



NATIONAL  
GEOGRAPHIC

# ADVENTURES

UNIQUE TRIPS FOR THE ACTIVE TRAVELER



2014—2015 CATALOG



## Dear Traveler,

The cover of the December 2013 issue of *National Geographic* magazine featured National Geographic explorer Paul Salopek leading camels on his epic 7-year trek from East Africa to Argentina's Tierra del Fuego. "What is it like to walk through the world?" he asks in the article within. "It is learning to read the landscape with your whole body, your skin, not merely your eyes."

There is something very special—many would say even spiritual—about moving through the landscape slowly, whether it's by foot, by kayak, or by camel. Away from the busy roads, away from the crowds, out in the open air, you rely on your own physical strength to transport you from place to place, and the exhilaration you feel arriving in a spectacular spot is even sweeter for the fact that you've earned it.

Though we'll leave the continent crossing to Paul Salopek, our new 2014 National Geographic Adventures reflect the same simple joy of exploring on foot. We'll set off on two very different UNESCO World Heritage-listed pilgrimage routes, trekking the most beautiful parts of the historic Route of St. James (El Camino de Santiago) across northern Spain, and hiking to mountain shrines alongside pilgrims in traditional garb on Japan's sacred Kumano Kodo. In Provence, we'll encounter well-loved places from the unique perspective of the trail and discover medieval hamlets tucked within the region's wild geology. While there, we're invited to a family farm in the Lubéron for a walk in fields of lavender and rosemary and a home-cooked meal featuring the farm's herbes de Provence.

This year, we're also introducing a white-water rafting adventure on the Middle Fork of Idaho's Salmon River. Splash through steep canyons and lush forests, stopping to fly-fish, swim, and discover the intriguing human history of this national treasure. No matter where we go, we get acquainted with local cultures in a meaningful way, walking through the Namibian wilderness with San bushmen or learning about traditional weaving techniques with artisans in Peru.

From dogsledding in Sweden to riding horseback across the Mongolian steppe, this catalog is brimming with opportunities to experience extraordinary places actively and intimately. We hope to see you on the trail!



Sincerely,

John Fahey  
Chairman  
National Geographic Society

Cover: A tunnel of vermilion torii gates curves toward the Fushimi Inari Temple in Kyoto, Japan.





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Your participation in a National Geographic Adventure provides support to National Geographic's mission of increasing global understanding through exploration, geography education, and research.



# ADVENTURE AWAITS

## **EXPERIENCE ADVENTURE FROM A NEW PERSPECTIVE**

When you set off into the world on a National Geographic Adventure, you experience “adventure” in every sense of the word. You trek across mountain ranges to archaeological wonders, kayak among white-sand tropical islands or deep into rain forests, cross an entire country on foot, or traverse legendary landscapes by camel or on horseback.

The adventure is a cultural one, too. You walk through the misty forests of Japan’s sacred Kumano trail alongside pilgrims dressed in colorful kimonos, go tracking with Hadza tribesmen in Tanzania, or sample the cuisine of the little-known Ladin people at lunch in a farmhouse in Italy’s Dolomites. It’s also a personal adventure: a physical challenge that you can tailor according to your interests

and abilities. Our trips are well paced, and our innovative itineraries are 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 for a shorter hike or stay behind and relax at the hotel.

## **EXPLORE IN SMALL NUMBERS**

A key part of experiencing a place intimately is getting away from the crowds. We keep our group size to a maximum of 16 so that we can move with agility, assimilate easily into local communities, and enjoy every place we visit in depth. Our small numbers allow us to take advantage of the many unexpected invitations and opportunities that arise on our adventures. And we stay in cozy inns, deluxe tented camps, and mountain lodges that reflect the local character

and don’t have room for larger groups. Your traveling partners are a huge part of the fun. They are like-minded people with diverse experiences who are game for a good adventure, passionate about the outdoors, and thrilled to be exploring new territory.

## **NATIONAL GEOGRAPHIC OPENS DOORS**

One of the beauties of traveling with National Geographic is the access you enjoy to special sites, fascinating people, and private homes. Whether you’re discussing recent finds in Peru with a National Geographic–supported archaeologist, or hiking in Scotland with a local historian and conservationist, you’ll benefit from our vast network of resources and engage deeply with the places you explore. Whenever possible, we arrange visits with experts in the field so that you can meet the people whose discoveries you’ve read about in the pages of our magazines.



## DESIGNED BY EXPERTS. GUIDED BY THE BEST.

When crafting our adventures, we tap into the knowledge and insights of National Geographic's experts to bring depth and meaning to your travel experience. And once you're on the road, you'll explore in the company of some of the best guides in the business. They are active outdoor enthusiasts with an in-depth knowledge of the places you're exploring. Along with our trip guides, you'll also be joined by local guides, from naturalists in Namibia to Sherpas in Nepal, who share valuable insights into their culture and their land. Since our guides often have close ties to the local community, you are readily welcomed into the lives of the local folk—invited for an impromptu meal or asked to join in a village festival.

## A PIONEERING PARTNER

We've partnered with Mountain Travel Sobek, a highly esteemed travel company that has pioneered adventure travel to some of the world's most remote places for more than 40 years. Perhaps it is fitting that Barry Bishop, who summited Everest on behalf of National Geographic in 1963 and had an illustrious career at the Society over some 30 years, was also one of the founders of Mountain Travel Sobek (then just Mountain Travel) back in 1969.

## SUSTAINING THE WORLD'S TREASURES

National Geographic Adventures is committed to sustaining the character of each place we visit—its environment, culture, heritage, and the well-being of its residents. Your participation in a National Geographic Adventure helps to support National Geographic's mission of increasing global understanding through exploration, geography education, and research. See page 9 for more information about our mission.

**“Our adventure was amazing! We had beautiful weather, awesome scenery, wonderful and knowledgeable guides, and a chance to explore areas we would not have been able to see if we had been traveling on our own.”**

– Karen G., traveler, England Coast to Coast, 2013



## ACTIVITY LEVELS

### EASY

Trips rated EASY typically have 1-3 hours of activity per day, with hikes/walks less than 3 miles on mostly flat terrain at altitudes of up to 3,000 feet. Itineraries with kayaking will have less than 2 miles of paddling per day.

### MODERATE

Trips rated MODERATE typically have 3-6 hours of activity per day, with hikes up to 10 miles on rolling or mountainous terrain with some steep ascents/descents and uneven trails at altitudes of up to 8,000 feet. Itineraries with kayaking will have 3-7 miles of paddling per day.

### STRENUOUS

Trips rated STRENUOUS typically have 5-8 hours of activity per day, with hikes up to 10-12 miles on mountainous, exposed terrain with steep ascents/descents and uneven trails at altitudes of up to 14,000 feet. Itineraries with kayaking will have up to 10 miles of paddling per day. Prior experience hiking at high elevation and a doctor's release may be required.

### ULTIMATE CHALLENGE

Designed for very fit and experienced hikers. Trips rated ULTIMATE CHALLENGE typically have 10 or more hours of activity per day, hiking 12 or more miles on remote, mountainous, exposed terrain with steep ascents/descents, and uneven trails at altitudes often exceeding 14,000 feet. Itineraries with kayaking will have 10 or more miles of paddling per day. Prior experience hiking at high elevation and a doctor's release will be required.

Several itineraries span two activity levels. On EASY TO MODERATE trips, most activities are rated EASY with more MODERATE activity levels on some days. On MODERATE TO STRENUOUS itineraries, most activities are rated MODERATE with more STRENUOUS activity levels on some days.



# Travel with the best.

## Introducing some of our exceptional guides:

Our trip leaders are among the finest in the business, chosen for their love of exploration, their welcoming nature, and their deep knowledge of the flora, fauna, geology, and culture you'll encounter. Here are some of the dynamic leaders who might accompany your adventure.



### **OMAR IDOUISSAADEN / Morocco**

Omar Idouissaaden grew up in a small village on the southern slopes of Morocco's High

Atlas mountains and later lived in Ouarzazate and Marrakech to complete his studies. He has been guiding trips in Morocco since 1998 and has led camel treks for the last four years. Omar speaks English, Arabic, Berber, and some French and loves to share his knowledge and passion for his country—especially his native Atlas Mountains—with visitors from around the globe.



### **HELGI EGILSSON / Iceland**

Helgi Egilsson is an avid outdoorsman who can often be found climbing, skiing, or tra-

versing glaciers—and introducing active travelers to his native Iceland. Helgi has been an active member of a search and rescue team for years and is currently studying to be a nurse. When indoors, he loves to play chess and is known to be a mean bass player.



### **ORLANDO HARASEB / Namibia**

A native of northwestern Namibia, Orlando Haraseb began his career as a natural-

ist guide under the mentorship of a prominent ornithologist nearly a decade ago. He has been working on conservation initiatives, guiding, and training local guides all over his country ever since, and currently serves as vice chairman of the Namibian Academy for Tourism and Hospitality. Before becoming a naturalist, Orlando played for Namibia's national soccer team for six years and served as a detective for the national police force.



### **JESSICA YEW / Vietnam, Laos, and Cambodia**

Diver, rock-climber, and native of Borneo, Jessica Yew has explored Southeast

Asia extensively—both as an inveterate traveler and a travel professional. Jessica is passionate about community tourism, responsible travel, and exploring cultures, and has led numerous trips to Vietnam. She currently works on coastal community development for a nonprofit based in Borneo. Jessica speaks English, Malay, Vietnamese, several Chinese dialects, and Dusun, the language of Malaysian Borneo's largest ethnic group.





## Some of the experts you may meet along the way:

National Geographic's vast network includes researchers, writers, filmmakers, and photographers working all over the globe. Whenever possible on our Adventures, we've arranged meetings with these experts so that you can learn firsthand about their projects and gain deeper insights into the places you're visiting. Take a look at a few of the fascinating people you may meet on an adventure with us.



Anthropologist **Carroll Dunham** has resided in the Himalaya for the past 25 years, researching indigenous healing traditions. An expert in Himalayan cultures, she is passionate about sacred geography, pilgrimage, and indigenous medicinal plants. She has written four books and produced films for National Geographic, PBS, and the BBC. Carroll is the founder of WildEarth, an organization that works with rural Asian women who create handcrafted products to generate income. Carroll will host us at her *ger* camp on our Mongolian Horse Trek.



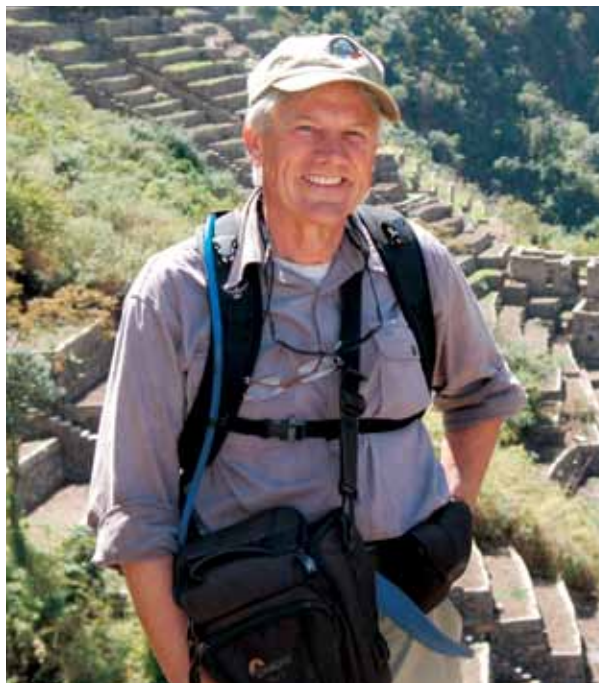
**Peter Frost** is a writer, photographer, scholar, archaeologist, and National Geographic grantee who has spent much of his life exploring Peru. His published works include guides to the Cusco region and a local book on Machu Picchu. In 2001 and 2002, Peter led National Geographic-sponsored archaeological expeditions into the remote region of Vilcabamba, where he discovered the Inca and pre-Inca site of Qoriwayrachina (*National Geographic* magazine, February 2004). Peter will join us for a talk and dinner in Cusco on our Peru: Machu Picchu Inn to Inn trek.



Based in Stockholm, **Camilla Hansen** is the Program Officer of National Geographic's Global Exploration Fund—Northern Europe. She has studied paleoclimatology at both Stockholm University and Uppsala University and has conducted field work throughout Northern Europe, the Canary Islands, and Tierra del Fuego. With nearly a decade of research in earth science, she now focuses on climate change outreach programs and educational administration. Camilla will tell us about the groundbreaking projects National Geographic's Global Exploration Fund—Northern Europe supports and share insights as we explore Stockholm on our Sweden: Dogsledding to the Icehotel adventure.



**Kim Heacox** is an award-winning writer, a naturalist, and a photographer who has lived in Alaska for 25 years. He has written four books for National Geographic, most recently *An American Idea: The Making of the National Parks*. Kim is also the author of *Alaska Light* and the memoir *The Only Kayak: A Journey into the Heart of Alaska*. His photography has appeared in *National Geographic* magazine. Kim will join us for a talk and dinner in Gustavus on our Alaska by Sea Kayak adventure.



### Our Loyalty Program

Once you've traveled on three National Geographic Expeditions or National Geographic Adventures, you'll qualify for enrollment in our Lifelong Explorer program.

Lifelong Explorers are entitled to discounts on any National Geographic Expedition or National Geographic Adventure as well as a host of other benefits:

**Discounts on all future trips**

**Advance notice of new trips**

**Invitations to join special trips not available to the public**

**Special offers on upcoming trips**

**Invitations to special National Geographic events and lectures around the country**

**Dedicated email newsletters exclusively for Lifelong Explorers**

To learn about the Lifelong Explorer program, visit [nationalgeographicadventures.com/lifelongexplorer](http://nationalgeographicadventures.com/lifelongexplorer)





## *The National Geographic Difference.*

For more than a thousand years, warrior-monks called *yamabushi* have been drawn to the sacred mountains of Japan's Kii Peninsula, not just to commune with the natural world, but to draw a mystical energy from nature that would eventually lead to enlightenment. These mountain ascetics practice a unique religion called Shugen-dō which combines elements of Buddhism, Shintoism, and Taoism and encourages pilgrimage to sacred mountains—like those we'll hike on our new adventure to Japan.

The Kumano Kodo pilgrimage route, a UNESCO World Heritage site that winds its way through the forested peaks of the Kii Peninsula, has beckoned *yamabushi* for centuries. Next year, it beckons us too. As we make our way past timeless shrines on its cedar-lined trails, we'll meet with a *yamabushi* to learn about his life, his beliefs, and the intriguing history of Shugen-dō, once associated with the traditions of the samurai.

This is just one of the many special experiences we have in store on our adventure in Japan. On the Kumano Kodo, we'll stay in Japanese-style family-run inns where the

simplicity is elegant and home-cooked meals come beautifully presented, full of fresh local ingredients. In the ancient city of Asuka, we'll take in a private taiko drumming performance, and then spend time with the drummers, enjoying a hands-on lesson and discovering the significance of this age-old art form. During a specially arranged private event at a Zen temple in Kyoto, we'll have the space and time to fully explore a keystone of Japanese culture: the tea ceremony.

Traveling with National Geographic means much more than checking off world-renowned sites and sticking to the beaten path. It means tracking cheetahs with Society-supported biologists in the wilds of Namibia; or hiking to an ethnic Tibetan hamlet high in the mountains of China's Yunnan Province; or rafting down the magnificent but hard-to-reach Middle Fork of the Salmon River, which daunted even Lewis and Clark and remains known as the River of No Return. We seek out experiences that are meaningful and authentic, that forge connections with the local people and culture, that bring us to spectacular and little-known places, and, in the end, that linger as rich and vivid memories.



# Unique Accommodations on Every Adventure.

The adventure doesn't end at the end of the trail: An integral part of each trip is where we rest up after the day's activities. Our accommodations are chosen for their authenticity, location, comfort, and the way they reflect the local culture. As we hike the Route of St. James in northern Spain, we stay in a number of historic monasteries and hospitals built centuries ago to support passing pilgrims—from León's majestic San Marcos Monastery to the 15th-century Hostal dos Reis Católicos in Santiago de Compostela. In Sweden, we check into the famous Icehotel, carved exquisitely from giant blocks of ice each year. We'll set up comfortable tents on spectacular stretches of Idaho's Salmon River and live in traditional gers in Mongolia. One of our homes in Provence is a 16th-century family house overlooking a medieval village, with charming, individually decorated rooms. And in the Kii Mountains of Japan, we spend the night in a traditional wooden ryokan built around natural hot springs.



Top Left: Our parador in Santiago de Compostela, originally built in the 15th century.  
Top Right: The grand entrance to Sweden's Icehotel.  
Bottom: A couple relaxing in our thatched-roof eco-lodge in Costa Rica.  
Opposite Page: A large torii gate graces the entrance to the Fushimi Inari Shrine in Kyoto, Japan.



The National Geographic Mission

## Inspiring People to Care About the Planet

Proceeds from our trips help fund the National Geographic Society's core mission programs. By traveling with us, you are helping support our grantees and explorers in their efforts to preserve species and habitats, protect cultures, and advance understanding of our incredible planet.

These proceeds have recently helped fund the Society's Big Cats Initiative, which sponsors a broad spectrum of programs to halt the decline of lion and cheetah populations.

National Geographic Adventures is committed to sustaining the character and integrity of each place we visit—its environment, culture, heritage, and the well-being of its residents. In providing authentic travel experiences, we strive to support local economies in our choice of accommodations and services. At the same time, we believe that the powerful positive effects of sustainable travel go beyond the long-term economic benefits, inspiring passionate stewards committed to protecting the places we visit.





# Photography Adventures

Transform your National Geographic Adventure into a traveling photography seminar, honing your techniques as you explore stunning places alongside some of the best photographers in the world. Whether you're capturing scenes of Shangri-la with Michael Yamashita, who recently published a book on the town, or working on portraits and wildlife photography with Chris Rainier while exploring Namibia, you'll learn tips and techniques from veteran National Geographic photographers who are passionate about travel and their trade.

The photography adventures below follow the itineraries found elsewhere in this catalog or on our website, with adjustments to the itinerary to maximize photographic opportunities. Our photography adventures are designed for photographers of all skill and experience levels.



## CHINA PHOTO ADVENTURE

Soaring, ice-glazed mountains that slide into deep river gorges, high alpine villages where ethnic Tibetans live as they have for centuries, and mountain monasteries filled with red-robed monks: these are what make China's Yunnan province a thrilling place for a photographer to explore. Set off along the ancient Tea Horse trade route, hiking to remote villages and sacred mountains on the way to Shangri-La. Photograph stupas against a backdrop of pointed peaks and colorfully dressed farmers at work in their terraced fields. Get to know the local people and document their timeless way of life as we make our way toward the Tibetan plateau. *See page 46 for a general itinerary, or visit our website for more details.*

11 Days • 2014: APR 7–17  
Cost: \$5,695

## NAMIBIA PHOTO ADVENTURE

Namibia brims with photographic opportunities, from its wild, unusual geology to its unique wildlife and vibrant ancient cultures. Hone your wildlife photography skills while tracking cheetahs, leopards, and desert-adapted elephants and rhinos with scientists and a National Geographic photographer. Capture landscapes that defy the imagination—endless salt pans, moonscapes hewn in red rock, and deserts that sweep to the sea. Enjoy a rare chance to document the timeless traditions of the San Bushmen, the Topnaar, and the Himba people as we spend time with them in their settlements and hike the wilderness they know by heart. *See page 52 for a general itinerary, or visit our website for more details.*

13 Days • 2014: JUN 16–28  
Cost: \$8,595

## TUSCANY AND CINQUE TERRE PHOTO ADVENTURE

Take to the hills of Tuscany and Cinque Terre with your camera in hand and capture stunning scenes of the countryside, villages, and everyday life in two of Italy's most beautiful regions. Frame cypress-topped hills and silvery olive groves as we hike through Chianti, and photograph the exquisite details of medieval and Renaissance architecture in hilltop towns like Siena and San Gimignano. Then head to the seaside slopes of Cinque Terre to photograph stunning views of terraced vineyards and orchards stacked high above the colorful hamlets that cling to the Mediterranean shores. *See page 26 for a general itinerary, or visit our website for more details.*

9 Days • 2014: SEP 9–17  
Cost: \$5,995





## SCOTLAND PHOTO ADVENTURE

Scotland's western edge is a picturesque upheaval of geology, where rocky crags jut out of sweeping valleys, velvety green hills take all manner of odd shapes, and mountainous islands loom in the sea's mist. Encounter the untamed Highlands and the Inner Hebrides islands through your camera lens, photographing glittering lakes and waterfalls, fantastic geologic formations, and ancient sites. Hike to abbeys and castles for photo shoots in the golden light of late afternoon, document lively street life in Edinburgh and Scotland's harbor villages, and cruise deep into the Cuillin mountain range for a photo hike among its jagged peaks. See page 18 for a general itinerary, or visit our website for more details.

8 Days • 2014: SEP 13–20  
Cost: \$5,495

## JAPAN PHOTO ADVENTURE

From the dazzling neon of downtown Tokyo to the serenity of mist-shrouded shrines in the Kii Mountains, photographic opportunities abound in this land of intriguing contrasts. Delve into Japanese culture with a photographer's eye, framing Kyoto's ancient temples in the late afternoon light or the sinuous patterns of terraced rice fields in the countryside. Focus on the blurred hands of *taiko* drummers or the artistry of a traditional tea ceremony, and photograph colorful, kimono-clad pilgrims amid the deep green forests of the sacred Kumano Kodo. See page 42 for a general itinerary, or visit our website for more details.

11 Days • 2014: OCT 29–NOV 8  
Cost: \$6,795

## Travel with a National Geographic Photographer



Photographer **Michael Yamashita** has been shooting for National Geographic for more than 30 years, producing award-winning documentaries and countless articles with a focus on Asia. He recently returned to Yunnan to shoot a *National Geographic Traveler* feature article. Michael will join the **China Photo Adventure**.



A National Geographic Society Fellow, photographer **Chris Rainier** is a co-director of the Society's Enduring Voices Project, which documents endangered languages and cultures. He is a contributing editor for *National Geographic Traveler*, and has won numerous photography awards. Chris will join the **Namibia Photo Adventure**.



Italian photojournalist **Massimo Bassano's** work has been published in *National Geographic Traveler* and on National Geographic's website. He shot a September 2011 story for *Traveler* entitled "The Towns Italy Forgot." Massimo will join the **Tuscany and Cinque Terre Photo Adventure**.



Photographer **Jim Richardson** has produced more than 40 stories for *National Geographic* magazine and *National Geographic Traveler*. He shot and wrote the Aug./Sep. 2012 *Traveler* cover story, "Scottish Island Obsession." Jim will join the **Scotland Photo Adventure**.



Award-winning photographer **Karine Aigner** is the former senior photo editor for *National Geographic KIDS* magazines and books. She has traveled the world by boat, taught English in Taiwan, and trekked through Morocco. Karine will join the **Japan Photo Adventure**.



# Provence Hiking Adventure



Provence is celebrated for its clear light and cobblestoned villages, its historic palaces and its abbeys set amid lavender fields. Yet the Provence you discover when exploring on foot is even more magical: it's a land of tumultuous geology where colors take on a new depth and brilliance. Pastel-colored hamlets dazzle against an impossibly blue sky and golden-stone farmhouses are tucked into orchards and vineyards ripe with plump fruit. Set off through gnarled olive trees, fields of poppies, and hillsides fragrant with wild thyme to discover the true spirit of Provence. Walk through wine country, hike under the jagged ridge of Les Dentelles de Montmirail, and climb to fortresses and medieval villages deep in the Lubéron.

## Trip Highlights

- Approach some of France's most beautiful villages on foot, enjoying a unique perspective and time to explore.
- Hike the Van Gogh trail around St.-Rémy-de-Provence, walking through landscapes the artist rendered in paint.
- Meander through an abandoned ochre quarry near Roussillon, where the red glow of the rock creates an otherworldly atmosphere.
- Sample world-renowned wines in Chateauneuf-du-Pape and Gigondas, and sit down to a farm-to-table meal at a local herb farm.



Above: The beautiful 12th-century abbey, Notre Dame de Sénanque.  
Right: The "perched" village of Gordes glows at dusk.



“For many, **Provence is the land of summer plenty**, where villages of golden stone sit among **fields of wheat and lavender and heavy-headed sunflowers**, and life is cadenced by the cicada’s drowsy metronome.”

– Tom Mueller, “Insider’s Provence”  
*National Geographic Traveler*, April 2006

#### DAY 1 AVIGNON, FRANCE

Meet at the train station in Avignon and transfer to our hotel in the historic city center. Perched on the Rhône and crowned by the immense Papal Palace, Avignon is as rich in history as it is in contemporary arts. Delve into this enchanting town on foot and walk across the legendary Pont d’Avignon, originally built in the 12th century. Then gather for a welcome dinner.

*Hôtel du Palais des Papes (D)*

#### DAY 2 CHATEAUNEUF-DU-PAPE

Travel north to Chateaufneuf-du-Pape, where famous wines have been produced for more than a thousand years. Hike up to the castle and then into the endless vineyards that surround the village. Stop for a picnic amid the vines and end the walk at a wine estate where we sample excellent local vintages. A short drive brings us to Vaison-la-Romaine, a gem of Roman and medieval art and architecture. Examine Roman mosaics and marble ruins before dinner at our hotel. (6 miles walking, 3–4 hours)

*Hostellerie Le Beffroi (B,L,D)*

#### DAY 3 DENTELLES DE MONTMIRAIL

Just south of Vaison-la-Romaine, a fringe of jagged rock known as the Dentelles (or lace) de Montmirail rises abruptly above the hills. Our hike weaves among oak forests and hidden vineyards, following the ridge of the Dentelles to the beautiful town of Gigondas. Enjoy a wine tasting and visit the village’s 11th-century church and Romanesque chapel. From here, walk through the hills to ninth-century village of Sablet. (6 miles walking, 3 hours)

*Hostellerie Le Beffroi (B,L,D)*



A visit to the local market is one of the great experiences in Provence.

#### DAY 4 LUBÉRON TO GORDES/BONNIEUX

Artists and writers have long flocked to the Lubéron, a string of mountains dotted with age-old villages, castles, and ancient beehive huts called bories. Our trail takes us toward the 12th-century abbey Notre-Dame de Sénanque, one of the purest remaining examples of Cistercian architecture, where monks still cultivate lavender and honey. Then set out through the *garrigue* (scrub filled with wild herbs) on our way to the hilltop village of Gordes. Cross the Lourmarin valley to the village of Bonnieux, which ascends the hillside to its 12th-century Romanesque church. (6 miles walking, 3–4 hours)

*L’Auberge de l’Aiguebrun (B,L,D)*

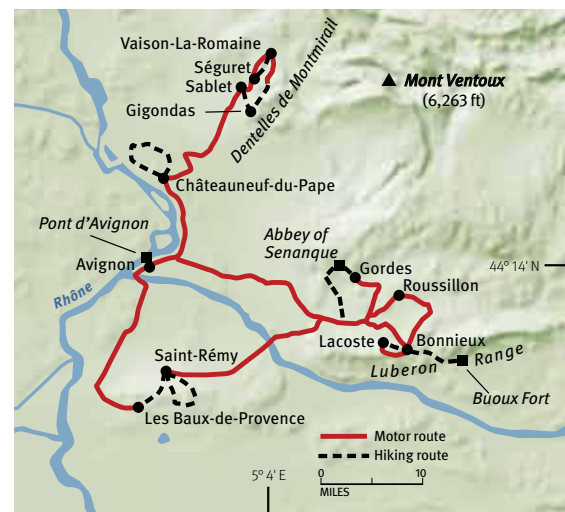
#### DAY 5 BONNIEUX TO LACOSTE

Dip down into the Calavon valley, walking through cherry orchards and past truffle-oak plantations. Our destination is Lacoste, a tight labyrinth of centuries-old homes winding up to the ruins of the castle of the Marquis de Sade. Stroll through the village and enjoy a pastis while overlooking the valley. Then visit a farm where herbes de Provence are grown. Learn about the many properties of rosemary, thyme, and lavender on a walk through the fields, and then sit down to a private farm-to-table meal. (5 miles walking, 3 hours)

*L’Auberge de l’Aiguebrun (B,L,D)*

#### DAY 6 ROUSSILLON TO ST.-RÉMY-DE-PROVENCE

Follow the lush trail of the Aiguebrun river into the heart of the Lubéron. Climb up to the stunning 3,000 year-old Buoux Fort, set dizzyingly above sheer cliffs, and explore its secret passageways. Then travel to Roussillon for lunch. Radiant ochre cliffs and pinacles buttress this hilltop town, and its houses are painted with ochre sands in a palette ranging from pale yellow to crimson.



Take a stroll through the brilliant sands of an abandoned ochre quarry, and then travel west to St.-Rémy-de-Provence, a historic market town. (4 miles walking, 3 hours)

*Hotel Gounod (B,L,D)*

#### DAY 7 ALPILLES

Set out on the Van Gogh trail, examining reproductions of his works as you walk through the very landscapes they depict. From the Saint-Paul asylum where he painted “Starry Night” and “Irises,” a winding track leads us to the crest of the dramatic Alpilles mountains, where the 360° view stretches from Mont Ventoux all the way to the Mediterranean. Spend the afternoon exploring St.-Rémy, from the Roman ruins of Glanum to the labyrinth of cobbled lanes filled with artists’ shops and cafés at its center. (5 miles walking, 3 hours)

*Hotel Gounod (B,L,D)*

#### DAYS 8 AND 9 LES-BAUX-DE-PROVENCE/AVIGNON

Hike from our hotel to Les-Baux-de-Provence, a medieval hamlet set high on a rocky outcrop in the Alpilles. We’ll pass intimate squares and leafy terraces on our way up to the gates of the citadel. If you wish, explore the ruins of the citadel, see a collection of medieval war machines, and take in expansive views of the plains below. Return to Avignon in time for a farewell dinner. Depart the next day. (5–6 miles walking, 3 hours)

*Hôtel du Palais des Papes (B,L,D; B)*

#### DATES:

2014: MAY 11–19 • JUN 1–9 • SEP 7–15 •  
SEP 28–OCT 6 • OCT 12–20

#### COST: \$4,995

Price is per person, double occupancy. For a single room, add \$850. Airfare and train to/from Avignon are not included. Round-trip economy air between New York and Paris is estimated from \$750.

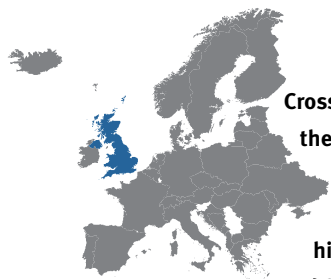
#### ACTIVITY LEVEL: EASY TO MODERATE

#### GROUP SIZE: 8–16

**TRIP DETAILS:** We will hike 3 to 4 hours per day (5 to 6 miles) on good trails. During hikes, vehicle support is provided at various points along the way, and participants always have the option to rest a day and ride to the next hotel. We will stay in ideally located inns and hotels that reflect the local character.



# England Coast to Coast



**Cross England on foot, trekking from the Irish Sea to the North Sea through three incredible national parks.**

**Immerse yourself in the mystical landscapes of the Lake District, where gemlike lakes reflect England's highest mountains and poets like William Wordsworth and Samuel Coleridge drew their inspiration. In the**

**Yorkshire Dales—James Herriot country—hike to storybook villages filled with half-timbered cottages and warmly lit pubs. Then climb into the wild, heather-covered highlands of the North York Moors. Along the way, discover ancient stone circles, medieval castles and monasteries, and the legendary charm of northern England. This is a 132-mile hike designed to take in the most beautiful and historic sections of Alfred Wainwright's famous 190-mile Coast to Coast Walk.**

Above: Travelers take in majestic views of the North Sea as they walk along the cliff-lined coast.  
Right: A cobblestoned street in the picturesque fishing village of Robin Hood's Bay.

## Trip Highlights

- Set out on one of the ten best long-distance hikes in the world!
- Step back into England's fascinating history as you explore sites from prehistory to the Roman era to the Tudors and beyond.
- Visit the home of poet William Wordsworth in the enchanting Lakeland village of Grasmere.
- Stay in picturesque inns that exemplify the character and charm of the region.







“We were **surprised and delighted by the variety of landscapes**, and the chance to feel close to nature once again. **We loved the vast expanse of the moors** most of all—  
what a fantastic feeling of freedom under that sky!”

— Alex A., traveler  
England Coast to Coast, 2013

#### DAY 1 PENRITH, ENGLAND/ENNERDALE

Arrive in London or Manchester and take the train to Penrith. We transfer to the village of Cleator and gather for a welcome dinner.  
*Ennerdale Country House Hotel (D)*

#### DAY 2 ST. BEES TO ENNERDALE BRIDGE

Our journey kicks off with a Coast to Coast tradition, dipping a toe in the Irish Sea. Then set off along the sandstone cliffs of St. Bee's Head, looking out for puffins, kittiwakes, and guillemots. Pause for a pub lunch on our way to Ennerdale Bridge at the foot of the Lake District mountains. (14 miles hiking, 8 hours)  
*Ennerdale Country House Hotel (B,L,D)*

#### DAY 3 ENNERDALE BRIDGE TO HONISTER

Today, we'll walk into spectacular Lake District National Park. Our splendid ramble traces the southern edge of Ennerdale Water, the park's most westerly lake. After lunch near the Black Sail Hut, climb a 2,000-foot pass and take in the vista of peaks, lakes, and sheep-speckled pastures. We finish in Borrowdale, a short transfer from our hotel. (10.5 miles hiking, 7–8 hours)  
*Inn on the Lake (B,L,D)*

#### DAY 4 GRASMERE TO GLENRIDDING

After a visit to the Grasmere home of the great poet William Wordsworth, we climb over Grisedale Hause (1,936') and take in spectacular views. Hike down the valley toward Lake Ullswater and spend the night in Glenridding. (9 miles hiking, 5 hours)  
*Inn on the Lake (B,L,D)*

#### DAY 5 LAKE ULLSWATER TO SHAP

Enjoy a scenic cruise on Lake Ullswater to Howtown. From here, we cross a historic Roman road on our way to Bampton. Hike across moorland to the 12th-century Shap Abbey. Then we transfer to our hotel in the quintessential English village of Ravenstonedale. (12 miles hiking, 6–7 hours)  
*The Black Swan (B,L,D)*



A hiker walks through brightly blooming fields of heather.

#### DAY 6 SHAP TO ORTON AND RAVENSTONEDALE

Trek across a limestone plateau dotted with prehistoric settlements, stone circles, and burial mounds. Stop for lunch and visit the chocolate shop and factory in the village of Orton. Continue the hike or transfer back to Ravenstonedale to enjoy some free time—and a pint of local ale. (8 or 15 miles hiking, 4–9 hours)  
*The Black Swan (B,L,D)*

#### DAY 7 RAVENSTONEDALE TO RICHMOND

Follow a trail to the market town of Kirkby Stephen. After lunch, we drive to the hamlet of Keld in the heart of Yorkshire Dales National Park. Hike along the River Swale, past waterfalls and enchanting hamlets. Pause for an afternoon tea before walking on to Gunnerside. A short bus ride brings us to Richmond, the market town of the Swaledale region. (12 miles hiking, 7 hours)  
*The Kings Head Hotel (B,L,D)*

#### DAY 8 REETH TO RICHMOND

A short transfer brings us to the village of Reeth. From here, continue through the Yorkshire Dales, hiking along stretches of limestone on the way to historic Richmond. Here, we'll explore an 11th-century Norman castle. (10 miles hiking, 5–6 hours)  
*The Kings Head Hotel (B,L,D)*

#### DAY 9 RICHMOND TO LORD STONES

Trace the River Swale past the remains of Easby Abbey to the village of Catterick Bridge. A short transfer brings us to the Mount Grace Priory. Explore the ruins, and after lunch, we'll hike toward the Cleveland Hills in the heart of the moorland. Return to Richmond for free time. (4.5 or 11 miles hiking, 2–7 hours)  
*The Kings Head Hotel (B,L)*

#### DATES:

2014: MAY 11–23 • MAY 25–JUN 6 • JUN 8–20 •  
JUN 15–27 • JUN 22–JUL 4 • JUL 6–18 •  
JUL 13–25 • JUL 20–AUG 1 • JUL 27–AUG 8 •  
AUG 3–15 • AUG 10–22 • AUG 17–29 •  
AUG 24–SEP 5 • AUG 31–SEP 12 • SEP 14–26

#### COST: \$5,295

Price is per person, double occupancy. For a single room, add \$600. Airfare is not included. Round-trip economy air between New York and London or Manchester is estimated from \$880.



#### DAY 10 CLAY BANK TOP TO BLAKEY RIDGE

Transfer to the North York Moors National Park, and begin hiking across the dramatic landscape of the moors. Our route offers far-ranging vistas as we hike towards our home for tonight, the 400-year-old Lion Inn. (9 or 12.5 miles hiking, 5–7 hours)  
*The Lion Inn (B,L,D)*

#### DAY 11 BLAKEY RIDGE TO GROSOMT

From the Inn, we descend to Great Fryup Head and into Glaisdale where we'll see Beggars Bridge. Then hike along an old trade route to Grosmont, or opt to ride the bus. (9 or 14 miles hiking, 5–8 hours)  
*Mallyon Spout Hotel (B,L,D)*

#### DAY 12 LITTLEBECK TO ROBIN HOOD'S BAY

From the hamlet of Littlebeck, our walk takes us into Scarry Wood, past a legendary cave, and up to the waterfall of Falling Foss. Walk along the cliff top to the picturesque fishing village of Robin Hood's Bay. (12 miles hiking, 7 hours)  
*Victoria Hotel (B,L,D)*

#### DAY 13 YORK

After breakfast, head to the airport for your return flight home. (B)

#### ACTIVITY LEVEL: MODERATE TO STRENUOUS

#### GROUP SIZE: 8–16

**TRIP DETAILS:** We will be hiking 4 to 9 hours per day (7 to 15 miles) on moderate to steep grades at low elevations. During hikes, vehicle support is provided at various points along the way, and participants always have the option to rest a day and ride to the next hotel. We will stay 12 nights in ideally located inns and hotels that reflect the local character.



# Ireland: Hiking the Emerald Isle



With its spectacular coastline and its endless swells of emerald hills scattered with ancient ruins, Ireland was made to be explored on foot. Hit the trails in four of Ireland's most scenic spots: the Wicklow Mountains, the Ring of Kerry, the Dingle Peninsula, and the Aran Islands. Follow the Wicklow Way just south

of Dublin to beautiful Glendalough, hiking along clear streams that cut through the fresh pine forest. Then travel to County Kerry and spend two days walking and cycling among Ireland's highest mountains, Macgillycuddy's Reeks. Trace the rocky shores of the Dingle Peninsula past fishing villages and age-old beehive huts, and end your adventure among the surreal limestone flats of the Aran Island of Inishmore. Discover early Christian monasteries, enigmatic stone circles and Celtic forts, medieval manors, and Ireland's lively culture along the way.

Above: A walker admires the view of the beautiful Irish countryside.  
Right: A bicyclist passes one of the many pubs in the town of Dingle.

## Trip Highlights

- Approach the enchanting valley of Glendalough from above, descending along the beautiful Wicklow Way.
- Hike a portion of the Dingle Way, encountering the beehive huts and cliff-lined coast of the Dingle Peninsula.
- Take to the trails of the spectacular Ring of Kerry, passing ancient forts and monasteries and stopping for a sheepdog demonstration.
- Go cycling on Inishmore, the largest of the Aran Islands, and get acquainted with the rich Irish traditions of the Gaeltacht.







“Our guides made even the most challenging moments **fun, doable, and interesting.** With their encouragement, I was **pleased with what I found I was capable of.**”

– Patricia S., traveler  
Ireland: Hiking the Emerald Isle, 2012

#### DAY 1 DUBLIN, IRELAND

Arrive in Dublin and transfer to our hotel in the city’s historic center. Enjoy a free afternoon to relax or explore the city. Hit the streets on foot, visit the Guinness Storehouse, or view the Book of Kells. Tonight, we gather for a trip briefing and welcome dinner.  
*Buswells Hotel (D)*

#### DAY 2 POWERSCOURT GARDENS/GLENDALOUGH

Spend the morning exploring the vast gardens of Powerscourt House, a country estate dating back to 1300. Then set out along the beautiful Wicklow Way, which stretches about 79 miles through the Wicklow Mountains. Hike through lush pine forests before descending to Glendalough, a monastic site established by the sixth-century hermit St. Kevin. (10 miles hiking, 5 hours)  
*Glendalough Hotel (B,L,D)*

#### DAY 3 WICKLOW WAY/AVOCA

Follow the trails of the Wicklow Way, hiking wooded slopes past waterfalls and taking in panoramic views of Glendalough as we leave it behind. Take a short drive to the Vale of Avoca, where Ireland’s gold rush began in 1796. Enjoy free time to wander through the town and visit the Avoca Handweavers mill. (9 miles hiking, 5 hours)  
*Glendalough Hotel (B,L,D)*

#### DAY 4 KILLARNEY

Travel southwest to the Rock of Cashel, an important site in Irish mythology. Packed within age-old ramparts, the buildings in this complex exemplify the best of Ireland’s medieval art and architecture. Continue to Killarney, arriving in the afternoon. Set



Inishmore, the largest of the Aran Islands, is home to Dun Aengus.

out on a walking tour; taking in the gardens of Muckross House, a 19th-century estate perched between two lakes. Tonight, we’ll explore the lively town centre to enjoy some traditional music or even some Irish step dancing. (3 miles hiking, 2 hours)

*Killarney Plaza Hotel & Spa (B,L,D)*

#### DAY 5 GAP OF DUNLOE

Explore the Gap of Dunloe, a narrow valley that splits the Purple Mountain massif from Macgillycuddy’s Reeks, Ireland’s highest mountain range. Hit the seven-mile trail on foot, then return to Killarney by boat. Or hop on a mountain bike and follow a 30-plus-mile circuit through the Gap of Dunloe and around Killarney’s lakes. Later, visit Ross Castle, site of strong resistance to Oliver Cromwell’s Roundheads during the Irish Confederate Wars. Then enjoy an evening on your own to get to know the town. (7 miles hiking, 3 hours; or 30+ miles biking, 3 hours)

*Killarney Plaza Hotel & Spa (B,L)*

#### DAY 6 RING OF KERRY OR CARRAUNTOOHIL

Set out on the trails of the Ring of Kerry, stopping along the way to watch a sheepdog demonstration and visit ancient sites. Or opt for a more challenging climb up Ireland’s highest peak, Carrauntoohill (3,415’). Starting from the shores of Lough Acoose, ascend Caher Mountain (3,284’) and follow the Caher Ridge to the summit of Carrauntoohill. Descend to the Kerry Way for the last leg of the hike. Later, we transfer to nearby Dingle Peninsula. (10–12 miles hiking, 6 hours; or 11 miles, 8 hours for the climb)

*Dingle Banners Hotel (B,L,D)*

#### DAY 7 DINGLE

Windswept green hills, a rocky coastline, and a wealth of archaeological sites make the Dingle Peninsula one of Ireland’s greatest treasures. Set out on the Dingle Way, a spectacular trail



that traces the coast. As we hike from Ventry to near Ballydavid, discover ancient beehive huts; the remains of the stone fort of Dun an Oir; and the Gallarus Oratory, an early Christian church built of unmortared stone. (11 miles hiking, 6 hours)

*Dingle Banners Hotel (B,L,D)*

#### DAY 8 DINGLE PENINSULA/THE BURREN

This morning, we visit the enigmatic Ballintaggart Ogham Stones, nine oval stones that may mark an ancient burial site. Then travel to the dramatic limestone karst landscape of the Burren, where we’ll meet a local farmer to learn about this otherworldly landscape and the traditions of its people. Our home tonight is the charming city of Galway. (3 miles walking, 2 hours)

*Park House Hotel (B,L)*

#### DAY 9 ARAN ISLANDS/GALWAY

Take the ferry to the Aran Islands where Gaelic is still the lingua franca. Hike up to Dun Aengus, a mysterious ring fort perched on the edge of cliffs that drop 300 feet to the ocean. Explore the island by bicycle or guided minibus. Take the ferry back to Galway for our farewell dinner. (2 miles hiking, 1 hour)

*Park House Hotel (B,L,D)*

#### DAY 10 SHANNON

After breakfast, transfer to Shannon Airport or take the train to Dublin for your flight home. (B)

#### DATES:

2014: MAY 19–28 • JUN 2–11 • JUN 16–25 •  
JUN 30–JUL 9 • JUL 14–23 • JUL 28–AUG 6 •  
AUG 11–20 • AUG 25–SEP 3 • SEP 8–17

#### COST: \$4,895

Price is per person, double occupancy. For a single room, add \$500. Airfare is not included. Economy air between New York and Dublin, and return from Shannon, is estimated from \$1,050.

#### ACTIVITY LEVEL: MODERATE

#### GROUP SIZE: 8–16

**TRIP DETAILS:** We will be hiking 1 to 6 hours per day (2 to 11 miles) on moderate to steep grades and at elevations ranging from 280 to a maximum of 3,415 feet. Most days will have options for more, or less, hiking. During hikes, vehicle support is provided at various points along the way, and participants always have the option to rest a day and ride to the next hotel. We will stay in hotels that combine comfort, ideal locations, and local charm.



# Hiking Scotland's Highlands and Islands



EUROPE

Amid the velvet hills and craggy peaks of Scotland's western edge, saints and kings have passed, clans and armies clashed, and poets and rebels have sought refuge. Encounter the untamed Highlands and the Inner Hebrides islands on foot, exploring glittering lakes and waterfalls, fantastic geologic formations, and historic sites that date back more than a thousand years. Climb the forested hills of Loch Lomond and the Trossachs National Park, hike the coasts of the isles of Iona and Kerrera, and cruise deep into the Cuillin mountain range for a hike among its jagged peaks. Following in the footsteps of famous native Scots such as John Muir, Sir Walter Scott, Robert Burns, and Bonnie Prince Charlie, learn the rich history and legends of Scotland's wild western lands.

Above: A hiker pauses to take in sweeping views of the stunning landscape.  
Right: Puffins are easy to spot near their colony on the isle of Staffa.

## Trip Highlights

- Explore five islands, two national parks, and the UNESCO World Heritage site of Edinburgh on a variety of hikes and walks.
- Hike beneath Ben Nevis with a conservationist and historian from the John Muir Trust.
- Venture into ancient castles and abbeys and discover Highland culture in remote villages.
- Encounter fascinating geology, from the basalt columns of Fingal's Cave to the rock pinnacles of the Isle of Skye.







“Geographically isolated, lashed by the North Atlantic, these brave outposts nurtured an individuality and an independence that have lured adventurers and romantics for centuries...”

– Jim Richardson, “Scottish Island Obsession”  
*National Geographic Traveler*, August/September 2012

#### DAY 1 EDINBURGH, SCOTLAND

Arrive in Edinburgh and transfer to our hotel. Meet for a mid-afternoon walk along the Royal Mile, and we'll wind our way down from Edinburgh Castle past sharp church spires, cobbled alleyways, and Holyrood Palace to Holyrood Park. A short hike brings us up the knoll of Arthur's Seat, where we'll have outstanding views of the city. Tonight, gather for an orientation and welcome dinner at the hotel.

*Bruntsfield Hotel (D)*

#### DAY 2 THE TROSSACHS/OBAN

Head west after breakfast, stopping for a warm-up hike in Loch Lomond and the Trossachs National Park, Scotland's first national park. Our trail takes us along the shores of Loch Katrine, a stunning lake that inspired Sir Walter Scott to write *The Lady of the Lake*. Or take a vigorous hike up to the pointed summit of Ben A'an for sweeping views of the lake. After lunch, continue to the port town of Oban and wander the lively harbor. (2–3 miles hiking, 3 hours)

*Oban Caledonian Hotel (B,L,D)*

#### DAY 3 KERRERA: THE GREEN ISLE

Voyage to the isle of Kerrera by ferry, then set off on a hike through history. Pass Horseshoe Bay, where King Alexander II of Scotland died in 1249 while preparing to drive the Norwegian army out of western Scotland. Explore Gylen Castle, which was built as a stronghold of the MacDougall clan in 1582, and was besieged and burned in 1647. Head up into the hills to take in spectacular views of the Island of Mull. Return to Oban by ferry this afternoon, and visit the local whisky distillery for a guided tour. (6–7 miles hiking, 4–5 hours)

*Oban Caledonian Hotel (B,L,D)*



Whisky barrels store some of Scotland's finest.

#### DAY 4 ISLES OF MULL, IONA, AND STAFFA

Board the morning ferry to the Island of Mull, the second largest of the Inner Hebrides. Cross to the west coast and take a boat to the uninhabited isle of Staffa to visit Fingal's Cave. Float into the cave to see its spectacular hexagonal basalt shafts. End the day on Iona, a tiny island off the tip of Mull that has drawn pilgrims since St. Columba established a monastery here in the sixth century. Explore the stunning abbey, which dates from late medieval times. (3 miles hiking, 1–2 hours)

*Oban Caledonian Hotel (B,L,D)*

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

Travel 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, before continuing 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, follow the “road to the isles” and cross over the sea to Skye. (3–4 miles hiking, 3 hours)

*Bosville Hotel (B,L,D)*

#### 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. Hike beneath the unusual rock formations of the Quiraing and the Old Man of Storr, and learn a fascinating story of geologic turmoil. Later, venture into Dunvegan Castle, the oldest continuously inhabited castle in Scotland, and the stronghold of the MacLeod chiefs for some 800 years. Listen to the colorful history of the



clan as we explore elegant staterooms, the dungeon, and the beautiful gardens. (6–7 miles hiking, 4–5 hours)

*Bosville Hotel (B,L,D)*

#### DAY 7 CUILLIN HILLS

Along Skye's southern edge, the Cuillin mountains, often called the Black Cuillin, rise abruptly in rocky crests formed from dark volcanic gabbro. We'll take the less-traveled route into the Cuillins, approaching from the south by boat via narrow Loch Coruisk. Circumnavigate the loch, taking in magnificent views of the peaks that tower over its shores. Then enjoy an incredible hike among these fabled slopes. (6–7 miles hiking, 4–5 hours)

*Bosville Hotel (B,L,D)*

#### DAY 8 SKYE/EDINBURGH

After breakfast, start our journey back to Edinburgh, stopping along the way for lunch and a short hike in Cairngorms National Park. Arrive in Edinburgh in the late afternoon and transfer to the city center or to the airport for your flight home. (3 miles hiking, 1–2 hours)

*(B,L)*



#### DATES:

2014: MAY 24–31 • JUN 7–14 • JUN 14–21 •  
JUN 21–JUN 28 • JUL 5–12 • JUL 19–26 •  
AUG 9–16 • AUG 16–23 • SEP 6–13

#### COST: \$4,795

Price is per person, double occupancy. For a single room, add \$500. Airfare is not included. Round-trip economy air between New York and Edinburgh is estimated from \$900.

#### ACTIVITY LEVEL: EASY TO MODERATE

#### GROUP SIZE: 8–16

**TRIP DETAILS:** We will be hiking 1 to 5 hours per day (2.5 to 7 miles) on moderate to steep grades at low elevations. During hikes, vehicle support is provided at various points while in the highlands, but will be limited while on the islands. Participants always have the option to rest a day and ride to the next hotel. We will stay in ideally located hotels that reflect the local character.



# Spain: Walking El Camino de Santiago



Spilling over the Pyrenees from France into Spain, the network of trails that make up the Route of St. James—or El Camino de Santiago—converges at the cathedral of Santiago de Compostela. For more than a thousand years, pilgrims have trekked over the high plains of Castilla and the hills of Galicia, some to honor the Apostle James; others in the midst of their own spiritual journey. The route has given rise to historic and religious sites that represent centuries of European architecture at its best. Set out from Pamplona to discover the longest pilgrimage route in Europe, experiencing the most picturesque and poignant sections of this UNESCO World Heritage site on foot.

Above: Hikers pause at an overlook just before the culmination of El Camino: the cathedral of Santiago de Compostela.

Right: A hiker walks through the hills of Galicia.

## Trip Highlights

- Trace footsteps of Ernest Hemingway (and many a bull) through the streets of Pamplona, and take a guided tour of the spectacular old town of Santiago de Compostela.
- Venture into the cathedral of Burgos and the monasteries of San Millán de la Cogolla, both UNESCO World Heritage sites.
- Encounter Roman sites, mountain villages, and the architecture of Antoni Gaudí.
- Stay in historic monasteries and paradors built centuries ago.





“Stone walls of ancient pallozas crowd Santa Tecla hill, on Galicia’s western coast. Looking down from this site—already old when the Romans came—to the modern suburbs of A Guarda below, I can feel the continuity of human existence, of communities following one another for 2,000 years.”

— Jim Richardson, “Galicia, Untamed”  
*National Geographic Traveler*, June/July 2013

#### DAY 1 PAMPLONA, SPAIN

Arrive in Pamplona and transfer to our historic hotel, once a haunt of Ernest Hemingway. After an orientation, set out on a walk through the old city and the streets made famous by the running of the bulls. Meet up for a welcome dinner tonight.

*Gran Hotel La Perla (D)*

#### DAY 2 LOGROÑO TO NAVARRETE

Descend out of the foothills of the Pyrenees to La Rioja, one of Spain’s most celebrated wine regions. In the capital city of Logroño, we get the first stamp in our “credencial” at the Plaza de Santiago. Then begin our journey along El Camino, walking through the vineyards to the village of Navarrete. In the afternoon, visit the Yuso and Suso monasteries of San Millán de la Cogolla, a World Heritage site considered the birthplace of the Spanish language. Stop for a wine tasting at a local bodega before settling into our hotel. (8 miles hiking, 4 hours)

*Parador Nacional de Santo Domingo de la Calzada (B,L,D)*

#### DAY 3 ATAPUERCA TO BURGOS

Our route today rises onto the Meseta Central, high plains that stretch across much of central Spain. We’ll pick up the trail in Atapuerca and make our way towards Burgos. Walk right into the center of the ninth-century city, a former capital of the kingdom of Castile and home to the Spanish national hero El Cid. Set out on a guided tour of the old town and its 13th-century Gothic cathedral, a World Heritage site. (12–13 miles hiking, 5–6 hours)

*Hotel NH Palacio de la Merced (B,L,D)*



An iconic symbol of the Camino de Santiago, the scallop shell helps pilgrims find their way.

#### DAY 4 FROMISTA TO CARRIÒN DE LOS CONDES

Continue across the Meseta, rambling through the endless green and gold fields of the Tierra de Campos. This land is filled with the history of La Reconquista, when Christian kingdoms succeeded in retaking areas of the Iberian Peninsula controlled by Moors. Arrive in the town of Carrión de los Condes, where we’ll stay the night in a historic monastery. (11 miles, 5 hours hiking)

*Hotel Real Monasterio San Zoilo (B,L,D)*

#### DAY 5 SAHAGÚN TO BERCIANOS DEL CAMINO/LEÓN

Start off from the medieval city of Sahagún and head west to the village of Bercianos del Camino. Drive on to León for lunch and spend the afternoon discovering the city’s historic sites, including its remarkable cathedral, filled with more than 100 stained glass windows. Our home here is a spectacular Renaissance convent. (5–6 miles hiking, 3 hours)

*Parador Nacional de San Marcos (B,L,D)*

#### DAY 6 HOSPITAL DE ÓRBIGO TO ASTORGA/VILLAFRANCA DEL BIERZO

Today’s hike begins at a Roman bridge in the village of Hospital de Órbigo. Follow country roads and take in the view from El Crucero de Santo Toribio, a stone cross that has marked our trail for centuries. Descend to Astorga, and explore the town’s fascinating architecture, from Romanesque and Gothic churches to a palace designed by Antoni Gaudí. Continue west to Villafranca del Bierzo for the night. (11 miles hiking, 5 hours)

*Parador Nacional, Villafranca del Bierzo (B,L,D)*

#### DAY 7 LAS HERREIAS TO O CEBREIRO/MONFORTE DE LEMOS

Hike into the northwestern region of Galicia, known for its Celtic



history and rolling hills. We’ll tackle our first serious ascent, climbing nearly 1,200 feet during our last four miles. Follow forest paths and switchbacks past thatched houses and stone villages to reach the hilltop hamlet of O Cebreiro. See the oldest intact church on El Camino, and leave a coin at the village cross for good luck. We’ll spend the night in a Benedictine monastery in Monforte de Lemos. (7–8 miles hiking, 3.5 hours)

*Parador Nacional de Monforte de Lemos (B,L,D)*

#### DAY 8 O PEDROUZO/SANTIAGO DE COMPOSTELA

Travel to the town of O Pedrouzo, where we’ll set off on the final leg of our hike along El Camino de Santiago. From Monte del Gozo, catch a first glimpse of the towers of Santiago’s cathedral. Continue into the heart of the city to Plaza do Obradoiro at the foot of the cathedral—the endpoint of the pilgrimage route. (12 miles hiking, 6 hours)

*Parador Nacional de los Reyes Catolicos, Santiago de Compostela (B,L,D)*

#### DAYS 9 AND 10 CABO FISTERRA/SANTIAGO DE COMPOSTELA

Journey to Cabo Fisterra, the western most tip of Spain and a continuation of El Camino for many pilgrims. Return to Santiago for a guided historical tour of the cathedral and the city’s old quarter, a World Heritage site. Or enjoy time to explore on your own before our farewell dinner. The next morning, transfer to the airport for your flight home. (B,L,D; B)

#### DATES:

2014: APR 21–30 • MAY 5–14 • JUN 2–11 •  
SEP 15–24 • OCT 6–15

#### COST: \$5,995

Price is per person, double occupancy. For a single room, add \$1,400. Airfare is not included. Economy air from New York to Pamplona, and return from Santiago de Compostela is estimated from \$1,250.

#### ACTIVITY LEVEL: MODERATE

#### GROUP SIZE: 8–16

**TRIP DETAILS:** We will hike 3 to 6 hours per day (5 to 13 miles) mostly on moderate to steep grades at low elevations. During hikes, vehicle support is provided at various points along the way, and participants always have the option to rest a day and ride to the next hotel. We will stay 6 nights in ideally located paradors and 3 nights in comfortable hotels that reflect the local character.



# Sweden: Dogsledding to the Icehotel



Above the Arctic Circle, Sweden's Lapland region unfolds with snowcapped mountains, deep forests, and vast stretches of untamed wilderness. After exploring vibrant Stockholm, fly north to Kiruna and embark on an authentic dogsledding expedition that takes you across frozen rivers and valleys blanketed in untouched snow. Feel the thrill of driving your own team of huskies from one wilderness lodge to the next, and unwind at the end of each day with wood-heated saunas and hearty meals. Along the way, discover the traditions of Lapland's indigenous people, the Sami, and learn about their ancient reindeer-herding culture. Then cap off your adventure by experiencing one of the world's architectural marvels: the Icehotel of Jukkasjärvi, exquisitely constructed from ice and snow every year.

Above: A team of huskies leads a sled through the crisp white snow in Sweden's Lapland.  
Top right: The glimmering Northern Lights paint an otherworldly glow in Sweden's countryside.  
Bottom right: Colorful buildings lit at night in Old Town, Stockholm.

## Trip Highlights

- Drive your own team of Alaskan huskies on a sledding expedition through the Lapland wilderness.
- Relax in cozy cabins ideally situated for viewing one of nature's most dazzling displays: the aurora borealis, or northern lights.
- Spend time with Sami herders and try your hand at driving a traditional reindeer sled.
- Stay at the famed Icehotel, with the option of sleeping in one of its sculpted ice rooms.







**“The moment the dogs start pulling your sled, the rest of the world falls away.** It’s just you, the wide, empty tundra, the sound of your sled cutting through the snow, and a pack of loveable mutts.”

– Sean S., traveler  
**Sweden: Dogsledding to the Icehotel, 2013**

#### DAY 1 STOCKHOLM

Arrive in Stockholm and transfer to our hotel, located on the charming waterfront. Enjoy a free afternoon to relax or explore the city, then meet up for an orientation and a welcome dinner.

*First Hotel Reisen (D)*

#### DAY 2 STOCKHOLM

Today, we’ll be joined by a representative from National Geographic’s Global Exploration Fund-Northern Europe who will tell us about the groundbreaking projects this program supports and share insights as we explore Stockholm. At the Vasa Museum, examine a 17th-century royal warship that was much celebrated until it sank in front of crowds of onlookers on its maiden voyage. Stroll along narrow streets where regal architecture mixes with a vibrant contemporary culture.

*First Hotel Reisen (B,L,D)*

#### DAY 3 KIRUNA

Fly to Sweden’s northernmost city, Kiruna, located 90 miles above the Arctic Circle. Explore this mining outpost in the heart of the Lapland region—a vast wilderness of alpine peaks, ancient forests, and pristine lakes and rivers. Lapland is home to the Sami people, who have inhabited the northern parts of Scandinavia for thousands of years. Get outfitted for our sledding adventure before heading to the village of Övre Soppero, where we’ll settle into our accommodations at a local homestead. Meet our Sami hosts and experience their way of life firsthand.

*Övre Soppero Homestead (B,L,D)*



Guests mingle at the famous Icehotel.

#### DAY 4 ÖVRE SOPPERO/LAKE VÄKKÄRÄ

Today, we’ll discover the cornerstone of Sami culture: reindeer herding. Try your hand at the art of lassoing reindeer before setting off on an exhilarating sled ride. Follow our reindeer teams through snow-covered fields to a nearby *lavu*, or traditional Sami tepee, and enjoy lunch by a fire. Later, transfer to Väkkärä Wilderness Lodge, where we’ll settle into our private log cabins and relax in a wood-heated sauna. Our remote location is ideal for viewing the aurora borealis, which provides dazzling entertainment on clear nights. (6 miles reindeer sledding, 2–3 hours)

*Väkkärä Wilderness Lodge (B,L,D)*

#### DAY 5 LAKE VÄKKÄRÄ TO SEVUVUOMA

Rise early to prepare for our dogsledding adventure. Meet your team of Alaskan huskies, and learn the basics of harnesses, lines, and mushing. Then set off by sled into the heart of the Lapland wilderness. Experience the thrill of driving your own team on a trail through snow-clad forests and across frozen lakes and rivers, keeping an eye out for wildlife. Our destination is Sevuvuoma Lodge, a wilderness retreat situated beneath the peak of Vittangivaara. Tonight, unwind in the lodge’s sauna and enjoy a hearty dinner. (18 miles dogsledding, 5–6 hours)

*Sevuvuoma Lodge (B,L,D)*

#### DAY 6 SEVUVUOMA TO LAKE VÄKKÄRÄ

After breakfast, we feed and harness our huskies, then head off on a trail where few travelers have set foot. Our journey takes us through a quiet, snow-covered landscape. This afternoon, arrive back at the Väkkärä Wilderness Lodge. Meet a renowned rein-

#### DATES:

2014: MAR 14–22 • MAR 21–29 •  
MAR 28–APR 5 • APR 4–12  
2015: MAR 13–21 • MAR 20–28 •  
MAR 27–APR 4 • APR 3–11

**COST:** 2014: **\$7,895**  
2015: **\$8,595**

Price is per person, double occupancy. For a single room (available only in Stockholm and at the Icehotel), add \$800 in 2014 and \$900 in 2015. Airfare is not included. Round-trip economy air between New York and Stockholm is estimated from \$750. Internal round-trip group air between Stockholm and Kiruna is estimated at \$700. Upgrade to an Ice Suite at the Icehotel for \$300 per person



deer herder, who will prepare a traditional Sami meal and share images and stories from his 40 years of working with reindeers. (18 miles dogsledding, 5–6 hours)

*Väkkärä Wilderness Lodge (B,L,D)*

#### DAY 7 LAKE VÄKKÄRÄ/JUKKASJÄRVI

Enjoy a final morning of mushing before we say goodbye to our husky teams. After lunch, transfer to nearby Jukkasjärvi and check into the Icehotel, the world’s largest hotel made solely of snow and ice. Explore this ephemeral creation of snow walls, crystal domes, and whimsical ice sculptures. Celebrate our adventure with a farewell dinner and a drink in the famous Icebar. Tonight, sleep in a heated room, or opt for one of the hotel’s famous ice or snow rooms, where you will be snugly outfitted in a thermal sleeping bag. (15 miles dogsledding, 4–5 hours)

*Icehotel (B,L,D)*

#### DAYS 8 AND 9 JUKKASJÄRVI/STOCKHOLM

Return to Kiruna and fly back to Stockholm for a free afternoon to explore the city and enjoy dinner on your own. The following morning, transfer to the airport for your return flight home.

*First Hotel Reisen (B,L; B)*

(double occupancy) and \$450 per person (single occupancy).

**ACTIVITY LEVEL: MODERATE TO STRENUOUS**

**GROUP SIZE: 8–15**

**TRIP DETAILS:** While on the dogsledding expedition, we will be mushing for 4 to 6 hours per day (15 to 18 miles) on moderate to steep grades. No previous experience is necessary, although you should have good balance and the stamina to endure full days in the snow, and be willing to participate in the feeding and harnessing of the dogs. A snowmobile will support the group (from a distance) while dogsledding to aid in case of an emergency. We will stay 4 nights in rustic homesteads and wilderness cabins, 3 nights in first-class hotels, and 1 night at the Icehotel, where you will have the option to sleep in the hotel’s warm or cold accommodations.



# Tour du Mont Blanc



Mont Blanc, the highest peak in Western Europe, reaches over 15,700 feet with magnificent valleys of its massif stretching into France, Italy, and Switzerland. Set out on an incredible 10-day circuit linking these three Alpine countries, and explore the famed mountain range that has beckoned climbers for centuries. Discover the snowfields and hanging glaciers that inspired the name “White Mountain.” Cross dramatic mountain passes and trek through pristine meadows and forests, enjoying majestic views at every turn. Along the way, explore charming hamlets steeped in Alpine culture. Each exhilarating day begins and ends in the shadow of one of the most legendary mountains in the world.

## Trip Highlights

- Make a classic circuit of Western Europe’s highest mountain, crossing the borders of France, Italy, and Switzerland on foot.
- Hike through stunning terrain of Alpine passes, verdant meadows, lush forests, and glacial valleys.
- Discover the charming cultures and delicious cuisines of secluded Alpine villages.
- Stay in cozy inns perched on the soaring Mont Blanc massif.



Above: A hiker and the Chamonix Aiguilles are reflected in a mountain lake.  
Right: Trail signs on the Balcon Sud point the way.





“I loved the entire trip! **Every hike and every place we went was a favorite**, I couldn’t possibly choose just one!  
So far, **this is the best trip I’ve ever taken.**”

– Viviane S., traveler  
Tour du Mont Blanc, 2013

#### DAY 1 SWITZERLAND/CHAMONIX, FRANCE

Arrive in Geneva and transfer to our hotel in Chamonix, situated at the foot of Mont Blanc. Explore this famous mountaineering resort, which hosted the first Winter Olympic Games in 1924. Gather for an orientation and welcome dinner.  
*Hôtel Mercure Chamonix Centre (D)*

#### DAY 2 LES HOUCHES TO LES CONTAMINES-MONTJOIE

Transfer to the French village of Les Houches and ride a cable car up to Bellevue, where our hike begins with incredible views of Mont Blanc, the Chamonix valley, and the granite peaks of the Aiguilles Rouges. Begin a steepening ascent through pastures skirting the Bionnassay Glacier and rhododendron fields to Col du Tricot. Here, the pass winds down to the charming hamlet of Miage, situated on a glacial plain. Trek uphill once more before descending to Les Contamines-Montjoie, a picturesque village with traditional chalets. (8 miles hiking, 6 hours)  
*Hôtel la Chemenez (B,L,D)*

#### DAY 3 LES CONTAMINES/COL DU BONHOMME

This morning, explore the baroque chapel of Notre Dame de la Gorge, an age-old pilgrimage site, and then connect to the ancient Roman route used for centuries by mountain travelers. Hike through evergreens, wildflowers, and the marmot-populated fields of Les Contamines Nature Reserve. After climbing up to the Col du Bonhomme, follow a trail along a wide ridge to Beaufortin region. At the end of the descent, we’ll transfer to Bourg St. Maurice. (10 miles hiking, 7.5 hours)  
*Hôtel L’Autanic (B,L,D)*



Hikers walk beneath the Alpine peaks.

#### DAY 4 VILLE DES GLACIERS/COURMAYEUR, ITALY

Set out for the remote Ville des Glaciers, scattered with farms that produce the world-famous Beaufort cheese. Our trail twists uphill to the Col de la Seigne, where we cross into Italy. Take in breathtaking views of the icy southern walls of Mont Blanc. Then hike down to Miage Glacier, which snakes down from the Mont Blanc massif into Val Veni. Transfer by van to Courmayeur, a bustling Alpine town nestled in Italy’s Valle d’Aosta. (10 miles hiking, 6 hours)  
*Hôtel Croux (B,L)*

#### DAY 5 MONT DE LA SAXE

Follow a varied trail through larch forest and Alpine vegetation to Mont de la Saxe and Rifugio Bertone, where we pause to take in sweeping views of Valle d’Aosta and the Gran Paradiso range beyond. From here, a short, steep ascent leads to a crest overlooking the snow-capped pinnacles of the Mont Blanc massif. Against this stunning backdrop, continue hiking to Rifugio Bonatti, an alpine hut perched below Grandes Jorasses and its tumbling glaciers. (10 miles hiking, 7 hours)  
*Auberge de Lavachey (B,L,D)*

#### DAY 6 LA FOULY, SWITZERLAND

Hike through Alpine meadows and begin our ascent to the Grand Col Ferret, marking the border between Italy and Switzerland. Above us, Mont Dolent is the only Alpine peak shared by three countries: France, Italy, and Switzerland. At the pass, enter the Swiss canton of Valais, laced with woodland. After a picnic lunch, descend through wildflower meadows along sinuous streams to the village of La Fouly. (10 miles hiking, 7 hours)  
*Hôtel des Glaciers (B,L,D)*

#### DATES:

2014: JUN 7–16 • JUL 5–14 • AUG 2–11 •  
SEP 6–15 • SEP 13–22

#### COST: \$4,995

Price is per person, double occupancy. Single rooms are not available on a request basis; all travelers will be paired with a same gender roommate when a roommate is available. If a roommate is not available, a \$600 forced single supplement will be charged. Airfare is not included. Round-trip economy air between New York and Geneva is estimated from \$875.



#### DAY 7 VAL FERRET TO CHAMPEX

Follow the Swiss Val Ferret through pine forests and countryside dotted with *raccards*, traditional rustic barns built on stilts. Then begin an ascent to the mountain resort of Champex, renowned for its crystalline lake and Alpine gardens. (9 miles hiking, 5–6 hours)  
*Hôtel du Glacier (B,L,D)*

#### DAY 8 COL DE LA FORCLAZ

Set out on the Bovine route named for the cattle that graze in these high Alpine meadows. A steep climb leads to a spectacular viewpoint overlooking the Rhône Valley and the town of Martigny. After a scenic picnic lunch, hike down to the Col de la Forclaz and our mountain inn. (12 miles hiking, 6 hours)  
*Hôtel de la Forclaz (B,L,D)*

#### DAYS 9 AND 10 COL DE BALME/TRÉ-LE-CHAMP/CHAMONIX/GENEVA

On the final day of our trek, our trail reaches up to Col de Balme, high above the Trient Glacier. Hike along a stunning Alpine balcony to the Swiss-French border, where the Chamonix valley unfolds beneath us once more. Descend to the French hamlet of Tré-le-Champ for a celebratory drink. Then transfer to Chamonix for a festive farewell dinner. The next morning, transfer to Geneva for our flights home. (Day 9: 7 miles hiking, 6.5 hours)  
*Hôtel Mercure Chamonix Centre (B,L,D; B)*

#### ACTIVITY LEVEL: MODERATE TO STRENUOUS

#### GROUP SIZE: 8–14

**TRIP DETAILS:** While on the trek, we will be hiking 6 to 8 hours per day (7 to 12 miles) on moderate to steep grades and at elevations ranging from 4,000 feet to a maximum of 8,800 feet. During hikes, vehicle support is limited to paved roads and is only accessible from certain villages and gondolas. Participants always have the option to rest a day and ride to the next hotel. We will stay in hotels, lodges, and inns combining ideal locations and local Alpine charm.



# Tuscany and Cinque Terre Hiking Adventure



Set off on a hiking adventure in two of Italy's most scenic regions: the lush countryside of Tuscany and the rugged coast of Liguria. In the heart of Chianti, wind your way through vineyards and cypress-dotted valleys, exploring hilltop towns and historic abbeys that have changed little over the centuries. Sample the region's famed wines, and explore the medieval treasures of Siena and San Gimignano. Then travel to the Italian Riviera to climb the spectacular coastal trails linking the colorful hamlets of the Cinque Terre. Hike past terraced vineyards and lemon groves overlooking the Mediterranean, and experience the region's distinct culture.

## Trip Highlights

- Hike to hilltop towns perched above Chianti's vineyard-laced valleys, and stay at picturesque farmhouses and villas.
- Discover San Gimignano's soaring towers and Siena's Gothic architecture, and soak up the charm of these UNESCO World Heritage sites.
- Embark on one of Italy's most dramatic hikes to the coastal villages of the Cinque Terre.
- Sample Tuscany's famed wines and cuisine and the specialties of Liguria.



Above: The view of the colorful houses of Vernazza, as seen from the Cinque Terre trail.  
Right: The beautiful rolling hills and cypress trees of the Tuscan countryside.





**“The Cinque Terre still looks like Italy did a hundred years ago... The towns are as beautiful, if not more beautiful, than anywhere along the Mediterranean Sea.”**

**– Jay Walljasper, “99 Places Rated”  
National Geographic Traveler, November/December 2010**

#### DAY 1 FLORENCE, ITALY/SAN CASCIANO IN VAL DI PESA

Arrive in Florence and meet your trip leader this afternoon. Travel south along the ancient Roman road, Via Cassia, through the countryside to the hilltop town of San Casciano. Set out on our first hike past olive orchards and vineyards to the 15th-century home of a local Tuscan family, where we'll enjoy an olive oil tasting and a hearty country dinner. (3–4 miles hiking, 2 hours)  
*Hotel Lungarno (D)*

#### DAY 2 FLORENCE/GREVE IN CHIANTI/VOLPAIA

After breakfast, visit the Benedictine church of San Miniato al Monte, perched above Florence with sweeping views of the city's red-tiled roofs and Duomo. Then drive into the vineyard-laced hills of Chianti and stop at Greve in Chianti, where we'll sample the region's celebrated wines. Set off on a scenic hike to the fortified village of Lamole. After a lunch of local specialties, take a short drive to Volpaia, home to a winery that produces the famed Chianti Classico. From here, depending on the terrain, we'll continue on foot to the Romanesque church of Santa Maria Novella. Then transfer to our charming hotel in Radda in Chianti's historic center. (4–5 miles hiking, 3 hours)  
*Palazzo San Niccolò (B,L,D)*

#### DAY 3 CHIANTI

Today's hike winds through vineyards and fields to the medieval town of Panzano, known for its traditional cured meats. Take in views of the valleys below as we continue to the Badia a Passignano vineyard abbey, home to a 15th century fresco of *The Last Supper*. If you wish, choose a more challenging hike back to our hotel. Later, we'll return to Volpaia for a private wine tasting followed by dinner. (4–5 miles hiking, 3 hours)  
*Palazzo San Niccolò (B,L,D)*



The Basilica di Santa Maria del Fiore, or the Duomo, is the main church of Florence.

#### DAY 4 SIENA

Spend the morning exploring this enchanting city, once a historic rival to Florence and graced today with winding red-brick lanes, Gothic churches, and elegant palaces. Learn about the city's competitive *contrade*, or districts, and have lunch on your own at the great central square, Il Campo. Then visit the fortified village of Monteriggioni, known for its well-preserved walls and towers, which Dante wrote about in *Inferno*. Later, transfer to our hotel set in a 15th-century villa. (2–3 miles walking, 4 hours)  
*Hotel Villa San Lucchese (B,D)*

#### DAY 5 COLLE DI VAL D'ELSA/SAN GIMIGNANO

Begin the day at Colle di Val d'Elsa, where crystal and glassware have been produced since the 17th century. Then hit the trails on a spectacular hike to San Gimignano—one of Tuscany's most beautiful hill towns and a UNESCO World Heritage site. Of the 72 medieval towers that once soared above the rooftops, 14 towers remain. Explore the city's maze-like streets and fresco-adorned Duomo, or climb one of the towers. (2–3 miles hiking, 3 hours)  
*Hotel Villa San Lucchese (B,L,D)*

#### DAY 6 CARRARA/LEVANTO

At the Tuscan town of Carrara, discover the ancient quarries where sculptors, including Michelangelo, have sourced marble for centuries. After lunch, a two-hour drive takes us to the seaside town of Levanto, our launching point for exploring the Riviera di Levante. Unwind with a seafood dinner by the waterfront.  
*Hotel La Giada del Mesco (B,L,D)*

#### DAY 7 CINQUE TERRE

Take a short train ride to Monterosso al Mare, one of the five villages that make up the Cinque Terre, or “five lands.” Clinging



to cliffs above the Mediterranean, these hamlets dazzle with clusters of pastel-hued homes overlooking harbors dotted with fishing skiffs. Embark on a more challenging hike along the trail that links the neighboring villages of Vernazza, Corniglia, Manarola, and Riomaggiore. Climb steep hillsides past terraced vineyards and olive groves, with stunning views of the coast. (5–6 miles hiking, 5 hours)  
*Hotel La Giada del Mesco (B,L)*

#### DAY 8 CINQUE TERRE

Set out from our hotel on a coastal trail to Monterosso that meanders past fragrant lemon groves and hilltop farmhouses. Enjoy a refreshing gelato or lunch on your own in the main square. Return to Levanto by train, and celebrate our adventure with a farewell dinner in town. (3–4 miles hiking, 3–4 hours)  
*Hotel La Giada del Mesco (B,D)*

#### DAY 9 PISA

After breakfast and a final cappuccino, transfer to Pisa and connect to your return flight home. (B)



See our new Tuscany and Cinque Terre Photo Adventure on page 10.

#### DATES:

2014: APR 22–30 • MAY 6–14 • MAY 20–28 •  
MAY 29–JUN 6 • SEP 20–28 • SEP 30–OCT 8

#### COST: \$5,395

Price is per person, double occupancy. For a single room, add \$1,000. Airfare is not included. Economy air between New York and Florence, and return from Pisa, is estimated from \$1,200.

#### ACTIVITY LEVEL: EASY TO MODERATE

#### GROUP SIZE: 8–16

**TRIP DETAILS:** We will be hiking 2 to 5 hours per day (2 to 6 miles), on moderate to steep grades at low elevations. During hikes, vehicle support is provided at various points along the way, except while hiking in Cinque Terre (which is a car-free zone). Participants always have the option to rest a day and ride to the next hotel. We will stay eight nights in ideally located hotels that reflect the local character.



# Greek Islands Adventure



Situated amid the sparkling Aegean, the Cyclades captivate with whitewashed villages, ancient ruins, and craggy hillsides that give way to idyllic beaches.

Take to the seas and the trails to experience these mythical islands on this unique adventure. On lush Naxos, spend an exhilarating day sailing to remote beaches and bays, and hike to the highest peak in the Cyclades. Then journey to Santorini to explore the island's remarkable geological features and timeless villages on a variety of kayaking and hiking excursions. Paddle to crimson-colored volcanic beaches, hike along soaring cliffs, and step back in time amid fascinating archaeological ruins.

## Trip Highlights

- Climb Mount Zeus, the Cyclades' highest peak, and hike the soaring cliffs ringing Santorini's caldera.
- Set sail from Naxos on a daylong sailing excursion, and anchor at secluded beaches and inlets.
- Explore whitewashed villages and volcanic seascapes while kayaking Santorini's coast.
- Trace the history of legendary civilizations at the Acropolis in Athens and ancient Thira on Santorini.



Above: One of Santorini's magical sunsets.  
Right: A low angle view of the Parthenon in Athens.





“History, catastrophe, beauty, Atlantis theories, beaches, Minoans, wine—  
**one expert calls Santoríni**  
**‘the greatest island site in the world.’”**

— Jonathan B. Tourtellot, “111 Islands”  
*National Geographic Traveler*, November/December 2007

#### DAY 1 ATHENS, GREECE

Arrive in Athens and meet up in the evening for a guided walk through the city. Later, kick off our adventure with dinner at a traditional Greek tavern in the historic Plaka neighborhood.

*Hotel Divani Acropolis (D)*

#### DAY 2 ATHENS/NÁXOS

Spend the morning at the hilltop complex of the Acropolis, perhaps the greatest ancient monument of the Western world. Explore the Parthenon, built in honor of the goddess Athena, and the New Acropolis Museum. Visit the Panathenaic Stadium, where the first modern Olympic games were held in 1896.

This afternoon, travel by ferry to the lush island of Náxos, the largest of the Cyclades. Take an evening stroll through Náxos Town, crowned by a medieval castle from which the Venetians controlled these islands for centuries.

*Porto Naxos Hotel (B,L,D)*

#### DAY 3 NÁXOS/MOUNT ZEUS

Today's hike begins at the foot of Mount Zeus (3,290 feet), the highest mountain in the Cyclades. Set out from the chapel of Agia Marina, following a trail past ancient stone walls and olive groves to the rocky summit. Take in spectacular views, and during our descent, pause for a light lunch. Continue to the ancient stone village of Danakos, then transfer to Apiranthos for a full lunch and a free afternoon to explore the village. (5 miles hiking, 4 hours)

*Porto Naxos Hotel (B,L,D)*

#### DAY 4 EXPLORING THE CYCLADES

Take to the sea this morning on a sailing excursion, and explore the secluded beaches for which the Cyclades are known.



A kayaker skims through the sparkling waters of the Mediterranean.

Depending on conditions, we may set a course for the tiny, rugged islands of the eastern Cyclades or the sheltered coves and sea caves along Náxos's southern coast. Try your hand at trimming the sails while honing your nautical skills, and drop anchor to swim in crystal-clear waters. Have lunch on shore.

*Porto Naxos Hotel (B,L,D)*

#### DAY 5 SANTORÍNI

Catch a morning ferry to Santoríni, an archipelago formed from a volcanic cone that erupted in the second millennium b.c., burying the islands' Minoan culture and possibly inspiring the legend of Atlantis. After checking into our hotel and having lunch, embark on a spectacular hike along the rim of the caldera, ringed by soaring cliffs that overlook the cobalt sea below. Beginning just north of Fira, follow the trail to the blue-domed village of Oia, which cascades down a craggy hillside. Explore the town's mazelike alleyways and take in the island sunset. (5 miles hiking, 3 hours)

*Rocabella Santoríni Resort and Spa (B,L,D)*

#### DAY 6 SANTORÍNI/AKROTIRI

Gear up for a leisurely kayak excursion today. After an introductory lesson for beginners, set out from Akrotiri Beach and round the dramatic white crags on the island's southwest coast. Stop to snorkel at Kambia Beach within view of the crimson cliffs of Red Beach, and then return to Akrotiri for lunch at a seaside taverna. This afternoon, venture into the ruins of ancient Akrotiri, an important Minoan Bronze Age settlement that was buried by volcanic ash around 1450 b.c. In the company of a local guide, examine frescoes and buildings that were remarkably well preserved by the volcanic ash. (6 miles paddling, 4 hours)

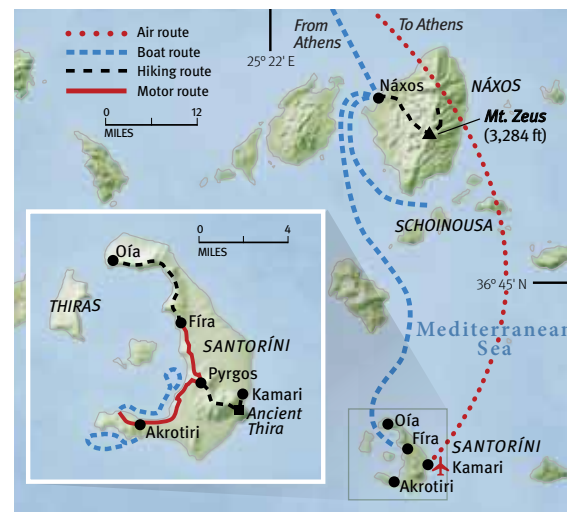
*Rocabella Santorini Resort and Spa (B,L,D)*

#### DATES:

2014: MAY 17–25 • JUN 7–15 • JUN 21–29 •  
 SEP 6–14 • SEP 13–21

#### COST: \$5,495

Price is per person, double occupancy. For a single room, add \$500. Airfare is not included. Round-trip economy air between New York and Athens is estimated from \$950. Internal group air from Santoríni to Athens is estimated at \$275.



#### DAY 7 SANTORÍNI

Today, launch your kayak from Balos Beach, tracing the inside of the caldera and learning about the island's geology as we skim beneath the cliffs. Take out at the secluded pebble beach below the village of Megalochori. A short climb brings us to a church carved into the rock face that offers an incredible view of the caldera. After a picnic lunch, paddle back to Balos Beach and enjoy time before dinner to visit a winery for a tasting or explore on your own. (6 miles paddling, 4 hours)

*Rocabella Santorini Resort and Spa (B,L,D)*

#### DAY 8 PYRGOS/ANCIENT THIRA/ATHENS

At Santoríni's former capital of Pyrgos, explore labyrinthine streets encircling the ruins of a Venetian castle. Then hike to the island's highest peak, Profitis Ilías (1,857 feet), home to an 18th-century monastery of the same name. Continue on foot to ancient Thira, a fascinating cluster of Hellenistic, Roman, and Byzantine ruins set on a rocky promontory high above the sea. Explore the site with a local antiquities expert and descend to a nearby beach to swim. Later, fly back to Athens for a farewell dinner. (4–5 miles hiking, 3 hours)

*Hotel Divani Acropolis (B,L,D)*

#### DAY 9 ATHENS

After breakfast, transfer to the airport for your flight home. (B)

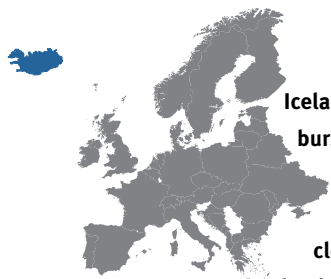
#### ACTIVITY LEVEL: MODERATE

#### GROUP SIZE: 8–14

**TRIP DETAILS:** This trip is suitable for beginner and expert kayakers; no previous experience is needed. We will be paddling stable, two-person kayaks for an average of 4 hours (6 miles), and will be hiking 3 to 5 hours (up to 5 miles) on moderate to steep grades at low elevations. During hikes, vehicle support is provided at various points. While kayaking, boat support will not be available. Participants always have the option to rest a day and ride to the next hotel. We will stay in ideally located hotels that reflect the local character.



# Iceland Adventure



Iceland is a land sculpted by lava and ice, where geysers burst and glaciers gleam and emerald valleys stretch all the way to the ocean. On an exhilarating journey, encounter this wonderland of geological extremes close up. Experience the mighty forces still shaping the landscape as you explore the Mid-Atlantic Ridge in

Thingvellir National Park. Hike up Reynisfjall mountain, one of the most beautiful coastal walks in southern Iceland. Trek across crackling glacial ice, float among blue icebergs in a spectacular glacial lake, and soak in turquoise thermal pools. Then discover the otherworldly bubbling mudpools and steam vents of Námaskarð, and the legends behind Dimmuborgir's black volcanic formations.

Above: Hikers walk along Reynisfjall on their way to the picturesque village of Vik.  
Right: A puffin rests on the windswept Dyrhólaey headland.

## Trip Highlights

- Experience the raw power of Iceland's ice-capped volcanoes, thundering waterfalls, dazzling glaciers, and exploding geysers.
- Learn about the creation of Europe's largest national park, Vatnajökull, in a special meeting with a local park director.
- Explore bubbling mud pots, steaming fumaroles, and striking lava castles around Lake Mývatn.
- Hike up Reynisfjall mountain, one of the most beautiful coastal walks in southern Iceland.







“In one 24-hour period, **I had a great daytime hike; went for a hike on the glacier; saw the northern lights; boated among the icebergs;** and, as an added bonus, saw a group of seals. What an experience!”

— Susan W., traveler  
Iceland Adventure, 2012

#### DAY 1 REYKJAVÍK, ICELAND

Arrive in Reykjavík and transfer to our hotel. Head out on a guided walk along the city’s cobblestone streets, taking in views of the colorful tin roofs and the dramatic architecture of Hallgrímskirkja church. Gather tonight for a welcome dinner.

*Hótel Óðinsvé (B,D)*

#### DAY 2 THINGVELLIR/GEYSIR/GULLFOSS

Explore the geological wonders of Iceland’s Golden Circle. Traverse the Mid-Atlantic Ridge in Thingvellir National Park, a UNESCO World Heritage site located at the point where the North American and Eurasian tectonic plates meet, and trace the shoreline of Lake Thingvallavatn, Iceland’s largest natural lake. Visit the site of the world’s oldest still extant parliament, the Althing, convened in A.D. 930. Further east is the geothermal area of Geysir, a sulfurous landscape of mud pots, mineral formations, and the spouting Strokkur geyser. Later, hike to Gullfoss, or “Golden Falls,” a powerful, 100-foot double cascade. (3–4 miles hiking, 2–3 hours; 3 hours driving)

*Hótel Flúdir (B,L,D)*

#### DAYS 3 AND 4 EYJAFJALLAJÖKULL/REYNISFJALL/VÍK/LAKI VOLCANO

Drive towards the mighty Eyjafjallajökull volcano whose 2010 eruption sent clouds of ash into the atmosphere of the North Atlantic. Stop at the Seljalandsfoss waterfall in the foothills of the volcano, and visit the Þorvaldseyri farm to learn how the locals have adapted to living next to an active volcano. Encounter the beautiful Skógafoss waterfall en route to the black sand beach of Reynisfjara, then hike up the Reynisfjall mountain and cross to the picturesque village of Vík. The following day, drive into the southern highlands to explore the

Laki craters. Walk across the Eldhraun lava field; climb to the top of Laki volcano; and explore the lake-filled Tjarnargigur crater. (Day 3: 3–5 miles hiking, 3–4 hours, 4 hours driving; Day 4: 2–4 miles hiking, 2–3 hours, 5–6 hours driving)

*Icelandair Hótel Klaustur (B,L,D daily)*

#### DAY 5 VATNAJÖKULL NATIONAL PARK

Learn about the creation of Vatnajökull, Europe’s largest national park, in a special meeting with a park director, then get outfitted for a walk across the ice. Atop Svínafellsjökull, the tongue of Europe’s largest glacier, explore chasms and crevasses sculpted by meltwater and see the moraine created by the glacier’s bulldozing power. This afternoon, hike up to Svartifoss waterfall, framed by black basaltic columns. Additional hiking options are also available. (6 miles hiking, 3–4 hours; 1–2 hours driving)

*Fosshótel Skaftafell (B,L,D)*

#### DAY 6 INGÓLFSHÖFÐI HEADLAND/JÖKULSÁRLÓN

Embark on a hike on Ingólfshöfði headland, home to Iceland’s first Nordic settler, Ingólfur Arnarson. Continue to the spectacular Jökulsárlón glacial lagoon, approaching its glassy waters on foot, and take a boat ride between floating icebergs calved from the glacier’s edge. (2–3 miles hiking, 1 hour; 2 hours driving)

*Hotel Höfn (B,L)*

#### DAYS 7 AND 8 HÖFN/LAKE MÝVATN/NÁMASKARÐ

Visit the Gamlabúð Folk Museum in Höfn, then set out for Lake Mývatn, rich with lava pillars, volcanic cones, and bubbling mud pits. A birder’s paradise, the lake hosts more duck species than anywhere else in Europe. The next day, visit the

#### DATES:

2014: JUN 27–JUL 6 • JUL 4–13 • JUL 18–27 •  
JUL 25–AUG 3 • AUG 8–17 • AUG 15–24 •  
AUG 22–31 • SEP 5–14

#### COST: \$6,995

Price is per person, double occupancy. For a single room, add \$1,000. Airfare is not included. Round-trip economy air between New York and Reykjavík is estimated from \$750. Internal group air between Akureyri and Reykjavík is estimated at \$300.



Krafla Power plant—a magnificent geothermal zone located in the middle of an enormous lava field. Explore Víti (“hell”) Crater, an explosive crater formed in 1724, and hike through the hills to the mudpools and steam vents of the Námaskarð area. (Day 7: 6–7 hours driving; Day 8: 7–8 miles hiking, 6 hours, 1 hour driving)

*Hótel Reynihlið (B,L,D daily)*

#### DAY 9 NÁMAFJALL/DIMMUBORGIR

Explore the geothermal area of Námafjall. Hike across a lava desert to the Hverfjall crater, over half a mile wide and created by a powerful eruption roughly 2,500 years ago. Complete our excursion with a visit to Dimmuborgir, or “Dark Castles.” In Icelandic folklore, this volcanic wonderland was the dwelling place of elves and trolls. Fly back to Reykjavík this afternoon for a festive farewell dinner. (3–4 miles hiking, 3–4 hours; 2 hours driving)

*Hótel Óðinsvé (B,L,D)*

#### DAY 10 REYKJAVÍK

Head to Reykjavík’s famous Blue Lagoon for a soak in its mineral-rich thermal waters. Then transfer to the airport for your homebound flight. (B)

#### ACTIVITY LEVEL: MODERATE

#### GROUP SIZE: 8–16

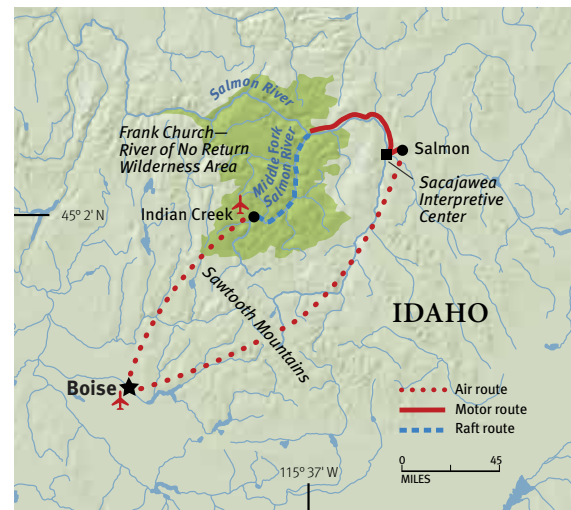
**TRIP DETAILS:** We will be hiking 2 to 6 hours per day (2 to 8 miles) on moderate to steep grades. Most days will have options for more, or less, hiking. During hikes, vehicle support is provided on most days, except while in the National Parks. Participants always have the option to rest a day and ride to the next hotel. Some long transfers of up to 7 hours will be required. We will stay in hotels that combine comfort, ideal locations, and local charm.



A swimmer relaxes in the thermal hot springs.



# Salmon River Rafting Adventure



## ITINERARY AT-A-GLANCE

### DAYS 1–2 BOISE, IDAHO/INDIAN CREEK/RAFTING

Arrive in Boise for an orientation and dinner. Fly into the Frank Church—River of No Return Wilderness Area and board our rafts. Paddle the rapids of the Middle Fork of the Salmon River with expert river guides, floating between rugged wooded banks. (Day 2: 8 miles paddling, 3 hours)

### DAYS 3–4 ON THE RIVER: RAFT, HIKE, FISH

Spend our days enjoying the upper Middle Fork—hiking or paddling as you wish. Quiet waters permit fly-fishing or a refreshing swim. Stop to soak in hot springs and hike to cliffs decorated with Shoshone pictographs. In the evenings, gather around our campfire. (Days 3 and 4: 17–21 miles paddling, 6–7 hours)

### DAYS 5–6 ON THE RIVER: WILDLIFE, RAPIDS

Stay on the lookout for bighorn sheep, bald eagles, river otters, black bears, and maybe even wolves or cougars. Find evidence of former human habitation, from remains of Shoshone dwellings to the cave of a Scottish prospector. In the granite scenery of Impassable Canyon, experience serious white water and hike to Veil Falls. (Days 5 and 6: 16–20 miles paddling, 6–7 hours)

### DAYS 7–8 SACAJAWEA CENTER/BOISE

Tackle our biggest rapids yet, then disembark and visit the Sacajawea Center. Arrive in Salmon for a farewell dinner and flights out the next day. (Day 7: 10 miles paddling, 4 hours)

#### DATES:

2014: JUN 13–20 • JUN 22–29 • AUG 17–24 •  
SEP 10–17 • SEP 18–25

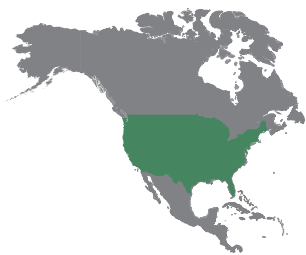
**COST: \$2,695**

**ACTIVITY RATING: EASY**

**GROUP SIZE:** 8–16

**TRIP DETAILS:** For a detailed itinerary, visit [nationalgeographicadventures.com](http://nationalgeographicadventures.com).

This trip operates under a permit from Salmon-Challis National Forest.



*National Geographic Traveler* dubbed the Middle Fork of the Salmon River one of the top three white-water rafting trips in the world. Spend six unforgettable days on the river, sliding down its chutes in the midst of true wilderness while cathedral-like stands of fir, pine, and spruce rise on the canyon slopes

above you. Follow in the footsteps of prospectors and hermits, exploring the biggest wilderness area in America's lower 48, hiking and paddling along the way. Experience unparalleled access to amazing wilderness scenery, wildlife habitats, and Native American rock art sites.

## Trip Highlights

- Enjoy six days of world-class rafting on one North America's greatest rivers.
- Hike to sparkling waterfalls, relax in hot springs, and visit Native American and Lewis and Clark historic sites.
- Fly-fish in streams with a professional fishing guide, learning as you go.
- Float through the dramatic canyons of an intact wilderness, spotting wildlife all along the route.



# Alaska by Sea Kayak



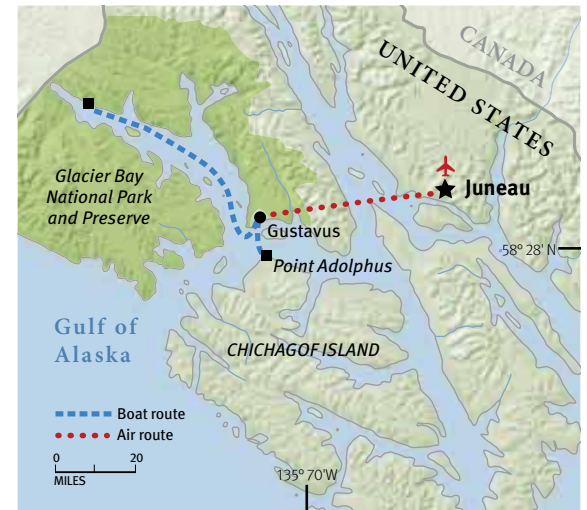
Take to the sea in a kayak in one of the wildest places on Earth. Along Alaska's southeastern coast, little is accessible by road. Glaciers tumble down from high mountain slopes, scattering icebergs across inlets and bays. Ferns and moss carpet the floor of the ancient Tongass Forest, and waters rich with salmon and nutrients

lure wildlife of every sort, from humpback whales and sea otters to brown bears. Exploring from the intimate perspective of your kayak, encounter the forests and shores of beautiful Chichagof Island close up. Venture far into Glacier Bay and spend two days paddling through this otherworldly wilderness of ice and mountains.

NATIONALGEOGRAPHICADVENTURES.COM

## Trip Highlights

- Experience the thunder of calving glaciers on a two-day kayak expedition into Glacier Bay National Park and Preserve.
- Observe humpbacks and porpoises up close while kayaking off Point Adolphus.
- Set out on walks in the old-growth rain forest of Tongass National Forest.
- Explore the Alaskan frontier town of Gustavus, the gateway to Glacier Bay National Park.



## ITINERARY AT-A-GLANCE

### DAYS 1–5 JUNEAU/GUSTAVUS/CHICHAGOF ISLAND

Meet at the Juneau airport for our air taxi to Gustavus. Cruise to Point Adolphus on Chichagof Island, part of the vast Tongass National Forest. Set out on our first kayak excursion, skimming along the spectacular shores on the lookout for porpoises, humpbacks, and Steller's sea lions. Set up camp by the water's edge each night. Back in Gustavus, hike the forests of Glacier Bay National Park. Meet with park rangers and, on select departures, National Geographic writer Kim Heacox, to learn about the natural history of the park. (Days 2–5: 2–6 miles paddling, 1–4 hours; Day 4: 3–5 miles hiking, 3 hours)

### DAYS 6–7 GLACIER BAY NATIONAL PARK AND PRESERVE

Glide into Glacier Bay National Park on a charter boat, and spend two days exploring by kayak and by foot. Witness glaciers calving huge slabs of ice, skirt glowing icebergs in your kayak, and paddle out into the pristine, icy wilderness. Hike the coastline, spotting brown bears, moose, mountain goats, and more. Observe sea lions at play, look for minke and killer whales, and visit a nesting site for puffins. (Days 6 and 7: 4–8 miles paddling, 3–4 hours)

### DAYS 8–9 GUSTAVUS/JUNEAU

Catch a boat back to Gustavus. Explore on your own and go on an optional hike before our charter flight back to Juneau. (Day 8: 1–2 miles paddling, 1 hour; Day 9: 1–5 miles optional hiking, 1–3 hours)

#### DATES:

2014: JUN 19–27 • JUN 25–JUL 3 • JUL 7–15 •  
JUL 13–21 • JUL 21–29 • JUL 27–AUG 4 •  
AUG 4–12

**COST: \$4,095**

**ACTIVITY RATING: MODERATE**

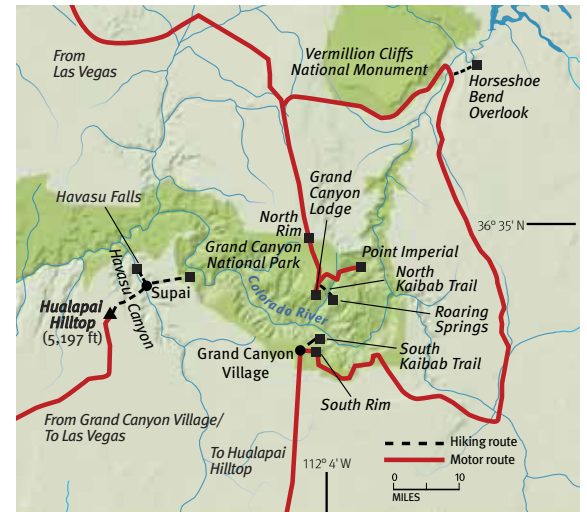
**GROUP SIZE: 8–10**

**TRIP DETAILS:** For a detailed itinerary, visit [nationalgeographicadventures.com](http://nationalgeographicadventures.com).

Above: Kayakers pause to take in the beauty of Glacier Bay.



# Hiking the Grand Canyon



## ITINERARY AT-A-GLANCE

### DAYS 1–3 LAS VEGAS/NORTH RIM OF THE GRAND CANYON

Meet in Las Vegas and travel to the North Rim of the Grand Canyon the next day. Stop for a picnic at Point Imperial and go on a warm-up hike to our lodge. Follow the North Kaibab Trail down through several geological layers to the Supai Tunnel. Travel along Cape Royal Road, taking in spectacular views on short hikes. (Days 2 and 3: 2–10 miles hiking, 1–5 hours)

### DAYS 4–5 SOUTH RIM

Look for California condors at Vermilion Cliffs and explore magnificent Antelope Canyon with a Navajo guide. From the South Rim, descend the switchbacks of the South Kaibab Trail or hike the West Rim Trail, keeping an eye out for desert bighorn sheep and other wildlife. Tonight, take a sunset photo walk. (Days 4 and 5: 2–7 miles hiking, 2–4 hours)

### DAYS 6–9 HAVASU CANYON

Trek between red-rock walls deep into Havasu Canyon, passing the village of Supai. Take a day hike to Mooney Falls, which drop some 200 feet into travertine-lined pools. Look for fossils in the slots of Carbonate Canyon, and swim in blue-green pools near our camp. Ascend to the canyon rim by foot, horseback, or helicopter, and return to Las Vegas in the afternoon. (Days 6–9: 2–10 miles hiking, 2–5 hours)

#### DATES:

2014: MAY 19–27 • MAY 31–JUN 8 •  
JUN 14–22 • JUN 28–JUL 6 • AUG 27–SEP 4 •  
SEP 6–14 • SEP 20–28

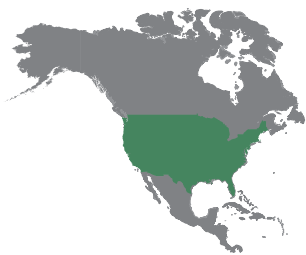
**COST: \$4,495**

**ACTIVITY RATING: MODERATE**

**GROUP SIZE: 8–16**

**TRIP DETAILS:** For a detailed itinerary, visit [nationalgeographicadventures.com](http://nationalgeographicadventures.com).

Above: Havasu Falls cascades into the clear pools below.



Set out on foot to discover the beauty of Grand Canyon National Park. From the lush forests of the North Rim, hike along sandstone ribbons sculpted over millions of years. Explore the more arid terrain of the South Rim and witness the canyon's shifting palette of red, orange, and gold. Then head out on a

camping expedition in Havasu Canyon, a stunning oasis located just outside a remote section of the park. Hike through a red-rock labyrinth and feel the cool spray of waterfalls as they gush over travertine terraces. Swim in turquoise pools, delve into slot canyons, and sleep in tents beside a shaded creek. Explore the geological formations that make the Grand Canyon one of the most magnificent natural wonders of the world.

## Trip Highlights

- Hike into the Grand Canyon's spectacular chasm on the less traveled trails of the North Rim.
- Explore Havasu Canyon and its spectacular red-rock formations while camping for three nights beside a tranquil creek.
- Swim in turquoise pools at the foot of gushing waterfalls, surrounded by sandstone cliffs.
- Hike into a slot canyon with a Navajo guide, and meet members of the Havasupai tribe.



# Costa Rica Adventure



Waterfalls pouring into jungle rivers, misty cloud forests, and coastal waterways teeming with wildlife: Costa Rica is a small country packed with natural wonders. Immerse yourself in a thousand shades of green as we explore three spectacular—and very different—forest regions. Keep an eye

out for parrots, iguanas, and monkeys as we paddle kayaks along the channels of Tortuguero National Park. Go whitewater rafting through the lush gorges of the Pacuare River, and hike deep into the rain forest and the cloud forest to encounter an astonishing array of species.

## Trip Highlights

- Kayak through the lush rain forests of Tortuguero National Park and look for howler and capuchin monkeys, caimans, toucans, and more.
- Set off on a white-water rafting adventure down the Pacuare River and spot monkeys, sloths, colorful birds, and more along the way.
- Hike into the cloud forest in search of the rare quetzal bird, and sail through the rain forest canopy on a zip line.
- Stay in stunning eco-lodges and hotels nestled within pristine forest.



## ITINERARY AT-A-GLANCE

### DAYS 1–3 SAN JOSÉ • TORTUGUERO NATIONAL PARK

From San José fly to Tortuguero National Park, a lowland tropical wet forest. From our hotel on the water's edge, kayak still waterways, encountering wildlife from poison dart frogs to spider monkeys and sea turtles, and keep your eyes peeled for howler monkeys, sloths, river otters, caimans, and many lizards and birds. (Days 2 and 3: 2–5 miles paddling, 3–4 hours)

### DAYS 4–6 PACUARE RIVER

Paddle rafts through the rapids of the Pacuare River to our award-winning riverside eco-lodge. See toucans on a bird watching hike. Swing through the forest canopy on a zip line. Hike to waterfalls or visit a reforestation project. Raft a stunning stretch of white water past waterfalls and down lush gorges. Stop for a swim, then journey into the cloud forest. (Days 4 and 6: 6–10 miles paddling, 3–5 hours; Day 5: 4–5 miles hiking, 4 hours)

### DAYS 7–9 SAVEGRE/SAN JOSÉ

On a wildlife hike, look for beautiful quetzal birds. Visit a coffee plantation in Orosi, and step into the Basilica Nuestra Señora de Los Ángeles, an ornate church honoring Costa Rica's patron saint. After our farewell dinner in San José, depart the next day for home. (Days 7 and 8: 1–5 miles hiking, 2–4 hours)

#### DATES:

2014: MAY 24–JUN 1 • JUL 12–20 • AUG 2–10 •  
DEC 20–28 • DEC 28–JAN 5, 2015

**COST: \$3,795**

**ACTIVITY RATING: MODERATE**

**GROUP SIZE:** 8–14

**TRIP DETAILS:** For a detailed itinerary, visit [nationalgeographicadventures.com](http://nationalgeographicadventures.com).

Above: Rafters paddle down the thrilling Pacuare River in Costa Rica.



# Belize: Reefs, Rain Forests, and Ruins



Belize is graced with more than 180 miles of coast, thick rain forest, and Maya ruins; and beneath its Caribbean waters lies one of the most extensive barrier reef systems in the world. Set out by kayak from our base at Half Moon Caye to explore mangrove islands and white-sand

beaches, and snorkel in turquoise waters amid an astonishing diversity of marine life. Head inland to the Sibun River Valley and experience the wonders of the rain forest on a river kayaking trip and an adventure into an extraordinary Maya cave system. Then travel to Guatemala to encounter the UNESCO World Heritage site of Tikal, where ancient Maya temples poke through the treetops. Along the way, stay in lodges and camps ideally situated for spotting birds and other wildlife.

## Trip Highlights

- Kayak, snorkel, and swim at Lighthouse Reef and snorkel the legendary Blue Hole.
- By special arrangement, gain access to a sacred Mayan cave and explore its cathedral-like chambers.
- Paddle through the jungle on a Sibun River kayaking excursion, and spot tropical birdlife along the way.
- Discover the temples and pyramids of incredible Tikal, an ancient Maya city nestled in the jungles of Guatemala.



Above: A kayaker paddles on the clear blue waters of Belize.  
Right: The Maya ruins of Tikal nestled in the jungles of Guatemala.





“Our trip to Belize exceeded our expectations! **Beautiful country, great guides, welcoming locals, and friendly guests.**

I can't wait for our next Adventure!”

— Jennifer J., traveler  
**Belize: Reefs, Rain Forests, and Ruins, 2013**

#### DAY 1 BELIZE CITY/CROOKED TREE WILDLIFE SANCTUARY

Arrive in Belize City and transfer to Crooked Tree Wildlife Sanctuary, a lush habitat of lagoons, creeks, and tropical forest. Gather for an orientation and welcome dinner this evening.

*Bird's Eye View Lodge (D)*

#### DAY 2 CROOKED TREE WILDLIFE SANCTUARY/ HALF MOON CAYE

This morning, explore the lagoons by boat and spot birds such as kingfishers, ospreys, snail kites, and Jabiru storks. After breakfast, we depart by boat for Lighthouse Reef Atoll, located at the furthest edge of Belize's reef system. Settle into our comfortable, safari-style beach camp at Half Moon Caye. Numerous bird species nest here, including rare red-footed boobies. In the afternoon, kayak and snorkel in the crystal-clear waters.

*Lighthouse Reef Base Camp (B,L,D)*

#### DAYS 3 AND 4 HALF MOON CAYE

Spend two days at Lighthouse Reef, exploring Belize's world-renowned coral reefs. Venture out on a variety of sea kayaking excursions, set sail in specially outfitted sailing kayaks, and snorkel along shallow reefs inside the lagoon where parrotfish, angelfish, and grouper hide amid fantastic coral formations. In some spots, we may see pelagic species such as dolphins, tarpons, sea turtles, spotted eagle rays, and more. In the evenings, relax back at camp and enjoy dinners of fresh seafood and Belizean specialties. (2–6 miles paddling daily, 2–6 hours)

*Lighthouse Reef Base Camp (B,L,D daily)*



A jaguar lounges on tree branches.

#### DAY 5 BLUE HOLE/HALF MOON CAYE

This morning, experience the Great Blue Hole, made famous by Jacques Cousteau, who first explored it in the early 1970s. This vast, circular sinkhole measures nearly 1,000 feet across. Snorkel the outer perimeter, on the lookout for harmless nurse and reef sharks. Tonight, enjoy a traditional Garifuna music and dance performance, and learn about the unique culture and origins of the Garifuna people. (3–4 miles paddling, 2–3 hours)

*Lighthouse Reef Base Camp (B,L,D)*

#### DAY 6 HALF MOON CAYE/SIBUN RIVER VALLEY

Spend a final morning immersed in the serene beauty of Belize's coral atolls. If you wish, rise early for a sunrise yoga session or fishing expedition. Return to the mainland by boat and travel into the Maya Mountains of southern Belize. Our jungle lodge is located on the Sibun River within the Sibun National Forest Reserve.

*Sleeping Giant Lodge (B,L,D)*

#### DAY 7 ACTUN TUNICHIL MUKNAL

After a relaxing morning at our lodge, set out for an adventure at Actun Tunichil Muknal—an extraordinary cave system in Tapir Mountain Nature Reserve. Swim into the cave's mouth and follow the subterranean waterway into a Maya underworld of cathedral-like caverns. Climb up into ceremonial chambers, and examine artifacts from Mayan rituals. Leave the caves after dark and embark on a jungle night walk. (3–5 miles hiking, 4–5 hours)

*Sleeping Giant Lodge (B,L,D)*

#### DAY 8 SIBUN RIVER VALLEY

Set off in inflatable kayaks on a guided excursion on the Sibun River. As we paddle through jungle, spot colorful birds,

#### DATES:

2014: APR 6–15 • DEC 17–26  
2015: JAN 6–15 • JAN 23–FEB 1 • FEB 20–MAR 1 •  
MAR 6–15 • APR 3–12 • APR 26–MAY 4

**COST:** 2014: **\$4,595**

2015: **\$4,995**

Price is per person, double occupancy. For a single room, add \$1,050. Airfare is not included. Round-trip economy air between Miami and Belize City is estimated from \$850. On the December departure, there is an additional holiday surcharge of \$200.



wildlife, and bright tropical flowers. Pass dramatic geological formations, and navigate Class I and II rapids. Pay a visit to a cacao plantation and end the day with a hike to a hilltop with sweeping views of the Sibun River Valley. (4–5 miles river paddling, 3–5 hours; 1–2 miles hiking, 1–2 hours)

*Sleeping Giant Lodge (B,L,D)*

#### DAY 9 TIKAL NATIONAL PARK, GUATEMALA

Travel into Guatemala to explore the legendary Maya city of Tikal, a World Heritage site. Marvel at the magnitude of this sprawling city built on the backs of Maya laborers, and delve into this fascinating ancient culture. Explore some of the more than 3,000 spectacular stone structures, including pyramids, plazas, and temples. Return to Belize in the late afternoon and settle into our lodge. Enjoy dinner on your own in town tonight. (4–6 miles hiking, 4–5 hours)

*Windy Hill Resort (B,L)*

#### DAY 10 BELIZE CITY

Begin the day at the Belize Zoo, getting better acquainted with endemic wildlife, including jaguars, tapirs, and toucans. Here, we'll participate in a unique jaguar rehabilitation project. Later, transfer to the airport for your return flight home. (B)

#### ACTIVITY LEVEL: MODERATE

**GROUP SIZE: 8–16**

**TRIP DETAILS:** Belize's sheltered waters are ideal for sea kayaking and snorkeling. This trip is suitable for beginner and expert kayakers alike; no previous experience is necessary. We will be paddling stable, two-person or single kayaks for an average of 2 to 6 hours a day, which includes snorkeling time. During hikes, vehicle support is provided at various points along the way. While kayaking, boat support will not be available. Participants always have the option to rest a day and ride to the next hotel. We will camp 4 nights in well-equipped cabana-style tents with shared facilities, and 5 nights in comfortable lodges and hotels.



# Hiking Patagonia



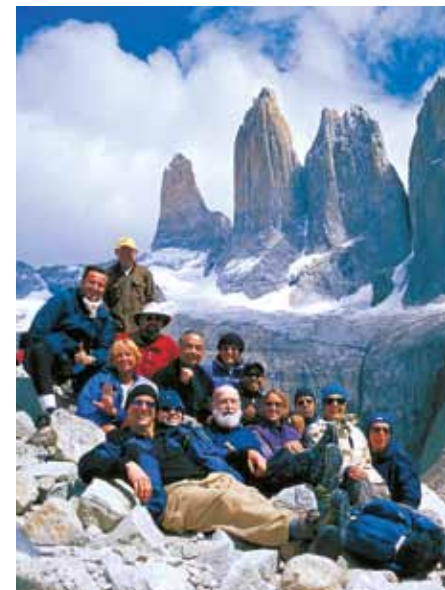
SOUTH AMERICA

Patagonia's pristine beauty is preserved in two exceptionally scenic national parks: the Torres del Paine in Chile and Argentina's Los Glaciares. Set out to explore both on foot—from the black-tipped “horns” of Cuernos del Paine to the ice-clad pinnacles of Monte Fitz Roy.

Hike along sapphire-colored lakes strewn with incandescent icebergs in Torres del Paine. In Los Glaciares, part of the third largest ice cap in the world, walk among active glaciers and watch as they calve ice into alpine lakes. Spot wildlife from Andean condors to guanacos and eagles and travel across the sweeping Patagonian steppe. Cap off your hiking adventure with a day in beautiful Buenos Aires.

## Trip Highlights

- Trek to the base of Torres del Paine's sheer granite walls and surround yourself with twisting peaks in Chile's French Valley.
- Experience close-up the power and magnificence of Grey and Perito Moreno Glaciers, two of the most impressive in the world.
- Hike to serene lakes at the foot of spectacular Cerro de la Torre and the Fitz Roy massif.
- Stay in cozy mountain lodges, hotels, and eco-camps.



Above: A hiker is reflected in a lake below the Torres del Paine.  
Right: Travelers pause for a group photo in Torres del Paine National Park.





“With its **famous granite spires, jawdropping glaciers, and vivid alpine lakes**, Patagonia’s Torres del Paine National Park is a **huge draw for hikers.**”

– Margaret Loftus, “Tours of a Lifetime”  
*National Geographic Traveler*, May 2012

#### DAY 1 PUNTA ARENAS, CHILE

Arrive in Punta Arenas and meet your trip leader for the transfer to our hotel. Gather for a welcome dinner tonight.

*Hotel Cabo de Hornos (D)*

#### DAY 2 TORRES DEL PAINE NATIONAL PARK

Cross the Patagonian plains to the quiet fishing town of Puerto Natales at the edge of Torres del Paine National Park. Set out on our first hike, across the valley from Cueva del Mylodon and Cueva del Medio, caves that have yielded important prehistoric finds. Tonight, travel to Lago de Grey and settle into our quaint hotel, ideally situated within Torres del Paine National Park.

(4 miles hiking, 2 hours)

*Hotel Lago Grey (B,L,D)*

#### DAY 3 GREY GLACIER

Cross Lago de Grey by boat to the foot of the glacier. Our trail traces the lakeshore, offering spectacular views of the glacier and the dramatic Paine massif. Continue to our state-of-the-art hiking lodge, overlooking Lago Pehoé. (7-8 miles hiking, 4 hours)

*Lodge Paine Grande (B,L,D)*

#### DAY 4 FRENCH VALLEY

Today we’ll have two hiking options in magnificent French Valley, a natural basin ringed by the black slate “horns” of the Cuernos del Paine. Walk beneath the glacier-covered slopes of Cerro Paine and take in panoramic vistas of this extraordinary sweep of mountains. We’ll stay in cozy cabins this evening. (14 miles hiking, 8–10 hours, or optional 7 miles hiking, 4–6 hours)

*Cabañas en los Cuernos (B,L,D)*



Surrounded by Patagonia’s high peaks, a wild guanaco surveys the scene from a high alpine meadow.

#### DAY 5 PASO LOS CUERNOS

Follow the Paso Los Cuernos trail along the north shore of Lago Nordenskjöld, hiking between the soaring Cuernos del Paine massif and the sapphire lake. Continue to the base of the Torres mountains and check into our hotel. (7 miles hiking, 4–5 hours)

*Hotel Las Torres (B,L,D)*

#### DAY 6 TORRES DEL PAINE

Rise early for our all-day hike to the Torres del Paine, sheer walls of granite that thrust vertically into the sky. Our path cuts through beech forests and up to the barren slopes below the towers to one of the most magnificent viewpoints in the world. Before us, the towers rise majestically, and far below, the glacial lake shines a brilliant shade of blue. (12 miles hiking, 8–10 hours)

*Hotel Las Torres (B,L,D)*

#### DAYS 7 AND 8 EL CALAFATE/PERITO MORENO GLACIER

Depart Torres del Paine National Park and drive across the border into Argentina. Our destination is the town of El Calafate, the gateway to Los Glaciares National Park, a UNESCO World Heritage site that is part of the third largest ice cap in the world after Antarctica and Greenland. Head to Perito Moreno, an active glacier on the southern arm of Lake Argentino. Watch the glacier calve great chunks of ice into the lake and, weather permitting, take a walk amid ice peaks on the glacier itself.

*Quijote Hotel (B,L,D daily)*

#### DAY 9 LA LEONA PETRIFIED FOREST

After an early breakfast, we’ll travel north across the steppe, stopping along the way for a hike and a picnic lunch in La



Leona Petrified Forest, a surreal maze of ancient trunks and fossils. Then trace the northern edge of Lago Viedma to the little town of El Chaltén. (5 miles hiking, 3 hours)

*Cabañas Fitz Roy (B,L,D)*

#### DAYS 10–12 LOS GLACIARES NATIONAL PARK

Spend three full days exploring this ice-laden park on a variety of hikes into the interior. Climb to pristine glacial lakes at the base of the park’s most famous sites, Monte Fitz Roy (11,073’) and Cerro Torre (10,278’). Discover the Piedras Blancas glacier or head to Piedra del Fraile, which looks out on the dramatic north face of Fitz Roy. On our final day, we’ll enjoy one last hike before returning to El Chaltén. Tonight, gather for a festive farewell dinner. (Day 10: 15 miles hiking, 8–10 hours; Day 11: 13 miles hiking, 8 hours; Day 12: 13 miles hiking, 6–7 hours)

*Cabañas Fitz Roy; Hotel Destino Sur (B,L,D daily)*

#### DAYS 13 AND 14 EL CALAFATE/BUENOS AIRES

Drive back to El Calafate for our flight to Buenos Aires. Enjoy some free time, then transfer to the airport for your flight home.

*Loi Suites (B,L; B)*

#### DATES:

2014: OCT 25–NOV 7 • NOV 8–21 • NOV 22–DEC 5 •  
DEC 20–JAN 2, 2015

2015: JAN 17–30 • FEB 14–27 • MAR 7–20

#### COST: \$5,795

Price is per person, double occupancy. For a single room, add \$1,800. Airfare is not included. Economy air from Miami to Punta Arenas and return from Buenos Aires is estimated from \$980. Internal group air from El Calafate to Buenos Aires is estimated at \$400.

#### ACTIVITY LEVEL: MODERATE TO STRENUOUS

**GROUP SIZE: 8–16**

**TRIP DETAILS:** We will be hiking 3 to 10 hours per day (5 to 16 miles) on moderate to steep grades and at elevations ranging from 200 feet to a maximum of 3,000 feet. Most days have options for more, or less, hiking. During hikes, vehicle support is limited while in the National Parks. Participants always have the option to rest a day and ride to the next hotel. We will stay 5 nights in cozy mountain cabins, and 8 nights in lodges and hotels that combine comfort, ideal location, and local charm.



# Peru: Machu Picchu Inn to Inn



SOUTH AMERICA

Wind your way from lodge to lodge through the luxuriant forests and snowcapped peaks of Peru's stunning Cordillera Vilcabamba.

Trek among glaciers and alpine lakes, as well as to local villages and lesser known Inca sites tucked into the slopes. Take in views of dazzling 20,000-footers such as Salkantay, the highest summit in the range and one of the most sacred peaks in Inca mythology. Experience the diverse ecosystems of the Andes, from ice-clad, high-alpine slopes to lush cloud forests and tropical orchards. At the end of each day, settle into a picturesque mountain lodge to enjoy a soak in the hot tub, a cozy fire, and a delicious meal. Then venture deep into the mysteries of the Inca as we explore the breathtaking sanctuary of Machu Picchu.

## Trip Highlights

- Trek high among the majestic peaks of the Cordillera Vilcabamba to Machu Picchu.
- Spend a full day and a half exploring the magnificent citadel of Machu Picchu.
- Delve into the enchanting world of the Inca during an evening with National Geographic grantee Peter Frost.
- Relax in beautiful mountain lodges set amid spectacular scenery.



Above: The Inca citadel of Machu Picchu glows in the sunlight.

Top right: The Salkantay Lodge, where we spend the first two nights of our trek.

Bottom right: Hikers trek along the lesser known Salkantay route to Machu Picchu.



“I expected to be impressed by Machu Picchu, but now that we’re here,  
**standing in the clouds atop the world,**  
 I’m more than impressed—I’m in awe.”

— Patrick J. Kelly, “The Globetrotter”  
*National Geographic Traveler*, May/June 2005

#### DAY 1 LIMA, PERU/CUSCO

Arrive in Lima and connect to your flight to Cusco. After lunch on your own, head out on a guided walk through this ancient city, once the capital of the Inca Empire. Later, gather for a welcome dinner and a lecture by archaeologist and National Geographic grantee Peter Frost, or a prominent local anthropologist.

*Hotel Libertador (D)*

#### DAY 2 SORAYPAMPA

Rise early for the drive to our first lodge, stopping along the way to visit the ruins of Tarawasi, an Incan ceremonial center built from precisely carved blocks of granite. Continue to Marcoccasa and set out on an optional hike along the Camino Real. This afternoon, arrive at Salkantay Lodge and take in the breathtaking views. Enjoy some free time, then gather for an evening briefing followed by a hearty meal. (11 miles hiking, 4–6 hours)

*Salkantay Lodge (B,L,D)*

#### DAY 3 SORAYPAMPA

We’ll spend today acclimating to the altitude. You may opt to go on a half-day hike to a stunning glacial lake. Or just relax in a cozy lounge or a hot tub at the lodge. We’ll meet this evening for a briefing on our trek. (4 miles hiking, 3–4 hours)

*Salkantay Lodge (B,L,D)*

#### DAY 4 HUAYRAQMACHAY

Rise early to 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. Admire a vista of snowcapped peaks, then descend to Wayra Lodge (12,812’) where showers and a hot tub await. (8 miles hiking, 5–7 hours)

*Wayra Lodge (B,L,D)*



Travelers pause for a photo at the highest point on the trek.

#### DAY 5 COLLAPAMPA

Enjoy a leisurely morning at Wayra Lodge. Today’s hike takes us into increasingly lush vegetation as we head down into the Collpapampa Valley. Tonight, enjoy a *pachamanca*, a traditional underground stone barbecue. (6 miles hiking, 4 hours)

*Collpa Lodge (B,L,D)*

#### DAY 6 LUCMABAMBA

Continue downhill through the 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, hidden away among avocado trees. (9 miles hiking, 5–6 hours)

*Lucma Lodge (B,L,D)*

#### DAY 7 AGUAS CALIENTES

The trail winds uphill toward Llactapata Pass at 8,974 feet, where we’ll catch a glimpse of Machu Picchu in the distance. Explore the ruins of Llactapata, a sacred site for the Inca. Like Machu Picchu, the ruins here were rediscovered by explorer Hiram Bingham in 1911. National Geographic funded his subsequent excavation. A short train ride brings us to Aguas Calientes, the gateway to Machu Picchu. (7 miles hiking, 5–6 hours)

*Machu Picchu Pueblo Hotel (B,L,D)*

#### DAY 8 MACHU PICCHU

Stacked up a hillside in terraces amid soaring Andean peaks, the 15th-century Inca citadel of Machu Picchu is considered one of the New Seven Wonders of the World. We spend an entire day exploring its breathtaking labyrinth of temples, sanctuaries, and homes.



Delve into the site with our guides, learning about the Inca’s sophisticated culture and technology and discovering the secrets of this royal city lost to the wider world for some 500 years. Toast our Andean trek at a farewell dinner in a local restaurant tonight.

*Machu Picchu Pueblo Hotel (B,L,D)*

#### DAY 9 MACHU PICCHU/CUSCO

This morning, explore Machu Picchu on your own. We’ll take the train back to Cusco for a free afternoon to explore the city.

*Hotel Libertador (B,L,D)*

#### DAY 10 LIMA

Fly to Lima and enjoy an unscheduled afternoon to see the sights. This evening, transfer to the airport for your flight home.

*Dayroom at Casa Andina Private Collection (B)*



Writer, archaeologist, and National Geographic grantee **Peter Frost** (pictured left) or a prominent local anthropologist will join us for dinner and a talk on the evening of Day 1.

#### DATES:

2014: APR 9–18 • APR 27–MAY 6 • MAY 18–27 •  
 JUN 1–10 • JUN 11–20 • JUN 15–24 •  
 JUN 25–JUL 4 • JUL 6–15 • JUL 22–31 •  
 JUL 27–AUG 5 • AUG 10–19 • AUG 24–SEP 2 •  
 SEP 7–16 • SEP 21–30 • OCT 5–14

#### COST: \$5,595

Price is per person, double occupancy. Single rooms are not available; all travelers will be paired with a same-gender roommate when available. Otherwise, a single supplement of \$2,300 will be

charged. Airfare is not included. Round-trip economy air between Miami and Lima is estimated from \$780. Internal round-trip group air between Lima and Cusco is estimated at \$400.

#### ACTIVITY LEVEL: MODERATE TO STRENUOUS

#### GROUP SIZE: 10–12

**TRIP DETAILS:** While on the trek, we will be hiking 4 to 7 hours per day (4 to 11 miles) on moderate to steep grades and at elevations ranging from 6,232 feet to a maximum of 15,213 feet. Vehicle support is limited while hiking, but horses are available on the trail. We will stay 5 nights in remote mountain lodges and 4 nights in deluxe hotels. Porters and pack animals will transport our gear.



# Japan Adventure: Tokyo to Sacred Kumano



In Japan, a deep reverence for nature and tradition vies with a fascination of all that is futuristic—and this jarring contrast is part of the country's strong allure. Our adventure starts off amid the skyscrapers of Tokyo; then we step back in time in Asuka, one of Japan's ancient capitals. In the sacred mountains of the Kii Peninsula, embark on the Kumano Kodo, a beautiful pilgrimage route that has drawn emperors and kimono-clad worshippers for more than a thousand years. Delve into Japan's spiritual traditions as we hike to stunning shrines nestled amid cedar-covered slopes. Soak in hot springs, stay in traditional mountain inns and *ryokans*, and experience the diversity of Japan's fine cuisine—from the lively pubs of Tokyo to delightful, locally sourced meals along the Kumano Kodo.

Above: Japanese pilgrims in traditional dress hike the Kumano Kodo.  
Right: A *taiko* drummer performs at a temple.

## Trip Highlights

- Spend four days hiking the spectacular Kumano Kodo, one of only a few pilgrimage routes in the world designated a UNESCO World Heritage site.
- Stroll through charming Yanaka, an old quarter of Tokyo that has survived wars and earthquakes.
- Ride a bike past burial mounds and terraced rice paddies in the ancient capital of Asuka.
- Take part in an authentic tea ceremony and discover the intricacies of this important Japanese tradition.





“If Tokyo is all brute force and power, **Kyoto is grace and subtlety.** The city sings to the senses. It seeks **to fill the eye with beauty,** the soul with order.”

— Keith Bellows, “The Zen of Kyoto,”  
*National Geographic Traveler*, March 2005

## DAYS 1 AND 2 TOKYO, JAPAN

Arrive in Tokyo and transfer to our hotel in the modern Shiodome district. Meet for an orientation and welcome dinner. Our first full day starts with a walking tour of Tokyo’s elegant Ginza shopping district and the park around the Imperial Palace. Then stroll through quiet Yanaka, where age-old temples are tucked in among traditional wooden houses. Enjoy an evening on your own to explore Tokyo’s myriad dining options.

*Park Hotel Tokyo (D; B,L)*

## DAY 3 ASUKA

Journey by train to Asuka, the site of some of Japan’s first Buddhist temples. Small shrines, ancient stone monuments, and the burial mounds of Japan’s first emperors dot the terraced rice fields. Explore the town on a bicycle ride, then watch a private performance by a taiko drummer and try your hand at drumming. Weather permitting, meet a farming family for a picnic lunch. We continue by train to Osaka, one of Japan’s culinary capitals.

*Hotel Monterey Grasmere Osaka (B,L,D)*

## DAY 4 OSAKA/KUMANO KODO TO TAKAHARA

During free time this morning, explore Osaka, and go on an optional walk through its colorful food markets. Then travel by train south along the coast to Tanabe, on the Kii Peninsula, and take a local bus to Takijiri. Set off on the Nakahechi trail, part of the network of ancient pilgrimage routes known as the Kumano Kodo. The rich spiritual history of the region is evident along our route, which links three important Shinto/Buddhist shrines and is scattered with smaller shrines called *ōji*. The first leg of our hike brings us to the village of Takahara, where we’ll relax in the hot springs at our Japanese-style hotel. (3 miles hiking, 2 hours)

*Organic Hotel Kiri-no-sato Takahara (B,L,D)*



A tunnel of *torii* (red gates) decorates the Fushimi Inari Temple in Kyoto.

## DAY 5 KUMANO KODO TO CHIKATSUYU

Hike east through lush cedar forests, passing small *jizo* bodhisattva statues placed by locals to protect travelers and old *cha-ya* (tea houses), which provided rest to pilgrims until the early 20th century. Descend to the village of Chikatsuyu, and settle into our lodge, run by a friendly local couple. (7 miles hiking, 4 hours)

*Minshuku Chikatsuyu (B,L,D)*

## DAY 6 CHIKATSUYU TO YUNOMINE ONSEN

The trail ascends to Tsugizakura-ōji, one of more than 100 small shrines along the route where pilgrims leave offerings. Travel from Kobiro-ōji to Hosshinmon-ōji by local bus, then hike the final section through ridge-top villages before descending to the Hongu Taisha, one of the grand shrines of the Kumano Sanzan. Explore the shrine and then take a short drive to Yunomine Onsen, one of the oldest hot springs in Japan, just a few steps from the ryokan where we’ll stay the night. (8 miles hiking, 4 hours)

*Azuma-ya Ryokan (B,L,D)*

## DAY 7 KUMANO RIVER/KATSUURA BAY

Meet a local Shugendo priest to learn firsthand about this ascetic Buddhist sect that focuses on the connection of humans and nature. Head to the Kumano River for an exciting boat ride to Doro-kyo Gorge. Continue to Katsuura, and settle into our hotel, built into the rock on the edge of Katsuura Bay. Soak in the hotel’s hot springs, set within a cave overlooking the water.

*Hotel Urashima (B,L,D)*

## DAY 8 NACHI TAISHA/KYOTO

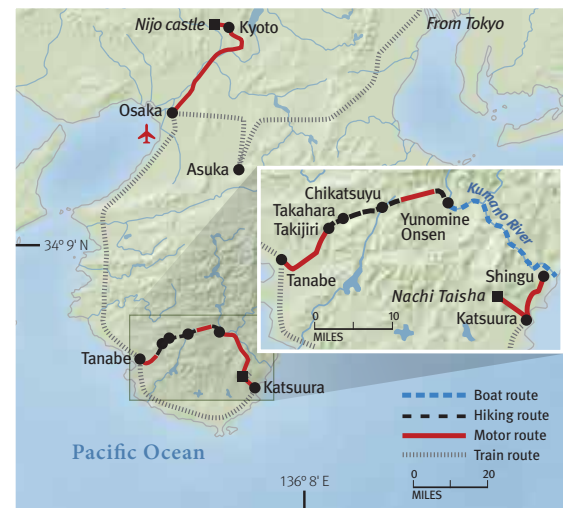
After breakfast, pay a visit to Nachi Taisha, another of the three Grand Shrines of Kumano, and see the nearby waterfall, one of the tallest in Japan. Journey by train to Kyoto, and enjoy free

### DATES:

2014: APR 9–19 • MAY 7–17 • JUL 10–20 •  
OCT 1–11 • NOV 5–15  
2015: APR 8–18 • MAY 13–23

**COST:** 2014: **\$5,795**  
2015: **\$5,995**

Price is per person, double occupancy. For a single room, add \$800. Airfare is not included. Economy air from Los Angeles to Tokyo, and return from Osaka is estimated from \$900.



time to explore before dinner.

*Kyoto Royal Hotel & Spa (B,L,D)*

## DAY 9 KYOTO

Head to Nijo Castle, the former seat of the Tokugawa shoguns in Kyoto. At the castle’s Ninomaru Palace, see work by artists from the Kano school and take note of the “nightingale floors,” designed to squeak when walked upon to ward off intruders. Take a guided tour of the Higashiyama neighborhood, stroll past cherry trees on the Philosopher’s Path, and venture into the Zen gardens of Nanzen-ji temple. (1–2 miles walking, 2 hours)

*Kyoto Royal Hotel & Spa (B)*

## DAYS 10 AND 11 KYOTO

Experience the complex traditions of the Japanese tea ceremony, a highly stylized ritual that began in the 16th century when tea was first brought to Japan. Later, enjoy a specially arranged visit to a Zen temple normally closed to the public. After time at leisure, meet up for a farewell dinner. The next day, transfer to the airport for your flight home.

*Kyoto Royal Hotel & Spa (B,L,D; B)*



See our Japan Photo Adventure  
on page 11.

### ACTIVITY LEVEL: EASY TO MODERATE

**GROUP SIZE:** 8–15

**TRIP DETAILS:** This is a hiking and cultural trip. Our hikes range from 2 to 4 hours per day (1–8 miles) on well-worn paths with some rocky terrain. During hikes on the Kumano Kodo trail, vehicle support is limited to paved roads. Vehicle support is provided on all other days. Participants always have the option to rest a day and ride to the next hotel. We will spend 9 nights in comfortable hotels and 1 night in a ryokan (traditional Japanese guesthouse).



# Vietnam, Laos, and Cambodia Adventure



ASIA

The allure of Southeast Asia is in the unexpected blend of stunning pagodas and romantic colonial architecture; the colorful cacophony of market streets where silks and silver are sold next to cilantro and roasted fish; and the terraced rice fields and timeless villages. Experience Indochina on a unique adventure that adapts our activity to best fit each location. Bike through the garden districts of Hue and among the ancient Khmer temples of Cambodia.

Walk the historic streets of Hanoi and Ho Chi Minh City (formerly Saigon). Board a traditional-style Chinese junk for a two-night cruise on Vietnam's magnificent Ha Long Bay, discovering the karst landscape by kayak. Go hiking and explore caves and waterfalls in the jungles surrounding Laos's beautiful Louangphrabang. Then cap off the adventure among the spectacular temples of Angkor.

Above: A Buddhist monk stands among temple ruins at the water's edge.  
Right: The Wat Xieng Thong temple in Laos houses a treasure trove of Buddhist artifacts.

## Trip Highlights

- Kayak from pristine beaches to limestone caves and floating villages on Vietnam's Ha Long Bay.
- Go biking in Hue, Vietnam, and in the Cambodian countryside; ride an elephant; and trek to a Laotian hill tribe village.
- Explore four very different UNESCO World Heritage sites in three different countries: Hue, Ha Long Bay, Louangphrabang, and Angkor.
- Get to know the local people during meals, ceremonies, and visits to schools and homes.





## “Few Asian cities seduce visitors the way Hanoi does.”

With its romantic blend of “old” Asia and French heritage,

### Hanoi doesn't disappoint.”

— Mui Nelson, “48 Hours: Hanoi—Well, Hello Hanoi”  
*National Geographic Traveler*, April 2003

#### DAY 1 HO CHI MINH CITY (SAIGON), VIETNAM

Arrive in Ho Chi Minh City and check into our hotel. Relax or explore the city, then meet for an orientation and a welcome dinner.

*Renaissance Riverside Hotel Saigon (D)*

#### DAYS 2 AND 3 HO CHI MINH CITY/HUE

Set out on a city tour, visiting the old Saigon Post Office, Notre Dame Cathedral, Reunification Palace, and Chinatown. Then fly to Hue, the capital of the Nguyen dynasty from 1802 until 1945. The next day, explore the Imperial City and the citadel, and ride a bike past dragon boats and long-tailed canoes on the Perfume River. Continue cycling into the leafy Phu Mong district to Tha Om for a delicious lunch. Later, visit the tomb of Tu Duc and the Tu Hieu Pagoda. (6–8 miles bicycling, 1–2 hours)

*La Résidence Hotel & Spa (B,L,D daily)*

#### DAYS 4 AND 5 HANOI

After a free morning, we fly to Hanoi, a beautiful city of colonial architecture and tilting pagodas. Take a walk through the captivating Old Quarter, where merchants preside over everything from silk and sandals to roasted fish. If you wish, attend an evening performance of traditional water puppetry before dinner. The next morning, trace the life of Ho Chi Minh at his mausoleum and his traditional stilt house. Step into One Pillar Pagoda, which dates back to 1049, and visit the Temple of Literature, Vietnam's first university. Later, meet with the director of a unique art gallery to learn about contemporary arts in Vietnam. Discover the city's restaurants on your own tonight.

*Intercontinental Westlake Hanoi (B,L,D; B,L)*

#### DAYS 6 AND 7 HA LONG BAY

Take a morning drive to the UNESCO World Heritage site of Ha



A kayaker paddles through the still waters of Ha Long Bay in Vietnam.

Long Bay, where our private traditional-style wooden junk awaits. Set sail into waters dotted with tiny islands and fantastic karst formations. After a kayak lesson the next day, venture out into one of the most spectacular parts of the bay. Discover “tunnel lakes,” remote lagoons, and pristine beaches, and pull up on shore to explore on foot. Kayak to a floating village and get to know the everyday life and traditions of its people, and season permitting, visit with the students at a floating school. Take a swim or just relax on deck this afternoon. (2–6 miles paddling, 2–4 hours)

*Red Dragon or Dragon's Pearl (B,L,D daily)*

#### DAYS 8 AND 9 LOUANGPHRABANG, LAOS

After breakfast, drive back to Hanoi and fly to Louangphrabang. A World Heritage site, Louangphrabang is a breathtaking combination of Buddhist temples and charming colonial buildings nestled in jungle-covered hills. The next day, glide along the Mekong on a traditional boat to the ancient Pak Ou caves, cluttered with standing wooden Buddha figures. Then head through rice fields for a picnic lunch beneath Kuang Sy waterfall. Tonight, join a local family for a Buddhist Baci ceremony followed by dinner in their home.

*Villa Santi Resort (B,L,D daily)*

#### DAY 10 LOUANGPHRABANG

Set off on an elephant ride through the forests along the Nam Khan River, followed by a boat ride to the Tad Sae waterfalls, weather permitting. This afternoon, trek into the hills to a Khmu village and experience firsthand the culture and everyday life of one of the Laotian hill tribes. (3–4 miles hiking, 1–2 hours)

*Villa Santi Resort (B,L,D)*

#### DATES:

2014: SEP 27–OCT 9 • OCT 18–30 • NOV 1–13 • NOV 15–27

2015: JAN 10–22 • JAN 24–FEB 5 • MAR 7–19 • MAR 22–APR 3

**COST:** 2014: **\$6,195**

2015: **\$6,395**

Price is per person, double occupancy. For a single room, add \$900 in 2014, and \$1,000 in 2015. Airfare is not included. Economy air between Los Angeles and Ho Chi Minh City, Vietnam, and return from Siem Reap, Cambodia, is estimated from \$1,700. Internal group



#### DAY 11 LOUANGPHRABANG/SIEM REAP, CAMBODIA

Rise early to catch an enchanting sight of hundreds of saffron-robed monks walking silently through town to collect offerings. After breakfast, visit Wat Xieng Thong, a temple protecting a treasure trove of Buddhist and royal artifacts. Fly to Siem Reap and get introduced to the legacy of the Khmer Empire on a cycling excursion to some of the earliest Khmer temples: Bakong, Preah Ko, and Lolei. Ride on into the countryside, stopping at a local home to enjoy home-baked Khmer pastries with the bakers themselves. (4–5 miles bicycling, 1–2 hours)

*Angkor Village Resort & Spa (B,L,D)*

#### DAYS 12 AND 13 ANGKOR/SIEM REAP

Encounter the legendary temple of Angkor Wat, covering nearly 500 acres with its extraordinary sculptures and stupas. Later, examine the 1,000-year-old rose-colored carvings at the Hindu temple of Banteay Srei. Venture into Ta Prohm, whose temples remain engulfed in the coiling roots of the forest. The next day, explore the ancient city of Angkor Thom. See the colossal faces of the Bayon Temple and visit the Terrace of the Leper King. Later, transfer to the airport in Siem Reap for your flight home.

*Angkor Village Resort & Spa (B,L,D; B,L)*

airfare within Southeast Asia is estimated at \$725.

**ACTIVITY LEVEL:** EASY TO MODERATE

**GROUP SIZE:** 8–15

**TRIP DETAILS:** On kayaking excursions, we will paddle from 2 to 4 hours per day (2 to 6 miles), combined with time to relax or hike. On bicycling excursions, we will bike from 1 to 2 hours per day (4 to 8 miles). Vehicle support is provided on hikes and while biking. Boat support is provided while kayaking. While there is no sustained hiking on this trip, there is ample walking in cities and over uneven terrain in villages and at temple sites. We will stay 9 nights in comfortable hotels and 3 nights in a traditional wooden junk (sailboat).



# China: Tea Horse Road and Shangri-La



## ITINERARY AT-A-GLANCE

### DAYS 1–4 KUNMING/TACHENG

Fly to Kunming, then Shangri-La. Head to Shigu village, where the Yangtze River turns nearly 180 degrees. Hike to a traditional Naxi village and visit Tacheng Black Snub-Nosed Monkey National Park. Climb through fields of wild rhododendron to a Kham Tibetan village and meet students at its school. Then head to Benzilan, a spiritual center on the Yangtze. (Days 2 and 4: 4–8 miles hiking, 2–4 hours; Day 3: 3 miles walking; 2 hours)

### DAYS 5–8 BENZILAN/MEILI

See Benzilan, once an important stop along the Tea Horse Road, and hike to two hidden Kham villages. At Dongzhulin Monastery, learn monks' daily rituals. Enjoy sunset over sacred Mount Kawagebo. Each year, some 20,000 pilgrims trek to the mountain; follow their footsteps through wildflower meadows. (Days 5 and 7: 4–10 miles hiking, 2–8 hours; Day 6: 2–3 miles walking, 2 hours)

### DAYS 9–11 SHANGRI-LA

Drive to Zhongdian, renamed Shangri-La after the fabled town. Stop in villages known for black pottery and lacquerware and settle into our Tibetan-style lodge. Visit Songzanlin Monastery, the largest Tibetan Buddhist monastery in Yunnan. Learn about *thangka* painting from a local master, then gather for a hotpot dinner and a dance performance. After a final hike, enjoy a farewell dinner. The next day fly to Kunming, then home. (Day 10: 6–7 miles hiking, 3 hours)

#### DATES:

2014: MAR 30–APR 9 • JUN 15–25 • JUL 7–17 •  
AUG 25–SEP 4 • SEP 3–13 • SEP 21–OCT 1 •  
NOV 3–13

**COST: \$4,795**

**ACTIVITY RATING: MODERATE**

**GROUP SIZE: 8–15**

**TRIP DETAILS:** For a detailed itinerary, visit [nationalgeographicadventures.com](http://nationalgeographicadventures.com).



Tucked into China's southwestern corner and pushed up against the Tibetan plateau, Yunnan province was once crisscrossed by the Tea Horse Road, an ancient trade route that brought Yunnan's valuable tea to Tibet, and Tibet's sturdy horses to China. Traces of the road remain, passing through some of the country's most beautiful landscapes. Set out to explore the road in Three Parallel Rivers National Park, a UNESCO World Heritage site split by the Yangtze, the Mekong, and the Salween Rivers and dominated by the soaring peaks of the Hengduan. Discover the cultures of China's Naxi, Lisu, and Kham Tibetan as we hike among lush valleys and wildflower-strewn slopes on the way to Shangri-La.

## Trip Highlights

- Track endangered golden monkeys with a local expert in Tacheng Yunnan Snub-Nosed Monkey National Park.
- Meet with a high lama at the Songzanlin Monastery in Yunnan.
- Hike to Naxi and Kham villages and spend time getting to know the people and culture of some of China's ethnic minorities.
- Stay in spectacularly situated mountain lodges.

Above: The magnificent Songzanlin Monastery shines behind fluttering prayer flags.



# Mongolian Horse Trek



Immerse yourself in the Mongolian nomad's timeless way of life as we discover the vast steppe on horseback. From our base at a traditional *ger* camp, hosted by anthropologist Carroll Dunham (on July departures) and photographer Thomas Kelly, venture into

historic monasteries and ancient ruins. Then set out

on a four-day horse trek, riding through fields of wildflowers to sacred Mandal Mountain. Spend time exploring the lush, beautiful valley on foot, visiting nomad families, and enjoying the gentle rhythms of nomadic life. Go fishing in nearby rivers, try your hand at Mongolian archery, and get an intimate, authentic look at the Naadam festival at a small village celebration.

## Trip Highlights

- View the Mongolian countryside from the perspective of a nomad, traveling primarily on horseback.
- Watch a traditional *tsam*-mask dance and listen to the surreal sound of *khoomii*, or throat singing.
- Experience the color, passion, and pageantry of a local Naadam festival.
- Explore the 16th-century Erdene Zhu monastery and meet its head lama (his schedule permitting).



## ITINERARY AT-A-GLANCE

### DAYS 1–5 ULAANBAATAR • KHARKHORIN • BULGAN SUM

Arrive in Ulaanbaatar, and spend a day exploring the city. Visit the National Museum of Mongolia History and the Chojjin Lama Temple, and watch a *tsam*-mask dance and a throat-singing performance. Journey to Kharkhorin to see Karakorum, Genghis Khan's legendary capital, and venture into the 16th-century Erdene Zhu monastery. Settle into Lapis Sky *ger* camp near Bulgan Sum. (Day 5: 9 miles optional horse riding, 3 hours)

### DAYS 6–10 HORSE TREK

Set out on horseback across the sweeping steppe to Tolgin Butts and camp in a meadow. Take an invigorating ride over mountain passes to sacred Mandal Mountain. Explore on foot, attend a Buddhist ceremony, and take an optional ride to visit with nomads. Return to Bulgan Sum by horse or jeep and enjoy a day to go on photo walks, go fishing, and spend time with nomad families before a Mongolian barbecue. (Days 6 and 7: 9–12 miles horse riding, 3–5 hours; Day 8: 3 miles optional horse riding, 1 hour)

### DAYS 11–14 NAADAM FESTIVAL • ULAANBAATAR

Experience a local Naadam, an annual summer festival of traditional sports. Witness the excitement of bareback horseracing, wrestling, and archery contests close up, and end the day with a *morinkhuur*, or horse-head fiddle concert. After a final day at Lapis Sky, return to Ulaanbaatar for flights home.

#### DATES:

2014: JUL 1–14 • JUL 22–AUG 4 • AUG 12–25

**COST: \$5,295**

**ACTIVITY RATING: MODERATE**

**GROUP SIZE:** 8–15

**TRIP DETAILS:** For a detailed itinerary, visit [nationalgeographicadventures.com](http://nationalgeographicadventures.com).

Above: Horsemen in traditional dress on the grasslands of Mongolia.



# New Zealand Adventure



New Zealand's South Island is split by the snow-capped spine of the Southern Alps, fringed with karst cave systems and wild beaches, laced with gorgeous fjords, and iced with glaciers. It's no wonder that the "adventure capital of the world" is found here.

Set off on a multi-sport adventure, paddling along the pristine northern coast in a sea kayak, hiking coastal trails between soaring

mountains and the Tasman Sea, trekking across a glacier that descends through a rain forest, and black-water rafting on a subterranean river. Get to know the charm and personality of towns like Nelson and Wanaka, and opt to try bungee jumping in Queenstown, birthplace of the commercial sport. Then cap off the adventure with an overnight cruise on the sublime Milford Sound.

Above: Kayakers rest on a small island in Abel Tasman National Park.  
Right: A curious New Zealand fur seal.

## Trip Highlights

- Sea kayak among dolphins and fur seals on the coast of Abel Tasman National Park.
- Trek across Fox Glacier and hike through alpine landscapes on the Rob Roy Glacier Track.
- Go tubing through caves lit up by glowworms.
- Stargaze and watch for wildlife on an overnight cruise in glorious Milford Sound.







“The South Island—a Middle-earth of rain forests, glaciers, mountains, and beaches—will be our action central, our playground.”

— Carrie Miller, “Action New Zealand: 12 Days and 12 Adventures on the South Island” *National Geographic Traveler*, May/June 2002

#### DAY 1 NELSON, NEW ZEALAND

Arrive in Nelson, a sunny hub of artists and craftspeople on the northern shores of the South Island. Gather for an orientation at our waterfront hotel and enjoy time to discover this vibrant town before our welcome dinner tonight.

*Grand Mercure Nelson Monaco Resort (D)*

#### DAY 2 ABEL TASMAN NATIONAL PARK

Travel to Kaiteriteri and catch a water taxi into Abel Tasman National Park. 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 and along granite and limestone cliffs and pristine gold-sand beaches, and arrive at our eco-lodge on the edge of Awaroa Bay. (4 miles hiking, 3–4 hours)

*Awaroa Lodge (B,L,D)*

#### DAY 3 ABEL TASMAN NATIONAL PARK

Spend the day exploring the spectacular Tonga Island Marine Reserve by sea kayak. Paddle into inlets and intimate coves, keeping an eye out for dolphins, fur seals, and little blue penguins. From our take-out point on the beach at Onetahuti, hike the Coast Track back to our lodge. (1 mile hiking, 1 hour; 4–5 miles paddling, 4–5 hours)

*Awaroa Lodge (B,L,D)*

#### DAY 4 WEST COAST/PUNAKAIKI

After a leisurely morning, return to Kaiteriteri by water taxi. Follow the Buller River gorge to the wild west coast, where the snowcaps of the Southern Alps rise above the rugged shores of the Tasman Sea. Time permitting, stop at Cape Foulwind to see its resident fur seal colony before checking into our beachfront hotel in Punakaiki.

*Punakaiki Resort (B,L,D)*



A hiker pauses to take in the beautiful view.

#### DAY 5 PAPAHOA NATIONAL PARK

Ride the Charleston Nile River Rainforest Train into a jungle-covered karst canyon to our black-water cave rafting adventure. Float in inner tubes through passages lit up eerily by glowworms. Return to Punakaiki for a visit to the fantastic Pancake Rocks, then continue to Hokitika.

*Beachfront Hotel Hokitika (B,L,D)*

#### DAY 6 OKARITO

Hit the trail in Okarito, taking in a magnificent panorama of wild coastline and soaring, icy peaks including, on a clear day, Mount Cook, the highest summit in New Zealand. Continue into Westland Tai Poutini National Park, part of southwest New Zealand’s extensive World Heritage area. (3 miles hiking, 2–3 hours)

*Te Weheka Boutique Hotel (B,L,D)*

#### DAY 7 FOX GLACIER

Tackle spectacular Fox Glacier today, hiking up through rain forest to arrive at this thick river of ice. Strap on crampons and trek out onto the glacier, exploring crevasses and ridges and taking in incongruous views of the icefall, the sharp peaks above, and the lush greenery just below. Enjoy the rest of the day to relax or explore the region. (2 miles hiking, 2–3 hours)

*Te Weheka Boutique Hotel (B,L)*

#### DAY 8 SOUTHERN ALPS/WANAKA

Travel into the Southern Alps today, crossing the Main Divide on our way to the Southern Lakes District and the charming town of Wanaka. Trace the shores of Lake Wanaka and Lake Hawea, and stop for short hikes along our route.

*Grand Mercure Oakridge Resort (B,L,D)*

#### DATES:

2014: NOV 11–22 • DEC 2–13  
2015: JAN 13–24 • FEB 3–14 • FEB 24–MAR 7 •  
MAR 17–28

#### COST: \$7,395

Price is per person, double occupancy. For a single room, add \$1,500. Airfare is not included. Economy air from Los Angeles to Nelson, and return from Queenstown is estimated from \$1,800.



#### DAY 9 MOUNT ASPIRING NATIONAL PARK

Follow the Matukituki River valley into Mount Aspiring National Park. Set out on the Rob Roy Glacier Track, tramping through forest before we emerge to see fantastic glacier views. (6 miles hiking, 4–6 hours)

*Grand Mercure Oakridge Resort (B,L,D)*

#### DAY 10 QUEENSTOWN

Drive to Queenstown, known as the adventure capital of the world. Enjoy free time this afternoon to visit a local winery, go on a hike, or try out an adventure sport—bungee jumping, jet boating, and skydiving are just a few of the possibilities.

*Crowne Plaza Queenstown (B,L)*

#### DAY 11 MILFORD SOUND

Journey into Fiordland National Park today, taking short hikes along the way. Then set sail on the *Milford Mariner* on the magnificent Milford Sound, cruising the full length with a nature guide. Celebrate our adventure with a farewell dinner on board.

*Milford Mariner (B,L,D)*

#### DAY 12 QUEENSTOWN

Enjoy breakfast on the ship before returning to Queenstown. This afternoon, transfer to the airport for your flight home. (B,L)

#### ACTIVITY LEVEL: MODERATE

#### GROUP SIZE: 8–16

**TRIP DETAILS:** On this multi-sport adventure, explore some of the best hikes and paddling on the South Island. Hikes range from 1 to 6 hours (1 to 6 miles) on good trails with moderate elevation gain. On our kayaking excursion, we will paddle stable, two-person kayaks for 4 to 5 hours (4 to 5 miles). No previous kayaking experience is necessary. During hikes, vehicle support is limited while in the National Parks. There is no boat support while kayaking in Abel Tasman National Park. Participants always have the option to rest a day and ride to the next hotel. We stay 10 nights in comfortable eco-lodges and hotels, and 1 night on a traditional sailing boat in Milford Sound.



# Tanzania: Walking Safari with the Maasai



AFRICA

Set out on foot to experience the wild wonders of Tanzania from the unique perspective of the people who call it home. On the shores of Lake Eyasi, a stunning salt lake in the Rift Valley, live among the timeless Hadza, one of the last hunter-gatherer groups in the world. Then settle into Maasai country, getting to know the culture and hiking the Ngorongoro Highlands, Olduvai Gorge, and the Serengeti Plain with our Maasai hosts.

Complement your walking adventures with game drives in some of East Africa's most wildlife-rich areas: the Ngorongoro Crater and the legendary Serengeti.

## Trip Highlights

- Go on foraging walks in the bush alongside Wahadzabe bushmen who subsist on what they hunt and gather.
- Spend time with villagers in an authentic Maasai homestead and witness a traditional ceremony.
- Hike the volcanic landscapes of the Ngorongoro Highlands in the company of local Maasai.
- Observe lions, elephants, black rhinos, and much more on a game drive in Ngorongoro Crater.



Above: Garbed in rich shades of red, a Maasai tribesman looks out over Tanzania's rolling grasslands.  
Top right: A giraffe family walks across the green and yellow savanna.  
Bottom right: A guest stands in the entrance to her private safari-style tent.





**“This adventure was feast for the senses.** Hearing the sounds of the Serengeti, feeling the sandpaper leaves, seeing sunlight in a new way, smelling the fragrance of the Ngorongoro highlands, tasting the delicious soups...it all came together to create **a transformative experience.”**

– Jean M., traveler  
Tanzania: Walking Safari with the Maasai, 2013

#### DAY 1 ARUSHA, TANZANIA

Arrive at Kilimanjaro International Airport and transfer to our hotel, set amid tropical gardens in the shadow of Mount Meru.  
*Moivaro Lodge (D)*

#### DAYS 2 AND 3 SERENGETI NATIONAL PARK

Venture deep into the Serengeti in safari vehicles, heading for kopje country, where dramatic granite boulders poke out of the savanna. Continue to our camp, located in an area with a high concentration of wildlife—in the midst of thousands of wildebeest during the annual migration\*, or in the savanna woodlands, home to a rich variety of wildlife species, including cheetah, leopard, giraffe, buffalo, and vervet monkey. On game drives, observe the legendary creatures of the Serengeti.  
*Private Deluxe Camp (B,L,D daily)*

#### DAYS 4 AND 5 WALKING SAFARI

We'll drive to the Elwai mobile tented camp overlooking Olduvai Gorge, where the Leakey family has made groundbreaking discoveries of early human origins with support from National Geographic. Spend two days hiking on the vast Serengeti Plain, Olduvai Gorge, and the Ngorongoro Conservation Area, keeping an eye out for wildlife or Maasai herding their livestock. Our Maasai hosts and walking guides will choose our route based on wildlife activity. (Days 4 and 5: 5–8 miles walking, 4–6 hours)  
*Private Mobile Camp (B,L,D daily)*



Maasai tribesmen jumping in traditional dance.

#### DAY 6 CRATER HIGHLANDS

A vigorous uphill hike brings us to the crest of the Ngorongoro highlands overlooking the vast Serengeti and the Great Rift Valley. Descend into the land of the Maasai—the iconic pastoralists of the East African savanna, known for their scarlet robes, their beadwork, and their legendary ceremonies. Pay a visit to a Maasai *manyatta*, or village, where we'll be greeted with a foot-stomping, high-jumping welcome dance. Immerse yourself in their world, learning about their customs. Meet the village elders, visit homes, and take part in a memorable cultural exchange. This afternoon, head to our private tented camp in the highlands. (4 miles walking, 6 hours)  
*Private Deluxe Camp (B,L,D)*

#### DAYS 7 AND 8 NGORONGORO CRATER SAFARI/ HIGHLANDS WALKING SAFARI

Hop into 4x4s for the descent into Ngorongoro Crater—a 102-square-mile caldera framed by steep green walls and teeming with some 25,000 creatures. Discover lion prides lazing in the grass or readying for the hunt; observe the antics of a herd of zebra or of elephant calves at play; and train your binoculars on an astounding variety of birds. Following our safari, join our Maasai neighbors for a traditional meat-eating ritual and go for a sunset hike along the ridge. The next day, set out to discover the picturesque highlands on foot on a variety of optional walks and hikes with Maasai guides. Visit the home of Ole Dorop, a Maasai elder, for an intriguing discussion about Maasai culture. (Day 7: 2–3 miles optional walking, 1 hour; Day 8: 2–5 miles walking, 1–3 hours; 12 miles optional summit climb, 6 hours)  
*Private Deluxe Camp (B,L,D daily)*

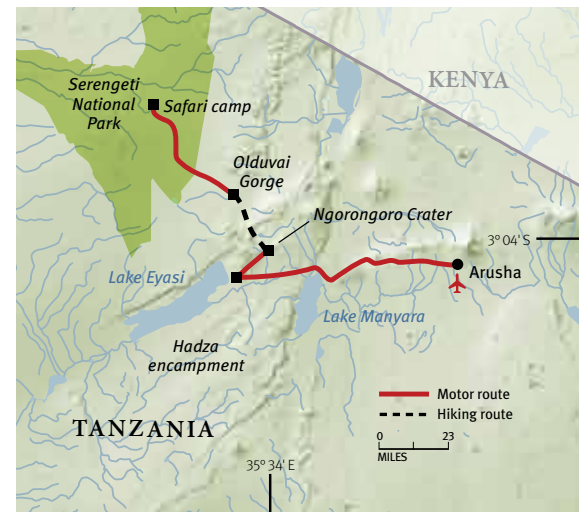
#### DATES:

2014: JUN 14–24 • JUL 1–11 • AUG 2–12 • DEC 19–29  
2015: JAN 12–22 • FEB 14–24 • MAR 8–18

**COST:** 2014: **\$5,095**

2015: **\$5,495**

Price is per person, double occupancy. For a single room, add \$1,000. Airfare and fees for Tanzania National Parks are not included. Round-trip economy air between New York and Arusha is estimated from \$1,600. Fees for Tanzania National Parks are \$1,300 in 2014, and \$1,350 in 2015 (subject to change).



#### DAYS 9 AND 10 LAKE EYASI

Travel to the shores of Lake Eyasi, the home of the Hadza bushmen, one of the last surviving hunter-gatherer tribes in the world. Numbering about 1,000, they maintain a lifestyle that has changed very little over several thousand years, living off the land and relying on very few modern amenities. We'll settle into our camp and make our way to a Hadza encampment, where life will be going on as usual. Get acquainted with the people of the camp and learn about their traditions and daily life. Spend a full day living among the Hadza and accompanying them during their everyday rituals. We'll break into small groups and join members of the camp as they go about their search for the day's food. Through our interpreter guides, enjoy a rare chance to talk with some of the world's last bushmen about the ways they are coping with modern encroachments. (Day 9: 4–5 miles walking, 2–3 hours; Day 10: 10–12 miles walking, 5–6 hours)

*Private Mobile Camp (B,L,D daily)*

#### DAY 11 ARUSHA

Return to Arusha and gather for dinner before transferring to the airport for our evening flights.

*Dayroom at Moivaro Lodge (B,L,D)*

#### ACTIVITY LEVEL: MODERATE

**GROUP SIZE:** 8–16

**TRIP DETAILS:** This is an easy to moderate walking and hiking trip, with some strenuous options. Hikes range from 1 to 6 hours per day (2 to 12 miles). During hikes, vehicle support is limited to paved roads while in the National Parks. Participants always have the option to rest a day and ride to the next hotel. We will stay 4 nights in mobile tented camps, 5 nights in deluxe tented camps, and 1 night in a comfortable hotel set amid lush gardens.

\* The annual wildebeest migration coincides with the December, January, February, and March departures.



# Namibia Culture and Wildlife Adventure



AFRICA

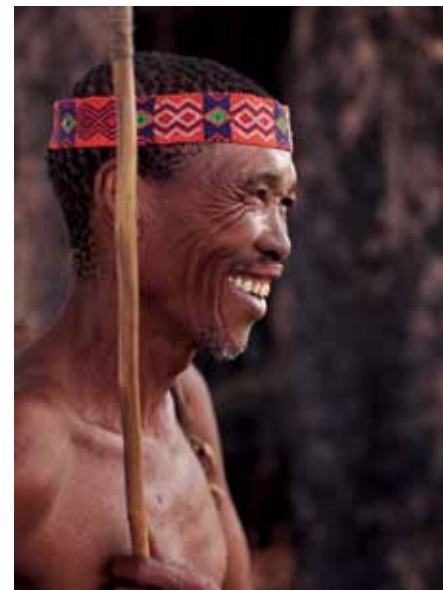
With deserts that reach all the way to the sea, twinkling salt pans, and lunar-like red-rock landscapes, Namibia is stark, wild, and spectacular.

On a variety of safaris and wildlife walks, track animals of all sorts, including cheetahs, desert-adapted elephants and rhinos, and the kudu, zebra, and oryx of Etosha National Park. Meet with scientists to learn first-hand about efforts to preserve Namibia's cheetahs, leopards, and rhinos.

Spend time in San, Himba, and Topnaar settlements and get acquainted with the fascinating ancient cultures that make their home in this harsh and mystical land.

## Trip Highlights

- Encounter leopards and cheetahs up close with National Geographic grantee Florian Weise, and track cheetahs on foot in the Okonjima Game Reserve.
- Search for rare desert-adapted black rhinos and elephants.
- Go kayaking on Walvis Bay, and take a night walk in the Namib Desert.
- Spend two days getting acquainted with the ancient hunter-gatherer culture of the San (or "Bushmen") people.



Above: A cheetah rests with her cub. Namibia is known for having one of the largest cheetah populations in the world.

Right: A bushman smiles while welcoming guests to his village.



“Space sets Namibia apart. **It’s a country of epic landscapes and cinematic beauty** spread across an area nearly twice the size of California but with only two million people.”

– **Chris Eckstrom, “Your Own, Private Africa”**  
*National Geographic Traveler*, March 2011

#### DAY 1 WINDHOEK, NAMIBIA/ N/A’AN KU SÊ

Arrive in Windhoek, Namibia’s capital city, and travel to nearby N/a’an ku sê, a research and conservation center focused on protecting Namibia’s wildlife and cultures. National Geographic grantee Florian Weise greets us here to discuss his innovative carnivore conservation project—part of the Society’s Big Cats Initiative. Observe cheetahs and leopards up close and learn about Florian’s use of GPS and Google Earth to track predators. Stay in the center’s stunning not-for-profit eco-lodge tonight.

*N/a’an ku sê Lodge (D)*

#### DAY 2 OKONJIMA GAME RESERVE

Travel north to the Okonjima Game Reserve, stopping to browse local handicrafts in the markets of Okahandja. Stretching some 55,000 acres, Okonjima is home to the AfriCat Foundation, which seeks to rehabilitate injured or captive predators, and mitigate conflicts between wildlife and local farmers. Settle into your private thatched chalet, and head out on safari. Track cheetahs on foot or leopards in a vehicle, and later, visit a night hide to observe nocturnal creatures such as porcupine, honey badgers, and perhaps a leopard. (2–3 miles walking, 1–2 hours)

*Okonjima Camp (B,L,D)*

#### DAYS 3 AND 4 TSUMKWE

After a morning safari, travel east to the land of the San people, who have lived off this harsh land for millennia. Immerse yourself in their ancient hunter-gatherer culture, taking part in everyday activities such as fire- and rope-making, cooking, and setting traps to catch game. Join community members for a bush walk, tracking game, looking for honey, and foraging for edible or medicinal plants. With luck, our visit will coincide with a traditional elephant or giraffe healing ceremony in the evening. (Day 3: 2–3 miles walking, 1–2 hours; Day 4: 3–4 miles walking, 2–3 hours)

*Nhoma Safari Camp (B,L,D daily)*



San bushmen, some of the last hunter-gatherers, walk the ridge of a sand dune.

#### DAYS 5–7 ETOSHA NATIONAL PARK

Drive west, stopping to visit Lake Otjikoto, where retreating German forces dumped tons of armaments following the South-West African campaign. Arrive at our bush camp on the eastern boundary of Etosha National Park. Enjoy two full days on safari in different regions of the park, and spend a night in the adjacent private Ongava Game Reserve. Spot gemsbok and rare black-faced impala, look for endemic birds like Hartlaub’s francolin and the bare-cheeked babbler, and catch a glimpse of elephants splashing at the water’s edge.

*Mushara Bush Camp; Andersson’s Camp (B,L,D daily)*

#### DAYS 8 AND 9 PALMWAG CONCESSION

After a morning game drive in Ongava, head south to the Palmwag Concession, a vast, arid landscape dotted with flat-topped mountains and conical peaks, and home to one of the world’s largest natural populations of the rare black rhino. Our camp here is part of the Save the Rhino Trust, which has helped revive the rhino population after the species was nearly wiped out. Go rhino tracking on game drives and walks with wildlife guides, and discover the region’s rare flora and fauna. (Day 8: 2–3 miles walking, 1–2 hours; Day 9: 3–4 miles walking, 2–3 hours)

*Desert Rhino Camp (B,L,D daily)*

#### DAY 10 DAMARALAND

Enter Damaraland, a stark desert landscape where unusually succulent plants thrive, fed by mists off the Atlantic. We’ll seek out the Himba people, semi-nomadic pastoralists who live in conical homes built of palm fronds, saplings, and mud. Meet with Himba elders to learn about their history and unique traditions—largely unchanged over the centuries. (1–2 miles walking, 1–2 hours)

*Damaraland Camp (B,L,D)*

#### DATES:

2014: MAR 28–APR 9 • JUL 14–26 • AUG 24–SEP 5 •  
SEP 29–OCT 11 • OCT 26–NOV 7 • DEC 17–29

**COST: \$6,995 (MAR & DEC)**  
**\$7,595 (JUL–OCT)**

Price is per person, double occupancy. For a single room, add \$1,300. Airfare is not included. Economy air between New York and Windhoek is estimated from \$1,850.



#### DAYS 11 AND 12 TWYFELFONTEIN/SWAKOPMUND

This morning, search for the elusive desert-adapted elephant. Then, at the UNESCO World Heritage site of Twyfelfontein, hike into the hills to examine San petroglyphs engraved in red sandstone and discover the geological curiosities of Burnt Mountain and the Organ Pipes. Continue to Swakopmund, a harbor town between the Namib Desert and the Atlantic. Search for reptiles and other nocturnal desert creatures on a night walk in the Swakop River Valley. The next day, go kayaking on Walvis Bay, and look for Cape fur seals, bottlenose dolphins, flamingos, and perhaps a leatherback turtle. Later, venture into the Kuiseb River Valley to meet the Topnaar people and learn about their age-old traditions. (Day 11: 3–4 miles walking, 2–3 hours; Day 12: 3–4 miles paddling, 2 hours)

*Hansa Hotel or Swakopmund Guesthouse (B,L,D daily)*

#### DAY 13 WINDHOEK

After breakfast, head to the airport in Windhoek for your flight home. (B,L)

Add a three-day extension to the sand dunes of Sossusvlei.  
Visit our website or call for details.



**See our Namibia Photo Adventure**  
on page 10.

#### ACTIVITY LEVEL: EASY

**GROUP SIZE: 8–14**

**TRIP DETAILS:** This is an easy walking trip with one day of kayaking in Walvis Bay. This trip is suitable for beginner and expert kayakers; no previous experience is necessary. We will be paddling stable, two-person kayaks for an average of 2 hours (2 to 3 miles), and will be walking 1 to 3 hours (1 to 3 miles) per day. During hikes and safaris, vehicle support is provided. While sea kayaking, boat support will not be available. Participants always have the option to rest a day and ride to the next hotel. We will stay 9 nights in deluxe tented camps, 1 night in an eco-lodge, and 2 nights in a comfortable hotel.



# Morocco Camel Trek and Hiking Adventure



AFRICA

Morocco is a land of stunning contrasts, where majestic minarets tower over spice-scented suqs and soaring mountains give way to endless desert. Set out to explore the epic landscapes and imperial cities of this magical country. On a three-day trek, ride camels across the Sahara alongside Berber cameleers and sleep in starlit tents nestled among golden sand dunes. Discover the Moorish splendors of Fez, the medieval medina of Marrakech, and the Roman ruins of Volubilis. Hike to rose-colored casbahs, visit Berbers in their mountain villages, and explore dramatic gorges and less-traveled corners in 4x4 vehicles.

Above: A Berber cameleer guides a traveler near Erg Chebbi.  
Top right: The Hassan II Mosque in Casablanca illuminated at dusk.  
Bottom right: Colorful mounds of spices at a local market.

## Trip Highlights

- Ride a camel to a tented camp in the Sahara and watch the sun rise over wind-sculpted sand dunes.
- Hike to traditional mountain villages and learn about Berber culture while sipping mint tea.
- Explore the Roman ruins of Volubilis and the ancient adobe village of Aït Ben Haddou, both UNESCO World Heritage sites.
- Discover the stunning architecture and enchanting medinas of Morocco's imperial cities.







“Morocco’s Berber heartland, a place of astonishing tranquility, is one of the **great surprises of North Africa.**”

– Tahir Shah, “Morocco’s Berber Heartland”  
*National Geographic Traveler*, October 2009

#### DAYS 1 AND 2 CASABLANCA, MOROCCO/RABAT

Arrive in Casablanca and gather for a welcome dinner. The next morning, visit the extraordinary Hassan II Mosque. Then travel to Rabat and discover its architectural treasures on a tour led by a local guide.

*Hotel Novotel Casablanca (D); Golden Tulip Farah Rabat (B,L,D)*

#### DAY 3 MEKNÈS/VOLUBILIS/FEZ

Travel to Meknès, Morocco’s 17th-century capital, and visit its grand gateways and mausoleums decorated with mosaic tiles. Delve into the Roman ruins of Volubilis before transferring to Fez.

*Hôtel Les Mérinides (B,L,D)*

#### DAY 4 FEZ

Explore Fez, the oldest of Morocco’s four imperial cities. Wander the narrow streets of the suqs and visit the Nejjarine Fountain and its exquisite mosaics. After lunch, visit the historic Jewish quarter in Fez Jdid and the Dar Batha Museum of Moroccan arts.

*Hôtel Les Mérinides (B,L,D)*

#### DAY 5 ZIZ VALLEY/ERFOUD

Stop for a hike in the cedar forests of the Atlas Mountains, home to Barbary macaque monkeys. France’s colonial influence on Morocco can be seen in the alpine town of Ifrane. On our way to Erfoud, descend into the spectacular Ziz Valley and its lush oases of date palms. (2–3 miles hiking, 1 hour)

*Kasbah Hotel Chergui (B,L,D)*

#### DAY 6 ERG CHEBBI/BEGIN CAMEL TREK

Drive in 4x4s to the sand dunes of Erg Chebbi and explore an otherworldly sandscape of shifting colors. After learning about camel riding from Berber cameleers, embark on our Saharan trek, camel riding (and walking, if you wish) across the dunes.



A local man in the Atlas Mountains of Morocco.

Arrive at our tented camp and dine under a star-studded sky. (4–5 miles camel riding and walking, 2–3 hours)

*Camping (B,L,D)*

#### DAY 7 REMLIA WELL

Awaken for an early walk as the rising sun paints the sand orange and gold. Then set out on our camels across a varied desert terrain. Traverse fan-shaped landforms and dry river basins, keeping an eye out for fossils as we approach our camp near Remlia. (8 miles camel riding and walking, 4–5 hours)

*Camping (B,L,D)*

#### DAY 8 END TREK/ALNIF/BOUMALNE DADÈS

Set out on our camels for a final morning trek. Then drive off-road in 4x4s to Todra Gorge, where sheer rock walls reach nearly to 1,000 feet, and arrive at Boumalne Dadès, a town nestled amid a semidesert landscape. (1–2 miles camel riding and walking, 1 hour)

*Hôtel Xaluca Dadès (B,L,D)*

#### DAY 9 DADÈS VALLEY

Travel through the “valley of 1,000 casbahs” linking the Atlas Mountains and the Sahara. Pass oases, rose plantations, and casbahs. Hike through the terraced fields of Dadès Valley. Later, visit the Berber village of Bou Tharar. (4–5 miles hiking, 3 hours)

*Hôtel Xaluca Dadès (B,L,D)*

#### DAY 10 VALLEY OF THE ROSES

Spend the day hiking in the Valley of the Roses, a fertile region known for its pink Persian roses. Enjoy a traditional lunch with a local Berber family. (7 miles hiking, 4–5 hours)

*Chez Talout (B,L,D)*

#### DATES:

2014: APR 5–18 • OCT 4–17 • OCT 18–31 •  
OCT 25–NOV 7 • NOV 15–28 •  
DEC 20–JAN 2, 2015

2015: FEB 22–MAR 7 • MAR 15–28 • APR 5–18

**COST:** 2014: **\$5,195**

2015: **\$5,495**

Price is per person, double occupancy. For a single room/tent, add \$900. On the December departure, there is an additional holiday surcharge of \$300. Airfare is not included. Economy air from New York to Casablanca, and return from Marrakech, is estimated from \$1,125.



#### DAY 11 AÏT BEN HADDOU

Embark on a hike in the Skoura oasis, known for its beautiful casbahs. Continue to the fortified village of Aït Ben Haddou and wander its twisting lanes. (3–4 miles hiking, 3 hours)

*Riad Ksar Ighnda (B,L,D)*

#### DAY 12 HIGH ATLAS/MARRAKECH

Today’s journey takes us over the peaks of the High Atlas Mountains, which rise above a landscape of oasis pastures, and willow and poplar groves. Take a walk in the stunning Ounila Valley before continuing on to Marrakech. (2–3 miles hiking, 1–2 hours)

*Hotel Es Saadi (B,L,D)*

#### DAY 13 MARRAKECH

Enjoy a full day exploring Marrakech. Visit the Koutoubia Mosque, the Saadian Tombs, and Bahia Palace. Meander through the medina; and soak up the colorful chaos of the lively central plaza. Tonight, gather for a festive farewell dinner.

*Hotel Es Saadi (B,L,D)*

#### DAY 14 MARRAKECH

This morning, transfer to the airport for your return flight.

#### ACTIVITY LEVEL: MODERATE

**GROUP SIZE:** 8–16

**TRIP DETAILS:** While on our camel trek, we will be riding camels (and/or walking, if you wish) for 1 to 5 hours per day (1 to 8 miles). No previous experience is necessary. During hiking excursions, our hikes range from 3 to 5 hours per day (4 to 7 miles). Vehicle support is limited on hikes and during the camel trek. Participants always have the option to rest a day and ride to the next hotel. We will stay 2 nights in spacious tents and 11 nights in Moroccan-style hotels that reflect the local character.



# More Adventures Online

Take a look at some other extraordinary Adventures on our website. See detailed itineraries at [ngadventures.com](http://ngadventures.com).



## KILIMANJARO CLIMB AND SAFARI

Soaring above the rippling tea plantations and low hills of northeastern Tanzania, Mount Kilimanjaro (19,340') is Africa's highest peak. Follow the less traveled Lemosho Route up the western slope, hiking eight days through the spectacular landscapes of five temperate zones. On this once-in-a-lifetime trek, take in extraordinary views extending hundreds of miles and experience the sunrise from the roof of Africa. Then continue the adventure on safari in some of East Africa's most legendary landscapes. Visit with Maasai villagers and witness the extraordinary wildlife of the Serengeti and the Ngorongoro Crater.

A ten-day Kilimanjaro climb (without safari) is also an option.

*See our website for a day-by-day description of both itineraries.*

15 Days • 2014: JUL 19–AUG 2 • AUG 23–SEP 6 • DEC 19–JAN 2, 2015  
2015: JAN 10–24 • JAN 31–FEB 14 • MAR 7–21

Cost: from \$6,995

Activity Level: Ultimate Challenge



## KAYAKING AND HIKING CROATIA'S ISLANDS

Croatia's Dalmatian Coast enchants with rugged islands, hidden coves, and a rich maritime history dating back to the Venetian Empire. From the walled city of Dubrovnik, the "pearl of the Adriatic," set out by kayak and paddle along secluded inlets laced with limestone cliffs and framed by turquoise water. On shore, hike through pine forests, fields of wildflowers, and vineyards to visit medieval monasteries and sun-drenched villages. Further north, venture into the lush hills of the Pelješac Peninsula and soak up the lively seafaring tradition of Orebič. The nearby island of Korčula offers more kayaking exploration and a beautifully preserved medieval town. Throughout our island-hopping adventure, discover Croatia's unique history and charm.

*See our website for a day-by-day itinerary.*

9 Days • 2014: MAY 15–23 • JUN 5–13 • JUN 19–27 • JUL 3–11 • JUL 17–25 •  
AUG 21–29 • SEP 11–19 • SEP 25–OCT 3

Cost: \$5,195

Activity Level: Easy to Moderate





## BHUTAN SACRED VALLEY ADVENTURE

Nestled among the eastern Himalaya, the tiny kingdom of Bhutan captures the imagination with serene landscapes, sacred temples, and a culture steeped in ancient Buddhist traditions. Set out to discover the “Land of the Thunder Dragon” with an exhilarating itinerary that includes three days of hiking through Bumthang, the most sacred valleys of Bhutan. Cross mountain passes marked with colorful prayer flags, traverse stunning glacier valleys, and visit hilltop monasteries populated by red-robed monks. In charming villages long isolated from the modern world, meet gracious Bhutanese people and witness their dedication to preserving their country’s natural beauty and daily rituals. Along the way, delve into Bhutan’s unique artistic heritage in the cultural centers of Thimphu and Paro.

*See our website for a day-by-day itinerary.*

14 Days • 2014: MAR 29–APR 11 • APR 14–27 • OCT 5–18 •  
OCT 25–NOV 7 • NOV 10–23

Cost: \$5,395

Activity Level: Moderate to Strenuous

## HIKING ITALY’S DOLOMITES

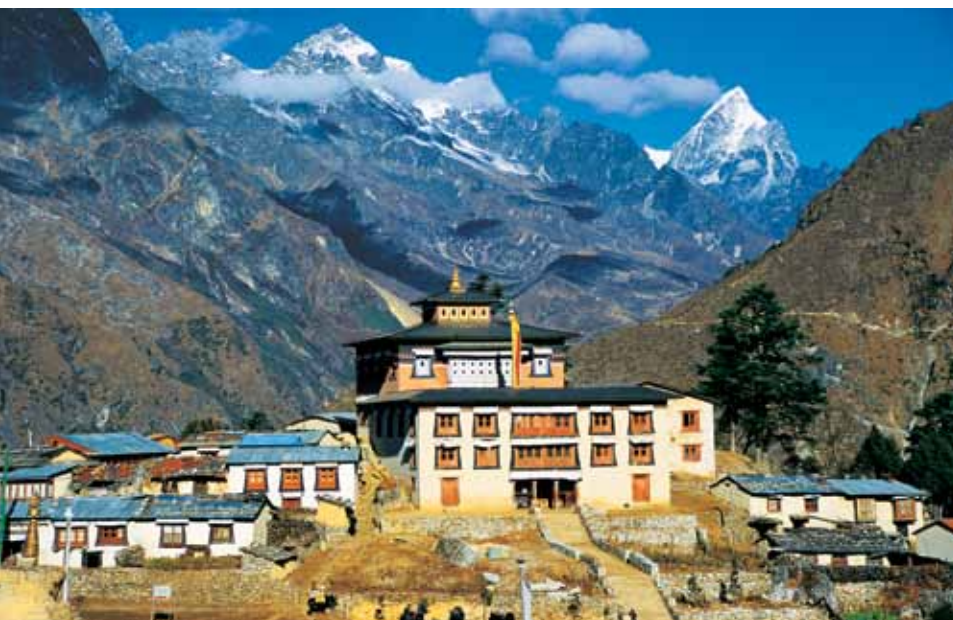
Italy’s Dolomite Mountains rise up like a cathedral of rock, full of rugged crags and breathtaking pinnacles. Hit the mountain trails to explore this UNESCO World Heritage site. Hike up to ridges and high mountain passes to behold spellbinding vistas of snowcapped peaks and verdant valleys. Trace the dramatic wartime history of this magnificent place—the Dolomites were the front line between Austria and Italy during World War I and are still scattered with abandoned bunkers and fortifications. Walk through meadows blanketed by wildflowers, discover beautiful lakes, and stop for lunch in picturesque mountain huts, or rifugios. Visit charming Tyrolean villages where an ancient language and customs prevail, and experience the unique combination of Austrian and Italian culture and cuisine.

*See our website for a day-by-day itinerary.*

8 Days • 2014: JUN 20–27 • JUL 12–19 • AUG 30–SEP 6 • SEP 13–20

Cost: \$5,295

Activity Level: Moderate to Strenuous



## NEPAL: EVEREST BASE CAMP TREK

Everest’s daunting summit soars so high that trekking to its base camp (17,590’) is still an adventure of the highest sort. Join National Geographic on a 14-day Himalayan trek to Everest’s Southern Face Base Camp through some of the world’s most spectacular mountain scenery. Spend two days discovering the historic treasures of Kathmandu. Stay in villages set against soaring, jagged pinnacles; get to know the unique culture of the Sherpas; and walk trails lined with mani stones, engraved with Tibetan Buddhist prayers. Discover remote mountain monasteries and learn about the Sherpas’ spiritual perspective on the mountains they call home.

*See our website for a day-by-day itinerary.*

19 Days • 2014: APR 14–MAY 2 • OCT 13–31 • Nov 3–21

Cost: \$4,995

Activity Level: Ultimate Challenge



	PAGE	ACTIVITY LEVEL	GROUP SIZE	NO. OF DAYS	DEPARTURE DATES															
					2014												2015			
					JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	
<b>AFRICA</b>																				
Tanzania: Walking Safari with the Maasai	50	M	8-16	11						14	1	2				19	12	14	8	
Namibia Culture and Wildlife Adventure	52	E	8-14	13			28			16*	14	24	29	26		17				
Morocco Camel Trek and Hiking Adventure	54	M	8-16	14				5						4, 18, 25	15	20		22	15	
Tanzania: Kilimanjaro Climb and Safari	56	UC	8-16	15							19	23				19	10, 31		7	
<b>ASIA</b>																				
Japan Adventure: Tokyo to Sacred Kumano <b>NEW</b>	42	E-M	8-15	11				9	7		10			1, 29*	5					
Vietnam, Laos, and Cambodia Adventure	44	E-M	8-15	13									27	18	1, 15		10, 24		7, 22	
China: The Tea Horse Road to Shangri-La	46	M	8-15	11			30	7*		15	7	25	3, 21		3					
Mongolian Horse Trek	47	M	8-15	14							1, 22	12								
New Zealand Adventure	48	M	8-16	12											11	2	13	3, 24	17	
Bhutan Sacred Valley Trek	57	M-S	8-15	14			29	14						5, 25	10					
Nepal: Everest Base Camp Trek	57	UC	8-16	19				14						13	3					
<b>EUROPE</b>																				
Provence Hiking Adventure <b>NEW</b>	12	E-M	8-16	9					11	1				7, 28	12					
England Coast to Coast	14	M-S	8-16	13					11, 25	8, 15, 22	6, 13, 20, 27	3, 10, 17, 24, 31	14							
Ireland: Hiking the Emerald Isle	16	M	8-16	10					19	2, 16, 30	14, 28	11, 25	8							
Hiking Scotland's Highlands and Islands	18	E-M	8-16	8					24	7, 14, 21	5, 19	9, 16	6, 13*							
Spain: Walking El Camino de Santiago <b>NEW</b>	20	M	8-16	10				21	5	2				15	6					
Sweden: Dogsledding to the Icehotel	22	M-S	8-15	9			14, 21, 28	4											13, 20, 27	
Tour du Mont Blanc	24	M-S	8-14	10						7	5	2	6, 13							
Tuscany and Cinque Terre Hiking Adventure	26	E-M	8-16	9				22	6, 20, 29				9*, 20, 30							
Greek Islands Adventure	28	M	8-14	9					17	7, 21			6, 13							
Iceland Adventure	30	M	8-16	10						27	4, 18, 25	8, 15, 22	5							
Kayaking and Hiking Croatia's Islands	56	E-M	8-16	9					15	5, 19	3, 17	21	11, 25							
Hiking Italy's Dolomites	57	M-S	8-16	8						20	12	30	13							
<b>NORTH AMERICA</b>																				
Salmon River Rafting Adventure <b>NEW</b>	32	E	8-16	8						13, 22		17	10, 18							
Alaska by Sea Kayak: Whales, Bears, and Ice	33	M	8-10	9						19, 25	7, 13, 21, 27	4								
Hiking the Grand Canyon	34	M	8-16	9					19, 31	14, 28		27	6, 20							
Costa Rica Adventure	35	M	8-14	9					24		12	2				20, 28				
Belize: Reefs, Rain Forests, and Ruins	36	M	8-16	10				6								17	6, 23	20	6	
<b>SOUTH AMERICA</b>																				
Hiking Patagonia	38	M-S	8-16	14										25	8, 22	20	17	14	7	
Peru: Machu Picchu Inn to Inn	40	M-S	10-12	10				9, 27	18	1, 11, 15, 25	6, 22, 27	10, 24	7, 21	5						

## ACTIVITY LEVEL KEY:

E = EASY

E-M = EASY TO MODERATE

M = MODERATE

M-S = MODERATE TO STRENUOUS

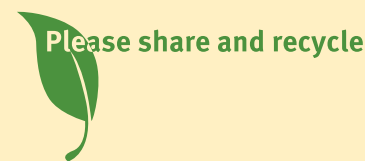
S = STRENUOUS

UC = ULTIMATE CHALLENGE

\*Photography Adventure departure.  
See page 10 for details.



# Terms and conditions



## Responsibility Statement, Release from Liability, Assumption of Risk, Terms and Conditions

### RESPONSIBILITY

National Geographic Society, its owners, officers, directors, employees and affiliates ("NGS") will provide educational enrichment for National Geographic Adventures as outlined in this catalog as a sponsoring organization and has licensed Mountain Travel, its owners, directors, officers, and employees ("MT") to organize and administer National Geographic Adventures. With the exception of certain equipment and transportation in Alaska owned and operated by MT, all suppliers of services connected with these trips ("other providers"), are third-party contractors and are solely responsible and liable for providing their respective services. The passenger tickets in use by the carriers and/or other suppliers shall constitute the sole contract between them and the passenger.

NGS and MT (collectively "we", "us", or "our") are not liable for any negligent or willful act or failure to act of any third party, such as hotels or other lodging facilities, airline, vessel, bus, van or other transportation companies, local ground operators, providers or organizers of optional excursions, food service or entertainment providers, etc. Without limitation, we are not responsible for any injury, loss, or damage to personal property, death, delay or inconvenience in connection with the provision of any goods or services occasioned by or resulting from, but not limited to, acts of God, acts of government, weather, force majeure, acts of war or civil unrest, insurrection or revolt, strikes or other labor activities, criminal or terrorist activities or the threat thereof, of any kind, epidemics or the threat thereof, illness, overbooking or downgrading of accommodations, structural or other defective conditions in hotels or other lodging facilities, mechanical or other failure of airplanes or other means of transportation or for any failure of any transportation mechanism to arrive or depart timely, dangers associated with or bites from animals, pests or insects, marine life, or vegetation of any sort, dangers incident to recreational activities such as scuba diving, zip lining, snorkeling, paddle boarding, swimming, kayaking, sailing, canoeing, rafting, hiking, bicycling, etc., sanitation problems, food poisoning, lack of, access to or quality of medical care, difficulty in evacuation in case of medical or other emergency, negligence of shipboard or other physicians or medical personnel of for any cause beyond our direct control. In addition, the participant releases NGS and MT from their own negligence and assumes all risk thereof. Neither NGS nor MT shall be liable for any air carrier's cancellation penalty incurred by the purchase of a nonrefundable ticket to or from the participant's National Geographic Adventure departure city. Baggage and personal effects are at all times the sole responsibility of the participant.

### ASSUMPTION OF RISK

By registering for a National Geographic Adventure, the participant acknowledges that he/she is aware that adventure travel such as the trip 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 during some or all of the time during which he/she is participating on the trip.

### VOLUNTARY PARTICIPATION

By registering for a National Geographic Adventure, the participant acknowledges that he/she has voluntarily applied to participate on this trip and that he/she has read the description of the trip as it appears in the current National Geographic Adventure catalog or website.

### BINDING ARBITRATION

I agree that any dispute concerning, relating, or referring to this contract, the brochure, or any other literature concerning my trip, or the trip itself shall be resolved exclusively by binding arbitration in San Francisco, California, according to the then existing commercial rules of the American Arbitration Association. Such proceeding will be governed by substantive California law without regard to the California Arbitration Act. The arbitrator(s) and not any federal, state, or local court or agency shall have exclusive authority to resolve any dispute relating to the interpretation, applicability, enforceability, conscionability, or formation of this contract, including but not limited to any claim that all or any part of this contract is void or voidable.

### PAYMENTS, CANCELLATIONS AND REFUNDS

To reserve space on a National Geographic Adventure, a \$400 per-person deposit is required. A second deposit of \$800 is due 120 days prior to departure. Final payment of the balance is due no later than 90 days prior to departure. The deposit and all remaining payments must be made by major credit card (Visa, MasterCard, or American Express). A \$100 deposit is required for any extension. Prices are in U.S. dollars and all payments are to be made in U.S. dollars.

A reservation may be cancelled 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.

After making a reservation, the participant will receive detailed pre-trip information with a clothing and equipment list, visa kit (if required), invoice, insurance information, medical certificate, Traveler Information Form (including a Release From Liability Agreement that you must sign and return to us), and other information needed to prepare for the trip. Final trip details will be sent three weeks prior to departure.

All cancellation notices must be received in writing and will become effective as of the date of the postmark. Subject to exceptions noted below, if a participant cancels 90 days or more prior to departure, a refund less an administrative fee of \$150 will be made. Per-person charges for cancellations that occur less than 90 days prior to departure are as follows: 89 to 60 days prior to departure: 100% of the first deposit amount; 59 to 30 days prior to departure: 50% of the adventure cost; 29 or fewer days prior to departure: 100% of the adventure cost. This policy also applies to pre- and post-trip extensions. Any airline tickets issued are subject to the carrier's refund policy. Leaving an adventure in progress, for any reason whatsoever, will not result in a refund, and no refunds will be made for any unused portions of an adventure. No refunds will be given for unused hotel rooms, meals, sightseeing trips, or trek arrangements.

Namibia Culture and Wildlife Adventure cancellation policy: Due to the high demand for the safari camps, for cancellations made 90 days or more prior to departure a refund less an administrative fee of \$150 will be made. Per-person charges for cancellations that occur less than 90 days prior to departure are as follows: 89 to 60 days prior to departure: 100% of the first deposit amount; 59 or less to departure: 100% of the adventure cost.

Peru Machu Picchu Inn to Inn cancellation policy: Due to the high demand for the lodges, for cancellations made 90 days or more prior to departure a refund less an administrative fee of \$150 will be made. Per-person charges for cancellations that occur less than 90 days prior to departure will be 100% of the adventure cost.

We recommend the purchase of the optional supplemental travel insurance package to protect oneself in case of an unexpected medical emergency.

We reserve the right to cancel any trip because of inadequate enrollment that makes the trip economically infeasible to operate or because of our concerns with respect to the safety, health, or welfare of the participants. If an adventure is canceled by us prior to departure, MT will provide the participant with a full refund of monies paid to them; except in the event cancellation is due to a significant event that makes it infeasible to operate the expedition as planned, in which case MT will provide the participant with a refund and/or credit toward a future National Geographic Adventure trip equivalent to monies paid to them. If we cancel the trip in progress, the participant will receive a prorated refund and/or a credit based on the number of days not completed on the adventure. We will not be responsible for any additional expenses incurred by participant in his/her preparation for the trip (e.g. nonrefundable airline tickets, visa fees, if applicable, clothing, equipment, and medical expenses, etc.).

### ITINERARY CHANGES

The itineraries and staff presented in this catalog are subject to modification and change by NGS or MT. We reserve the right, without penalty, to make changes in the published itinerary whenever, in our judgment, conditions warrant, or if we deem it necessary for the comfort, convenience, or safety of participants.

### WHAT YOUR TRIP INCLUDES

Accommodations and meals as indicated in the itinerary (B = breakfast, L = lunch, D = dinner); pre-departure information; entrance fees, excursions, and sightseeing noted as included in the itinerary; ground transportation during the expedition; transfers to and from group flights where applicable; services of an adventure manager, guides and any other staff; and taxes, port charges, baggage handling, and service charges. For itineraries that include camping, camp and cook staffs, tents, kitchen and dining tents, and necessary trip equipment (e.g., sea kayaks, rafts, personal flotation devices, etc) are provided. 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 trip. Internal airfare is included on some international expeditions as indicated in the itinerary. International airfare, optional gratuities, and personal items are not included.

### SINGLE TRAVELERS

Accommodations (hotels, tents, and cruise cabins) are based on double occupancy. If the participant prefers single accommodations, he/she must pay a single supplement fee, which is listed in the Trip Itinerary. If the participant is traveling alone and wishes to share accommodations, we will assign him/her a roommate of the same gender. If there is no one with whom the participant can share, he/she is required to pay the single supplement fee.

### INSURANCE

Trip cancellation insurance is available at an additional cost and is strongly recommended. For more information or to enroll, visit the "Travel Insurance" section of our website at [www.travelinsure.com/ngs](http://www.travelinsure.com/ngs).

### TRANSFERS

The participant may transfer to another National Geographic Adventure trip without a fee up to 90 days before departure. If the participant transfers from one trip to another within 89 days of departure, however, he/she is subject to the usual Cancellation Fees outlined above (appropriate to the date the participant notifies us in writing of his/her wish to transfer).

### BAGGAGE

We assume no liability for loss or damage to baggage in transit to and from a National Geographic Adventure trip or while on a National Geographic Adventure trip. We recommend purchasing the supplemental travel insurance package.

### DELAYS & COST INCREASES

We will not be responsible for providing any reimbursement for delays in the trip due to bad weather, trail conditions, river levels, road conditions, transportation delays, or government intervention. While we will do everything possible to maintain the listed prices, if it is necessary to levy a surcharge, we reserve the right to do so, and notification will be given at the time of final invoicing.

### MEDICAL & HEALTH

The participant certifies that he/she is physically fit and does not have a condition that would limit mobility. Participant further certifies that he/she does not have any mental, physical, or other condition or disability that would create a hazard for him/herself or other participants. For adventures that take place at higher elevations (above 5,000 feet), participant certifies that he/she does not suffer from a respiratory, cardiac or circulatory disorder. We reserve the right in our sole discretion to accept, decline to accept, or remove any participant on a National Geographic Adventure trip at any time during the trip. In the event of removal from a trip, refunds are not given. Hospital facilities or appropriate medical facilities or doctors are often unavailable and evacuation can be prolonged, difficult, and expensive. We assume no liability regarding provision of medical care. Participants will receive appropriate health information and a Medical Certificate to be filled out and returned to us. On certain designated trips, the Medical Certificate must be signed by the participant's physician and returned to us within 30 days after the participant receives it.

### GROUP DISCOUNT

Parties of eight people or more traveling together will each receive 5% off the National Geographic Adventure trip cost. Other Terms and Conditions may apply. Please ask upon making the reservation. **Lifelong Explorers:** If you are a Lifelong Explorer member, you'll receive a discount off the expedition cost of any National Geographic Adventures trip.

### PHOTOGRAPHY

We 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 a National Geographic Adventure trip, participant agrees to allow his/her likeness to be used by us without compensation to participant. If participant prefers that his/her likeness not be used, he/she must notify us in writing prior to departure of the trip.

Copyright in all photographs, video, and related materials created by participant ("Adventure Materials") shall belong to the participant upon creation. Participant grants to NGS, NGS-authorized third parties, and Mountain Travel a non-exclusive, worldwide, irrevocable license to use any Adventure Materials provided to NGS and/or Mountain Travel or taken on NGS and/or Mountain Travel supplied equipment, in any media now existing or subsequently developed for the following limited purposes: editorial use, promotion of the editorial use, promotion of National Geographic's travel programs or promotion of the mission of NGS.

### RESPONSIBILITIES OF PARTICIPANTS

Participant is responsible for understanding the conditions as described in the trip itinerary and selecting a trip in consultation with us that is appropriate to his/her interests and abilities, and for preparing for the trip by reading the Trip Itinerary and supplemental trip information in the pretrip materials and for bringing the appropriate clothing and equipment as advised in those materials. Screening for fitness (for trips rated "Strenuous" or "Ultimate Challenge") is made by our Adventure consultants during the confirmation of booking.

**Mailing List:** If you are receiving duplicate catalogs, have address updates, or would like to be removed from future National Geographic Adventures mailings, please call toll-free 1-888-689-2577.



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