & Spa | Meals: 1B, 1L, 1D**

#### DAY 8 | PITLOCHRY/EDINBURGH

Enjoy a free morning to explore the picturesque Highland town of Pitlochry. Stroll the main street past Victorian-era stone buildings, or visit the town's famed fish ladder, which allows salmon to bypass the Pitlochry dam and continue upstream to their spawning grounds each year. Arrive in Edinburgh in the late afternoon and transfer to the city center or to the airport for your flight home.

**Meals: 1B, 1L**

#### NATIONAL GEOGRAPHIC ADVENTURE GUIDE



A National Geographic Adventure Guide will accompany each departure. **Ken Keith** will join the July 4 and August 1, 2020 departures. Read his bio on our website.

#### INFORMATION

**2020 Dates:** May 30–June 6 | June 6–13 | June 13–20  
June 20–27 | July 4–11 | July 11–18 | July 18–25  
Aug. 1–8 | Aug. 22–29 | Aug. 29–Sept. 5 | Sept. 5–12

Price is per person, double occupancy, and subject to change. Single supplement is from \$1,500. Gratuities are included in the expedition cost. Airfare is not included in the price.

**Maximum group size: 16**

#### ACTIVITY LEVEL

Hikes range from 3–5 hours (2–7 miles) on moderate to steep grades. Some hikes will venture off trail, across muddy or rocky terrain. Vehicle support during hikes is limited. Please note that there are some long travel days. See our website for each day's specific activity details.

**Call or visit our website for full itineraries, accommodation details, inclusions, and more.**





## HIKING ENGLAND COAST TO COAST

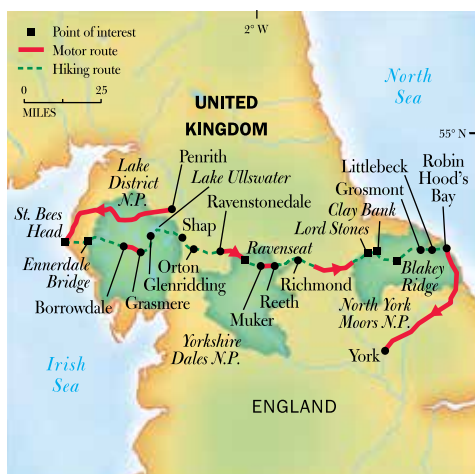
13 DAYS FROM \$6,495

### NATIONAL GEOGRAPHIC HIGHLIGHTS

- Set out on a long-distance hike across England, trekking through three national parks.
- Explore fascinating sites from prehistory to the Roman era to the Tudors and beyond.
- Visit the home of poet William Wordsworth in enchanting Grasmere.



Activity Level:  
Strenuous



### DAYS 1-5 | PENRITH, ENGLAND/CLEATOR/ LAKE DISTRICT NATIONAL PARK

Arrive in Penrith and gather for a welcome dinner. The next day, our journey kicks off early with a coast-to-coast tradition: dipping a toe in the Irish Sea. Then set off along the cliffs of St. Bees Head before turning inland. Spend the next three days hiking amid the glassy waters and craggy mountains of Lake District National Park. Along the way, visit William

Wordsworth's home, cruise Lake Ullswater, and hike to Shap Abbey.

**Ennerdale Country House Hotel; Inn on the Lake; The Black Swan | Meals: 4B, 4L, 5D**

### DAYS 6-9 | YORKSHIRE DALES NATIONAL PARK/RICHMOND

In Yorkshire Dales National Park, hike along the River Swale, discovering waterfalls and hamlets. Stops along this leg of the journey include an 11th-century Norman castle, Easby Abbey, and Mount Grace Priory. We'll also meet a local shepherd and witness a sheepdog trial.

**The Black Swan; The Kings Head Hotel Meals: 4B, 4L, 3D**

### DAYS 10-13 | NORTH YORK MOORS NATIONAL PARK/YORK

Enter North York Moors National Park and hike across dramatic moorlands. Descend to historic Great Fryup Head and follow an old trade route to Grosmont. On our final day of hiking, venture into Scarry Wood to see the gorgeous waterfall of Falling Foss. Trace a cliff top to the fishing village of Robin Hood's Bay, and bathe your feet in the North Sea to mark your triumphant finish. Depart the next day.

**Mallyan Spout Hotel; Victoria Hotel Meals: 4B, 3L, 3D**

### NATIONAL GEOGRAPHIC ADVENTURE GUIDE



A National Geographic Adventure Guide will accompany each departure. **Joanna (Jo) Roberts** will join the June 14 and August 23, 2020 departures. Read her bio on our website.

### INFORMATION

**2020 Dates:** May 31-June 12 | June 14-26 | July 12-24  
Aug. 9-21 | Aug. 23-Sept. 4 | Sept. 6-18

Price is per person, double occupancy, and subject to change. Single supplement is from \$1,000. Gratuities are included in the expedition cost. Airfare, as well as the transfers to Penrith on Day 1 and from the York train station on Day 13, are not included in the price.

**Maximum group size: 16**

### ACTIVITY LEVEL

Hikes range from 3-9 hours (5-15 miles) on moderate to steep grades and varying trail conditions. During most hikes, vehicle support is provided at various points along the way. See our website for each day's specific activity details.

**Call or visit our website for full itineraries, accommodation details, inclusions, and more.**

Above: Travelers walk along the cliff-lined coast high above the North Sea.





## IRELAND: HIKING THE EMERALD ISLE

10 DAYS FROM \$5,295

### NATIONAL GEOGRAPHIC HIGHLIGHTS

- Approach the valley of Glendalough from above, descending along the beautiful Wicklow Way.
- Hike a portion of the Dingle Way, and encounter beehive huts and cliff-lined coasts.
- Take to the trails of the spectacular Ring of Kerry, passing ancient forts and monasteries.



Activity Level:  
Moderate



### DAYS 1-3 | DUBLIN, IRELAND/ GLENDALOUGH/KILKENNEY

Arrive in Dublin and explore the city. Drive to Glendalough and visit a sixth-century monastic site before setting out on our first hike amid breathtaking scenery. Later, visit the studio of one of Ireland's most renowned potters, and hike along the River Nore to medieval Kilkenney.

**Brooks Hotel; Lyrath Estate | Meals: 2B, 2L, 3D**

### DAYS 4-6 | GLEN OF AHERLOW/ KILLARNEY/GAP OF DUNLOE/ RING OF KERRY

Travel to the emerald-green Glen of Aherlow and hike to the top of Slievenamuck, the site of a 5,000-year-old portal tomb. Stroll the gardens of Muckross House near Killarney. Then hike through the Gap of Dunloe and visit historic Ross Castle. Around the Ring of Kerry, watch a sheepdog demonstration and visit Iron Age forts, or climb to the summit of Carrauntoohil—Ireland's highest peak.

**International Hotel Killarney; Dingle Benners Hotel | Meals: 3B, 3L, 2D**

### DAYS 7-10 | DINGLE/THE BURREN/ARAN ISLANDS/GALWAY/DUBLIN

Hike the Dingle Way, tracing the rocky coastline of the Dingle Peninsula and passing ancient beehive huts. Visit the enigmatic Ballintaggart Ogham Stones, then travel to the karst landscape of Burren National Park, where we'll meet with a local farmer. Ferry to the Aran Islands to go hiking and biking. Return to Galway for a farewell dinner. The following morning, transfer to the Dublin airport for your flight home.

**Dingle Benners Hotel; Park House Hotel  
Meals: 4B, 3L, 2D**

### NATIONAL GEOGRAPHIC ADVENTURE GUIDE



A National Geographic Adventure Guide will accompany each departure. **Michelle Hughes** will join all 2020 departures. Read her bio on our website.

### INFORMATION

**2020 Dates:** June 7-16 | June 21-30 | July 19-28  
Aug. 16-25 | Sept. 6-15

Price is per person, double occupancy, and subject to change. Single supplement is from \$1,000. Gratuities are included in the expedition cost. Airfare is not included in the price.

**Maximum group size: 16**

### ACTIVITY LEVEL

Hikes range from 1-4 hours (2-8 miles) per day on moderate to steep grades in variable weather. Some trails may involve uneven and/or muddy terrain. Vehicle support is provided at various points along the way. The biking option is on local roads and is suitable for beginners, though you should be able to ride a bike before the trip. See our website for each day's specific activity details.

**Call or visit our website for full itineraries, accommodation details, inclusions, and more.**

Above: Hikers trace the rugged coastline while trekking Ireland's spectacular Dingle Way.





# SPAIN: WALKING THE CAMINO DE SANTIAGO

10 DAYS FROM \$5,995

## NATIONAL GEOGRAPHIC HIGHLIGHTS

- Set out from Pamplona to discover the longest pilgrimage route in Europe.
- Venture into Burgos Cathedral and the monasteries of San Millán de la Cogolla.
- Stay in historic monasteries and paradors built centuries ago.



Activity Level:  
Moderate/Strenuous



## DAYS 1-3 | PAMPLONA, SPAIN/LOGROÑO/ BURGOS

Explore Pamplona's old city, made famous by the running of the bulls. From Logroño, begin your journey along the Camino. Walk through vineyards and visit historic monasteries; and hike into Burgos for a guided tour.

**Gran Hotel La Perla; Parador de Santo Domingo de la Calzada; NH Collection Palacio de Burgos**  
Meals: 2B, 2L, 3D

## DAYS 4-6 | CARRIÓN DE LOS CONDES/ LEÓN/VILLAFRANCA DEL BIERZO

Ramble across rolling fields to Carrión de los Condes, and explore León's historic sites. Take in the view from El Crucero de Santo Toribio, a stone cross that has marked the trail for centuries. Admire the diverse architecture of Astorga, and continue to Villafranca del Bierzo.

**Hotel Real Monasterio San Zoilo; Hotel Real Colegiata; Parador de Villafranca del Bierzo**  
Meals: 3B, 3L, 2D

## DAYS 7-10 | O CEBREIRO/MONFORTE DE LEMOS/SANTIAGO DE COMPOSTELA

In Galicia, hike to the hilltop hamlet of O Cebreiro. Following a night in Monforte de Lemos, set off on the last leg of our hike, walking to the cathedral in Santiago de Compostela. Journey on to Cabo Fisterra, the westernmost tip of Spain and a continuation of the Camino for many pilgrims; and return to Santiago for a guided tour.

**Parador de Monforte de Lemos; Parador de Santiago - Hostal dos Reis Católicos**  
Meals: 4B, 3L, 3D

## NATIONAL GEOGRAPHIC ADVENTURE GUIDE



A National Geographic Adventure Guide will accompany each departure. **Manuel Lage** will join select 2020 departures. Find his bio and departure dates on our website.

## INFORMATION

**2020 Dates:** May 22-31 | June 5-14 | Sept. 4-13  
Sept. 11-20 | Sept. 25-Oct. 4 | Oct. 23-Nov. 1  
Oct. 30-Nov. 8

Price is per person, double occupancy, and subject to change. Single supplement is from \$1,100. Gratuities are included in the expedition cost. Airfare is not included in the price.

**Maximum group size: 16**

## ACTIVITY LEVEL

Hikes range from 3-6 hours (5-13 miles) on good trails with moderate grades. Vehicle support is provided at various points along the way. See our website for each day's specific activity details.

**Call or visit our website for full itineraries, accommodation details, inclusions, and more.**

Above: A pilgrim approaches the church of Nuestra Señora del Manzano along the Camino.





## PORTUGAL HIKING ADVENTURE

9 DAYS FROM \$5,495

### NATIONAL GEOGRAPHIC HIGHLIGHTS

- Hike along beaches and cliffs to Cabo da Roca, the westernmost point of continental Europe.
- Explore the renowned Douro Valley wine region and the enchanting hilltop town of Sintra.
- Trek through Serra da Estrela Natural Park, and discover stone villages untouched by time.



Activity Level:  
Moderate



### DAYS 1-3 | LISBON, PORTUGAL/CABO DA ROCA/SINTRA-CASCAIS NATURAL PARK

Arrive in Lisbon and discover the city. Embark on a spectacular hike along the Atlantic coast to Cabo da Roca. Transfer to historic Sintra, our base for exploring Sintra-Cascais Natural Park. **Hotel Pousada de Lisboa; Tivoli Palácio de Seteais Hotel | Meals: 2B, 2L, 2D**

### DAYS 4-5 | SERRA DA ESTRELA NATURAL PARK

Depart for Serra da Estrela Natural Park—home to the highest mountain range in Portugal. Stop for a picnic on the grounds of a historic castle, and hike to two schist villages. The next day, trek through the woodlands and rocky valleys of the Penhas Douradas plateau. Visit the Burel Factory, where traditional woolen fabric is manufactured.

**Casa das Penhas Douradas Design Hotel & Spa  
Meals: 2B, 2L, 2D**

### DAYS 6-7 | DOURO VALLEY

In the Douro Valley, go hiking amid rolling vineyards. Glide up the Douro River aboard a traditional wooden boat, and kayak back down, breaking for a beach picnic. Enjoy a wine tasting at our hotel's award-winning cellar.

**Casa das Pipas at the Quinta do Portal Vineyard  
Meals: 2B, 2L, 2D**

### DAYS 8-9 | FAVAIOS/PORTO

Visit a traditional bakery in the village of Faveiros, then hike through the countryside to a family-run wine estate. Drive to Porto and cap off our journey with a fado performance and dinner at a local wine cellar.

**Pestana Vintage Porto | Meals: 2B, 1L, 1D**

### NATIONAL GEOGRAPHIC ADVENTURE GUIDE



A National Geographic Adventure Guide will accompany each departure. **Carla Henriques** will join all 2020 departures. Read her bio on our website.

### INFORMATION

**2020 Dates:** May 23-31 | Sept. 5-13 | Oct. 3-11

Price is per person, double occupancy, and subject to change. Single supplement is from \$1,200. Gratuities are included in the expedition cost. Airfare is not included in the price.

**Maximum group size: 16**

### ACTIVITY LEVEL

Hikes range from 3-6 hours (4-6 miles) mostly on level trails but with some steeper grades. Vehicle support is provided at various points along the way. Our kayaking excursion is suitable for beginner and expert kayakers alike. We will paddle stable, two-person kayaks for a maximum of 4 hours (7-8 miles). See our website for each day's specific activity details.

**Call or visit our website for full itineraries, accommodation details, inclusions, and more.**

Above: Travelers skirt the waters of the Atlantic as they hike along the Cabo da Roca coastline.





## ITALY HIKING ADVENTURE: TUSCANY TO THE CINQUE TERRE

9 DAYS FROM \$5,695

### NATIONAL GEOGRAPHIC HIGHLIGHTS

- Hike to hilltop towns in Chianti's vineyard-laced valleys, and stay at a 14th-century palace.
- Discover San Gimignano's soaring towers and Siena's Gothic architecture.
- Wind your way through the colorful coastal villages of the Cinque Terre.



Activity Level:  
Moderate



### DAYS 1-3 | FLORENCE, ITALY/ RADDA IN CHIANTI/SIENA

From Florence, drive to our 14th-century palace in Radda in Chianti. Set off on a hike through vineyards and hills, breaking to enjoy wine and cheese. Later, hike to a renowned winery and visit the village of Gaiole in Chianti. Explore the enchanting city of Siena and meet a local glassware artisan.

**Palazzo Leopoldo; Hotel Palazzo Pacini**  
**Meals: 2B, 1L, 3D**

### DAYS 4-6 | SAN GIMIGNANO/ MONTERIGGIONI/LUCCA/ SESTRI LEVANTE/MONEGLIA

Explore stunning San Gimignano and its fresco-adorned duomo, then walk an ancient route to the walled town of Monteriggioni. Bike along the Renaissance-era walls of Lucca before traveling to Sestri Levante—our base for exploring the Italian Riviera. Trek the rugged Ligurian coast towards Moneglia, taking in spectacular views.

**Hotel Palazzo Pacini; Hotel Vis à Vis**  
**Meals: 3B, 3L, 1D**

### DAYS 7-9 | CINQUE TERRE/SAN CASCIANO IN VAL DI PESA/FLORENCE

Marvel at the pastel-hued homes of the Cinque Terre as you hike along paths linking the villages of Vernazza, Corniglia, Manarola, Monterosso al Mare, and Riomaggiore. Return to Tuscany and hike to a 15th-century estate for an olive oil tasting and lunch. Join an art historian on an urban hike in Florence, enjoying an in-depth look at the Palazzo Vecchio—site of a National Geographic-funded search for a lost Leonardo da Vinci masterpiece. Depart the next day.

**Hotel Vis à Vis; Gallery Hotel Art**  
**Meals: 3B, 2L, 2D**

### NATIONAL GEOGRAPHIC ADVENTURE GUIDE



A National Geographic Adventure Guide will accompany each departure. **Federico Rosica** will join the May 1 and September 4, 2020 departures. Read his bio on our website.

### INFORMATION

**2020 Dates:** May 1-9 | May 23-31 | Sept. 4-12  
Sept. 12-20 | Oct. 7-15

Price is per person, double occupancy, and subject to change. Single supplement is from \$1,200. Gratuities are included in the expedition cost. Airfare is not included in the price.

**Maximum group size: 16**

### ACTIVITY LEVEL

Hikes range from 2-8 hours (3-12 miles) per day on moderate to steep grades. Vehicle support is provided at various points along the way, except in Cinque Terre, which is a car-free zone. See our website for each day's specific activity details.

**Call or visit our website for full itineraries, accommodation details, inclusions, and more.**

Above: The colorful houses of Manarola, one of the five seaside villages of the Cinque Terre, look out over the Ligurian Sea.





## GREEK ISLANDS ADVENTURE

9 DAYS FROM \$6,995

### NATIONAL GEOGRAPHIC HIGHLIGHTS

- Trace the history of legendary civilizations at the Acropolis in Athens and ancient Thira on Santorini.
- Set off from Naxos on a daylong sailing excursion, anchoring at secluded beaches and inlets.
- Explore whitewashed villages and volcanic seascapes while kayaking Santorini's coast.



### DAYS 1-2 | ATHENS, GREECE/NÁXOS

Arrive in Athens and explore the city. Visit the hilltop Acropolis; the legendary Parthenon; and the Panathenaic Stadium, where the first modern Olympic games were held. Catch a flight to Naxos, the largest of the Cyclades islands.

**Royal Olympic Hotel; Porto Naxos**  
Meals: 1B, 1L, 2D

### DAYS 3-4 | NÁXOS/CYCLADES

Take to the sea on a sailing excursion and drop anchor to swim in crystal-clear waters. Set out on a hike to the top of Mount Zeus, the highest mountain in the Cyclades. Later, enjoy a stroll amid the whitewashed buildings of the *chora*, or old town, of Naxos.

**Porto Naxos | Meals: 2B, 2L, 1D**

### DAYS 5-7 | SANTORINI

Catch a ferry to Santorini, an archipelago created from the cliffs of a collapsed volcano cone. Embark on a hike along the rim of the caldera, following the trail to the blue-domed village of Oia. Hike to the island's highest peak—home to an 18th-century monastery—and explore the ancient ruins of Akrotiri, an important Minoan Bronze Age site.

Enjoy a leisurely kayaking excursion along the southern coast, stopping to snorkel at Kambia Beach.

**Volcano View Hotel | Meals: 3B, 2L, 3D**

### DAYS 8-9 | ATHENS

Return to Athens for a farewell dinner and depart the following day.

**Royal Olympic Hotel | Meals: 2B, 1L, 1D**

### NATIONAL GEOGRAPHIC ADVENTURE GUIDE



A National Geographic Adventure Guide will accompany each departure. **Alexandros Giannios** will join the June 20 and September 5, 2020 departures. Read his bio on our website.

### INFORMATION

**2020 Dates:** May 16-24 | June 13-21 | June 20-28  
Sept. 5-13

Price is per person, double occupancy, and subject to change. Single supplement is from \$2,000. Gratuities are included in the expedition cost. Airfare is not included in the price. The internal flights are an additional \$600 per person (subject to change).

**Maximum group size: 16**

### ACTIVITY LEVEL

Hikes range from 3-6 hours (up to 7 miles) on moderate to steep grades. Our kayaking excursions are suitable for beginner and expert kayakers alike. We will paddle stable, two-person kayaks for up to 4 hours. No previous sea kayaking experience is necessary. While kayaking, boat support will not be available. See our website for each day's specific activity details.

Call or visit our website for full itineraries, accommodation details, inclusions, and more.

Above: A hiker gazes at the azure Aegean from a rocky perch in Santorini.



NEW



# HIKING THE ALPE-ADRIA TRAIL THROUGH AUSTRIA, SLOVENIA, AND ITALY

10 DAYS FROM \$5,995

## NATIONAL GEOGRAPHIC HIGHLIGHTS

- Hike the Alpe-Adria Trail through Austria's glacial valleys, Slovenia's dense forests, and the rolling hills of Italy.
- Delve into World War I history in Slovenia's Soča Valley and medieval Kobarid.
- Wind through karst landscapes in Italy's Val Rosandra Nature Reserve, enjoying views of the Adriatic Sea.



Activity Level:  
Moderate



### DAYS 1-3 | LJUBLJANA, SLOVENIA/ LAKE BLEED/GROSSGLOCKNER, AUSTRIA/ HOHE TAUERN NATIONAL PARK

Take a walking tour of Ljubljana, then travel to the Julian Alps, crossing Lake Bled aboard a traditional boat. Hike to Martuljek Gorge, and drive into Austria's breathtaking Grossglockner Valley. Embark on the first stage of the Alpe-Adria Trail in Hohe Tauern National Park.  
**Hotel Cubo; Nationalpark Lodge Grossglockner**  
**Meals: 2B, 2L, 2D**

### DAYS 4-7 | NOCKBERGE BIOSPHERE RESERVE/KRANJSKA GORA, SLOVENIA/ TRIGLAV NATIONAL PARK/SOČA VALLEY

The next stage of our hike climbs through diverse ecosystems in the Nockberge Biosphere Reserve. Return to Slovenia, and set out from the Alpine village of Kranjska Gora to the Vršič Pass. Trek through Triglav National Park and continue to the hamlet of Bovec, winding around to the town of Kobarid, where we'll learn about Slovenia's involvement in World War I.

**Špik Alpine Resort; Hotel Mangart**  
**Meals: 4B, 4L, 3D**

### DAYS 8-10 | ŠMARTNO/CORMONS, ITALY/ TRIESTE/LIPICA, SLOVENIA/VAL ROSANDRA NATURE RESERVE, ITALY/LJUBLJANA, SLOVENIA

Embark on one of the most spectacular stages of the trail through Slovenia's lush Brda region. Cross into Italy, and transfer to the Adriatic city of Trieste. Set out on our final hike through the karst landscapes of the Val Rosandra Nature Reserve and catch a glimpse of the iconic Lipizzan horses of the Lipica Stud Farm while you walk.

**Savoia Excelsior Palace | Meals: 3B, 2L, 1D**

## NATIONAL GEOGRAPHIC ADVENTURE GUIDE



A National Geographic Adventure Guide will accompany each departure. **Bine Žalohar** will join select 2020 departures. Find his bio and departure dates on our website.

### INFORMATION

**2020 Dates:** June 1-10 | July 6-15 | July 20-29  
Aug. 7-16 | Aug. 24-Sept. 2 | Sept. 21-30

Price is per person, double occupancy, and subject to change. Single supplement is from \$1,500. Gratuities are included in the expedition cost. Airfare is not included in the price.

**Maximum group size: 16**

### ACTIVITY LEVEL

Hikes range from 2-6 hours (2-11 miles) on moderate to steep grades. Most days include a choice between shorter and longer hikes, as well as the option to rest at the hotel. See our website for each day's specific activity details.

**Call or visit our website for full itineraries, accommodation details, inclusions, and more.**

Above: A hiker marvels at the emerald-blue waters of Slovenia's Soča River.





## TOUR DU MONT BLANC

10 DAYS FROM \$5,795

### NATIONAL GEOGRAPHIC HIGHLIGHTS

- Make a classic circuit of Mont Blanc, crossing the borders of France, Italy, and Switzerland on foot.
- Hike stunning terrain across mountain passes, verdant meadows, lush forests, and glacial valleys.
- Discover the charming cultures of secluded Alpine villages.



Activity Level:  
Strenuous



### DAYS 1-3 | GENEVA, SWITZERLAND/ CHAMONIX, FRANCE/LES CONTAMINES-MONTJOIE

Arrive in Geneva and transfer to Chamonix. Begin our hike from our hotel, taking in magnificent views of the north face of Mont Blanc. Our next ascent skirts the Bionnassay Glacier to Col du Tricot before winding down to the village of Les Contamines-Montjoie. **Grand Hôtel des Alpes; Hôtel la Chemenez**  
**Meals: 2B, 2L, 2D**

### DAYS 4-6 | LA VILLE DES GLACIERS/ COURMAYEUR, ITALY/MONT DE LA SAXE

Visit the pilgrimage site of Notre Dame de la Gorge, and follow an ancient Roman route to Col du Bonhomme. Transfer to La Ville des Glaciers, where Beaufort cheese is produced. Cross into Italy and hike down to Miage Glacier. Then drive to Courmayeur and hike a spectacular trail to Mont de la Saxe. **Hôtel L'Autantic or Hôtel L'Alpin; Hotel Gran Baita, or Hotel Berthod, or Hotel Cresta et Duc**  
**Meals: 3B, 3L, 2D**

### DAYS 7-10 | CHAMPEY, SWITZERLAND/ ARGENTIÈRE, FRANCE/CHAMONIX/ GENEVA, SWITZERLAND

Hike through Alpine meadows and begin our ascent to the Grand Col Ferret, marking the border between Italy and Switzerland. Transfer to Champex for the evening. Follow the Bovine Trail, and climb to a spectacular viewpoint overlooking the Rhône Valley. Our final hike reaches Col de Balme, then crosses the Swiss-French border and descends to the French hamlet of Tré-le-Champ. Return to Chamonix for a farewell dinner, and depart from Geneva. **Hôtel du Glacier; Hôtel de la Couronne;**  
**Grand Hôtel des Alpes | Meals: 4B, 3L, 3D**

### NATIONAL GEOGRAPHIC ADVENTURE GUIDE



A National Geographic Adventure Guide will accompany each departure. **Béatrice Mugnier** will join the June 13, July 18, and September 19, 2020 departures. Read her bio on our website.

### INFORMATION

**2020 Dates:** June 13-22 | June 20-29 | July 18-27  
Aug. 8-17 | Sept. 19-28

Price is per person, double occupancy, and subject to change. Due to limited space in the hotels and inns where we stay, single rooms are not available on this trip. All single travelers will be paired with a National Geographic traveler of the same gender when available. Otherwise, a single supplement from \$900 will be charged. Gratuities are included in the expedition cost. Airfare is not included in the price.

**Maximum group size: 14**

### ACTIVITY LEVEL

Hikes range from 6-8 hours (7-12 miles) on moderate to steep grades (sometimes at high altitude). Trails often include steep ascents/descents on mountainous terrain, with some exposed sections. Vehicle support is limited. See our website for each day's specific activity details.

**Call or visit our website for full itineraries, accommodation details, inclusions, and more.**

Above: Hikers trek an Alpine trail against the backdrop of the Mont Blanc massif.



# MORE WAYS TO TRAVEL WITH NATIONAL GEOGRAPHIC

Our range of travel experiences is truly panoramic. In addition to National Geographic Active Expeditions, we offer many different ways to see the world—from wildlife safaris, archaeology-focused expeditions, and private trips to expedition cruises and much more. No matter how you travel with us, you'll delve into local traditions, learn about habitats, and meet fascinating people—exploring in the tradition of National Geographic. Learn more by visiting [natgeoexpeditions.com](http://natgeoexpeditions.com).



## SIGNATURE LAND

Immerse yourself in fascinating destinations through enriching experiences, whether you're exploring an archaeological site or a national park. Joined by a National Geographic Expert, these trips celebrate the history, culture, and natural heritage of a destination.



## EXPEDITION CRUISES

Take to the sea aboard one of the nine ships of the National Geographic-Lindblad fleet, and explore wild places from the Galápagos to Antarctica with an expedition team of naturalists, historians, photographers, and more.



## TRAIN

Glide through epic landscapes by classic train, experiencing the sense of nostalgia that comes with train travel. With a National Geographic Expert on board, the places that you pass through take on new depth and meaning.



## PHOTOGRAPHY

Improve your photography skills with the guidance of a National Geographic photographer—whether you're traveling through Japan or framing wildlife on the Galápagos Islands.



## PRIVATE

Travel with the companions of your choice on unique itineraries curated by National Geographic. Explore with local guides, stay in top accommodations, and sometimes join a small group for a safari or cruise.



## RIVER CRUISES

Ply the fabled rivers of Europe aboard spacious, world-class riverboats on all-inclusive voyages operated in partnership with Scenic Luxury Cruises & Tours. A National Geographic Expert and photographer accompany each voyage.



## PRIVATE JET

Experience fascinating places as far-flung as Easter Island and Marrakech on one epic adventure, traveling with a team of National Geographic Experts in the comfort of a VIP-configured private jet.



## STUDENT

Send your high school or middle school student on assignment with National Geographic to explore inspiring destinations in depth alongside our experts and expedition leaders.



## JOURNEYS

We've partnered with G Adventures to offer affordable small-group trips that combine knowledgeable local guides, meaningful encounters with people and places, and more free time and choices.



## FAMILY JOURNEYS

Our new line of family trips—offered in partnership with G Adventures—features interactive experiences designed for travelers ages seven and up and inspired by National Geographic's expertise in photography and storytelling, wildlife, history, and more.



# FROM OUR TRAVELERS



LAURA B.  
PORTUGAL HIKING  
ADVENTURE



BEN W.  
HIKING ENGLAND COAST TO COAST



TERRI S.  
TOUR DU MONT BLANC



ANGELICA O.  
NEW ZEALAND:  
SOUTH ISLAND ADVENTURE

**“From booking the trip to the final airport transfer, this trip was planned perfectly. Every aspect exceeded my expectations, and I can’t wait to travel again with National Geographic.”**

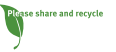
-LORI T., TOUR DU MONT BLANC

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Post your own photos through [f](#) [ig](#) or upload them on our website.



# RESPONSIBILITY STATEMENT, ARBITRATION AGREEMENT, ASSUMPTION OF RISK, AND TERMS AND CONDITIONS



## RESPONSIBILITY

National Geographic Expeditions (a division of National Geographic Partners, LLC) will provide educational enrichment for trips as outlined in its catalog and on its website ([natgeoexpeditions.com](http://natgeoexpeditions.com)) (each an "Expedition") and may license qualified professional tour operators to organize and administer such Expeditions. Any such designated tour operator, its parent, subsidiaries, and assigns, and their respective employees, affiliates, officers, directors, successors, representatives, agents and assigns (collectively "Tour Operator"), in turn, acts only as an agent for any transportation carrier, hotel, ground operator, or other suppliers of services connected with specific Expeditions ("Other Providers"), and the Other Providers are solely responsible and liable for providing their respective services. The passenger tickets in use by the carriers will constitute the sole contract between the carriers and the passenger; the carriers are not responsible for any act, omission, or event during the time the participants are not aboard their conveyances.

National Geographic Partners, LLC, its parent, subsidiaries, and assigns, and their respective employees, affiliates, officers, directors, successors, representatives, agents and assigns (collectively "National Geographic") and the Tour Operator will not be held liable for (A) any damage to, or loss of, property or injury to, or death of, persons occasioned directly or indirectly by an act or omission of any Other Provider, including but not limited to any defect in any aircraft, watercraft, or vehicle operated or provided by such Other Provider; and (B) any loss or damage due to delay, cancellation, or disruption in any manner caused by the laws, regulations, acts or failures to act, demands, orders, or interpositions of any government or any subdivision or agent thereof, or by acts of God, strikes, fire, flood, war, rebellion, terrorism, insurrection, sickness, quarantine, epidemics, theft, or any other cause(s) beyond their control. The participant waives any claim against National Geographic and/or the Tour Operator for any such loss, damage, injury, or death.

By registering for an Expedition, the participant certifies that he/she does not have any mental, physical, or other condition or disability that would create a hazard for himself or herself or other participants. National Geographic Expeditions and the tour operator reserve the right in their sole discretion to accept, decline to accept, or remove any participant on an Expedition. National Geographic Expeditions and the tour operator reserve the right, without penalty, to make changes in the published itinerary whenever, in their judgment, conditions warrant or if they deem it necessary for the comfort, convenience, or safety of the participants.

Neither National Geographic, nor the Tour Operator, will be liable for any air carrier's cancellation penalty incurred by the purchase of a nonrefundable ticket to or from the participant's Expedition departure city. Baggage and personal effects are at all times the sole responsibility of the participant.

## TERMS AND CONDITIONS

**Please Note:** The applicable Terms and Conditions may vary from those listed below based upon the specific Expedition selected by the participant. A copy of the final Terms and Conditions applicable to each participant will be sent in pre-Expedition communications. If a court of competent jurisdiction or an arbitrator holds that any provision is invalid or unenforceable, such invalidity will not affect the validity or operation of any other provision and such invalid provision will be deemed to be severed from this Agreement.

**Basis of Pricing:** All prices are (i) per person based on two persons sharing a room or cabin, unless otherwise noted, (ii) quoted in U.S. dollars, (iii) estimates based on tariffs, currency values, airfares and third-party charges, and (iv) subject to change prior to booking. Notification of the current price relevant to the Expedition will be provided to the Participant at the time of booking. After booking, if it is necessary to levy an additional surcharge, National Geographic reserves the right to do so, and notification will be given at the time of final invoicing.

**Eligibility:** Anyone under 18 must be accompanied by a parent or guardian for the entire Expedition. Some itineraries have minimum age requirements—call for more information.

**Included in Expedition Cost:** Accommodations and meals as indicated in the itinerary (B = breakfast, L = lunch, D = dinner); educational materials; pre-departure information; entrance fees, excursions, and sightseeing noted as included in the itinerary; all gratuities except those for train or ship's crew, unless otherwise noted on the itinerary page; ground transportation during the Expedition; transfers to and from group flights where applicable; services of National Geographic Experts and/or local guides, lecturers, Expedition Leaders, and any other staff; and taxes, port charges, baggage handling, and service charges. Please note: the "B, L, D" notations apply to the period during the Expedition only and do not include any meals on flights to/from the Expedition. Internal airfare is included on some international Expeditions as indicated in the itinerary.

**Not Included in Expedition Cost:** Air transportation and related fees (except as indicated in the itinerary); activities noted as optional in the itinerary; gratuities for train or ship's crew, unless otherwise noted on the itinerary page; passport, visa, and permit expenses; medical expenses and immunizations; baggage/accident/cancellation insurance; personal expenses, such as laundry, telephone calls, and alcoholic beverages; and any other items not specifically noted as included.

**Single/Shared Accommodations:** A limited number of single rooms/cabins are available at an extra cost on a first-come, first-served basis. National Geographic Expeditions and/or the tour operator will assist persons requesting a roommate. The participants will be notified if a suitable roommate is not available, in which case the single rate will be charged.

**Payments, Cancellations, and Refunds:** To reserve space on an Expedition, a \$500 per-person deposit is required for Expeditions that are nine days or less; a \$750 per-person deposit is required for Expeditions that are 10 to 15 days; and a \$2,000 per-person deposit is required for Expeditions that are 16 days or more except if noted on the itinerary page. Final payment is due no later than 90 days prior to departure. Payments must be made by credit card. A participant's reservation may be canceled if full payment has not been received by 90 days prior to departure. For reservations made within 90 days of the departure date, full payment is required when the reservation is accepted. All cancellation notices must be received in writing and will become effective as of the date of the postmark. If a participant cancels 120 days or more prior to departure, a refund less an administrative fee of 50% of the deposit will be made. Per-person charges for cancellations that occur less than 120 days prior to departure ("Cancellation Period") are as follows: 91-119 days prior to departure: 100% of the deposit amount; 45-90 days prior to departure: 50% of the Expedition cost; 44 or fewer days prior to departure: 100% of the Expedition cost. This policy also applies to pre- and post-Expedition extensions and extra arrangements confirmed on any participant's behalf. Any revisions made within the Cancellation Period, such as a change in departure date or choice of Expedition, are subject to this cancellation policy. Any airline tickets issued are subject to the carrier's refund policy. Arriving late or leaving an Expedition in progress, for any reason whatsoever, will not result in a refund, and no refunds will be made for any unused portions of an Expedition. National Geographic Expeditions reserves the right to cancel any Expedition because of inadequate enrollment that makes the Expedition economically infeasible to operate or because of good-faith concerns with respect to the safety, health, or welfare of the participants. If an Expedition is canceled prior to departure, the tour operator will provide the participants with a full refund of monies paid to the tour operator; except in the event that the cancellation is due to a significant event that makes it infeasible to operate the Expedition as planned, in which case the tour operator will provide the participants with a refund and/or credit toward a future Expedition equivalent to the amount paid to the tour operator.

If National Geographic Expeditions or the tour operator cancels the Expedition in progress, the participants will receive a prorated refund based on the number of days not completed on the Expedition. If a participant elects to leave an Expedition in progress of their own volition, the participant will not receive any type of refund. If National Geographic Expeditions or the tour operator cancels the Expedition in progress and the participant elects not to immediately return to his/her original point of departure for the Expedition, or if the participant elects to leave an Expedition in progress of their own volition, the participant acknowledges and agrees that (i) the participant shall be solely responsible for his/her travel plans once he/she departs the Expedition, (ii) neither National Geographic nor the Tour Operator shall have any responsibility for or control over the participant's safety or activities once he/she departs the Expedition, and (iii) the participant releases and holds harmless National Geographic and the Tour Operator, from any and all costs, liability, loss, damage, injury, or death that may arise out of the participant's decision to not return to his/her original point of departure from the cancelled Expedition in progress. Except as outlined above when National Geographic Expeditions cancels an Expedition, National Geographic and the Tour Operator have no responsibility for any expenses, including any non-refundable expenses, incurred by the participants in preparing for a cancelled Expedition or for any additional arrangements should the participants embark prior to the scheduled group departure date.

**Optional Excursions:** If a participant elects to participate in any additional activity or excursion that is not arranged or led by National Geographic Expeditions or the Tour Operator, neither National Geographic nor the Tour Operator shall have any responsibility for or control over the participant's safety or well-being, and the participant releases and holds harmless National Geographic and the Tour Operator from any and all costs, liability, loss, damage, injury, or death arising from the participant's decision to participate in such activity or excursion.

Trip-cancellation insurance is available at an additional cost and is strongly recommended. For more information about and to enroll in an option available through Travel Insurance Services, visit the "Travel Insurance" section of our website at [natgeoexpeditions.com](http://natgeoexpeditions.com).

**Itinerary Changes:** The itineraries and staff presented in the catalog or on the website are subject to modification and change by National Geographic Expeditions or the tour operator. Every reasonable effort will be made to operate Expeditions as planned, but alterations may still occur after final itineraries are sent.

**Documentation:** Participants are responsible for obtaining any documents required for their participation in the Expedition such as a valid passport, all visas, vaccination certificates, and any other documents. Failure to obtain documents does not negate the terms and conditions, and any extra costs incurred for rerouting due to travel without the necessary documents will be the participant's responsibility.

**Health Requirements:** National Geographic reasonably accommodates travelers with disabilities on all of its trips, but not all trips may be suitable for all travelers. Any physical condition,

diet, or treatment requiring special attention must be reported in writing when the reservation is made. Walking and climbing stairs are required in many hotels and airports to board an aircraft and for many excursions. If the participant requires a slower pace, extra assistance, or the use of a cane or walking stick, arrangements may be made for private touring at each destination, if necessary, at the discretion of our Expedition staff. Depending upon the nature of the arrangements, extra costs for such arrangements may be the responsibility of the participant. If the participant would like to forgo some of the scheduled sightseeing to rejuvenate and relax, he/she may feel free to do so at any time. Please call National Geographic Expeditions for further details if you require special accommodation to participate on this Expedition. National Geographic Expeditions encourages participants to consult a doctor for specific medical advice about any activities or destinations. Certain Expeditions require that each Participant obtains his/her physician's approval to join the Expedition, and in those cases, National Geographic Expeditions will send the Participant a form for his/her physician to sign and return per instructions outlined in the pre-Expedition communications.

**Medical Authorization and Coverage:** In the event the participant becomes sufficiently incapacitated as to be unable to direct his or her own care, there is no one on the Expedition who can direct participant's care, and National Geographic Expeditions is unable or does not have time to contact participant's emergency contact, the participant, by registering and paying a deposit for an Expedition, authorizes any medical treatment deemed necessary in the event of any injury or illness while participating in the activity including, but not limited to, X-ray, examination, anesthetic, medical or surgical diagnosis, or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or specific supervision of, any physician and/or surgeon licensed in the United States, or, if in a foreign country and no physician licensed to practice in the United States is reasonably available, by a duly licensed physician deemed competent to render the necessary care. In addition, the participant certifies that they have medical insurance which will cover personal accidents, medical expenses, medical evacuation, air ambulance, loss of effects, repatriation costs and all other expenses which might arise as a result of loss, damage, injury, delay or inconvenience occurring to the participant, or that in the absence of this medical insurance coverage, the participant agrees to pay all costs of rescue and/or medical services as may be incurred on the participant's behalf.

**Photography:** National Geographic Expeditions, the tour operator, and the Expedition Leader reserve the right to take photographs or videos during the operation of any Expedition or part thereof and to use the resulting photography, videos, or recordings for promotional or commercial use. By making a reservation on an Expedition, the participant agrees to allow his/her likeness to be used by National Geographic, National Geographic-authorized third parties, and the tour operator without compensation to the participant. If the participant prefers that his/her likeness not be used, he/she must notify National Geographic Expeditions and/or the tour operator in writing prior to departure of the Expedition.

Copyright of all photographs, video, and related materials created by the participant ("Expedition Materials") will belong to the participant upon creation. The participant grants to National Geographic a non-exclusive, worldwide, irrevocable license to use any Expedition Materials provided to National Geographic and/or the tour operator in any media for the following limited purposes: editorial use, promotion of this editorial use, promotion of National Geographic's travel programs, or promotion of the mission of National Geographic.

**Assumption of Risk:** By registering for an Expedition, the participant acknowledges that he/she is aware that travel such as the Expedition he/she is undertaking involves potentially dangerous activities, some in remote areas of the world, with a risk of illness, injury, or death which may be caused by forces of nature, illness, or by willful or criminal conduct of third parties or by terrorism. The participant further acknowledges that weather conditions may be severe, adverse, and/or unpleasant and that medical services or facilities may not be readily available or accessible or consistent with standards in the United States during some or all of the time during which he/she is participating on the Expedition and that when available may not be of the quality which exists in the United States.

**Arbitration Agreement:** Arbitration Agreement policy and process is available at [natgeoexpeditions.com/terms](http://natgeoexpeditions.com/terms).

**Privacy Policy:** Our privacy policy can be found at [nationalgeographic.com/community/privacy/](http://nationalgeographic.com/community/privacy/).

**Mailing List:** If you are receiving duplicate catalogs, have address updates, or would like to be removed from future National Geographic Expeditions mailings, please call toll-free 1-888-966-8687.

**Complete Terms:** For the most complete and up-to-date Terms and Conditions, please see [natgeoexpeditions.com/terms](http://natgeoexpeditions.com/terms).

## PHOTO CREDITS

Tim Greenleaf (28CL); Ralph Lee Hopkins (28TR); Michelle Hughes (7T); Inkaterra Machu Picchu Pueblo Hotel (11BR); Jonathan Irish (10T, 11BR); Scenic Luxury Cruises and Tours (28CR); Sukau Rainforest Lodge (7BR, 17B); Wilderness Scotland Tours (20T)

KEY: T=TOP, C=CENTER, B=BOTTOM, L=LEFT, R=RIGHT

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# ACTIVE EXPEDITIONS CALENDAR

|                                                                  | PAGE | # OF DAYS | ACTIVITY LEVEL | GROUP SIZE | 2020 DEPARTURE DATES |     |      |      |      |       |      |      |      |      | 2021 |   |
|------------------------------------------------------------------|------|-----------|----------------|------------|----------------------|-----|------|------|------|-------|------|------|------|------|------|---|
|                                                                  |      |           |                |            | APR.                 | MAY | JUNE | JULY | AUG. | SEPT. | OCT. | NOV. | DEC. | JAN. | FEB. |   |
| SOUTH AMERICA                                                    |      |           |                |            |                      |     |      |      |      |       |      |      |      |      |      |   |
| PATAGONIA HIKING ADVENTURE*                                      | 8    | 13        | S              | 16         |                      |     |      |      |      |       | ●    | ●    | ●    |      | ●    | ● |
| PERU: MACHU PICCHU INN TO INN TREK                               | 10   | 10        | S              | 12         | ●                    | ●   | ●    | ●    | ●    | ●     | ●    |      |      |      |      |   |
| ASIA AND THE PACIFIC                                             |      |           |                |            |                      |     |      |      |      |       |      |      |      |      |      |   |
| PALAU: SNORKELING AND KAYAKING THE PRISTINE SEAS*                | 12   | 10        | M              | 16         |                      |     |      |      |      |       | ●    | ●    | ●    |      | ●    | ● |
| NEW ZEALAND: SOUTH ISLAND ADVENTURE*                             | 14   | 12        | M              | 16         |                      |     |      |      |      |       |      | ●    | ●    |      | ●    | ● |
| JAPAN: HIKING AND CULTURAL ADVENTURE                             | 16   | 11        | M              | 16         | ●                    | ●   |      |      |      | ●     | ●    |      |      |      |      |   |
| BORNEO WILDLIFE ADVENTURE                                        | 17   | 11        | L/M            | 16         | ●                    |     |      |      |      | ●     | ●    |      |      |      |      |   |
| EUROPE                                                           |      |           |                |            |                      |     |      |      |      |       |      |      |      |      |      |   |
| SCOTLAND HIKING ADVENTURE: FROM THE HIGHLANDS TO ISLANDS         | 18   | 8         | M              | 16         |                      | ●   | ●    | ●    | ●    | ●     |      |      |      |      |      |   |
| HIKING ENGLAND COAST TO COAST                                    | 20   | 13        | S              | 16         |                      | ●   | ●    | ●    | ●    | ●     |      |      |      |      |      |   |
| IRELAND: HIKING THE EMERALD ISLE                                 | 21   | 10        | M              | 16         |                      | ●   | ●    | ●    | ●    | ●     |      |      |      |      |      |   |
| SPAIN: WALKING THE CAMINO DE SANTIAGO                            | 22   | 10        | M/S            | 16         | ●                    | ●   | ●    |      |      | ●     | ●    |      |      |      |      |   |
| PORTUGAL HIKING ADVENTURE                                        | 23   | 9         | M              | 16         |                      | ●   |      |      |      | ●     | ●    |      |      |      |      |   |
| ITALY HIKING ADVENTURE: TUSCANY TO THE CINQUE TERRE              | 24   | 9         | M              | 16         |                      | ●   |      |      |      | ●     | ●    |      |      |      |      |   |
| GREEK ISLANDS ADVENTURE                                          | 25   | 9         | M              | 16         |                      | ●   | ●    |      |      | ●     |      |      |      |      |      |   |
| HIKING THE ALPE-ADRIA TRAIL THROUGH AUSTRIA, SLOVENIA, AND ITALY | 26   | 10        | M              | 16         |                      |     | ●    | ●    | ●    | ●     |      |      |      |      |      |   |
| TOUR DU MONT BLANC                                               | 27   | 10        | S              | 14         |                      |     | ●    | ●    | ●    | ●     |      |      |      |      |      |   |
| ICELAND HIKING ADVENTURE                                         | W    | 10        | M              | 16         |                      |     |      | ●    | ●    | ●     |      |      |      |      |      |   |
| NORTH AMERICA                                                    |      |           |                |            |                      |     |      |      |      |       |      |      |      |      |      |   |
| COSTA RICA ADVENTURE: FROM CANOPY TO COAST                       | W    | 8         | M              | 16         |                      |     |      | ●    |      |       |      |      | ●    |      |      |   |
| AFRICA                                                           |      |           |                |            |                      |     |      |      |      |       |      |      |      |      |      |   |
| CLIMBING MOUNT KILIMANJARO WITH OPTIONAL SAFARI                  | W    | 10        | MAX            | 16         |                      |     |      |      |      | ●     |      |      |      |      |      |   |

L/M = LIGHT/MODERATE | M = MODERATE | M/S = MODERATE/STRENUOUS | S = STRENUOUS | MAX = MAXIMUM

Please see page 6 for full descriptions of the activity levels.

\*Departure dates prior to April 2020 or beyond February 2021 are listed on the itinerary pages for these trips.

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