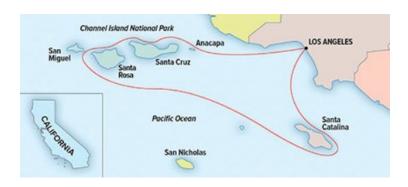


# **BASE CAMP CHANNEL ISLANDS (NG QUEST)**

Welcome to a new kind of getaway We've teamed up with exhale to create a 5-day Wildness + Wellness adventure in the remote and remarkable Channel Islands. Board your floating base camp in Los Angeles, and head for three of the five wildlife-rich islands which make up Channel Islands National Park, plus Catalina Island. Here, you'll actively explore unmarred landscapes, revel in pure nature, and rejuvenate mind, body, and soul with exhale's award-winning wellbeing programs. Almost every national park in the U.S. is easy to get to, but the Channel Islands are separated from the mainland by miles of ocean. What we offer you is unique and effortless access—to wild beauty and pristine nature— for 5 days/4 nights, using our ship as a base camp. And you can freely roam. Our ship is akin to a safari camp in Africa-comfortable, in the heart of things, yet mobile. Everything you want is aboard-paddleboards, kayaks and Zodiacs, a welcoming crew, smart naturalists, a wellness specialist. exhale fitness instructors. and Lindblad/National Geographic photo instructor to help you up your photo game and capture all the unbelievable ops. Expect the unexpected Our itinerary is a plan, but flexibility and spontaneity are a big part of it. Our ace spotters are always 'on it,' and if they sight a blue whale, they'll let you know-so you won't miss a thing nature has to offer. If conditions cancel one option, a landing for example, our nimble team will have another. They might surprise you with a BBQ on deck or a dance party under stars. Your Base Camp getaway might be compact, but it's a genuine expedition, so there's always room for magic. And choice—enjoy your getaway your way.



## **ITINERARY**

DAY 1: Los Angeles, CA/Embark

Arrive in Los Angeles, or toss your bag in your car if you live there, and head to the Port of Los Angeles in the afternoon to be welcomed aboard the NG Quest. Familiarize yourself with the ship, stow your stuff, and take in the sights on the ship's deck. We'll embark in the early evening—for a short exhale presentation on mindfulness, cocktails and a sunset cruise (aka golden hour for photographers!) (D)

DAY 2: Anacapa and Santa Cruz Islands, Channel Islands National Park

Wake to the ship at anchor off the rocky outcropping of East Anacapa Island. Join your fitness instructor on the sundeck for morning yoga, before heeding the call of the breakfast buffet. After breakfast, join naturalists aboard our expedition landing craft to go ashore on East Anacapa. The goal is the Anacapa Lighthouse, built in 1912, the last major light station to be built on the west coast. Soak in the views from Inspiration Point or, for a more relaxing option, explore Arch Rock via zodiac.





#### DAY 3: Santa Rosa Island, Channel Islands National Park

Wake to the ship at anchor off the rocky outcropping of East Anacapa Island. Join your fitness instructor on the sundeck for morning yoga, before heeding the call of the breakfast buffet. After breakfast, join naturalists aboard our expedition landing craft to go ashore on East Anacapa. The goal is the Anacapa Lighthouse, built in 1912, the last major light station to be built on the west coast. Soak in the views from Inspiration Point or, for a more relaxing option, explore Arch Rock via zodiac. After lunch, spend the afternoon exploring Santa Cruz island: leisurely walking, birding, or working with your certified photo instructor to capture the natural beauty. Or opt for a strenuous hike and make your FitBit proud. Grab a kayak and explore the impressive sea caves. Head back to the ship to refresh for cocktail hour and Recap before dinner. (B,L,D)

## DAY 4: Catalina Island

Spend the day discovering the colorful history and natural wonders of Catalina Island. Once a haunt of smugglers and gold-diggers, the island was transformed into a resort destination by chewing gum tycoon William Wrigley, Jr. in the 1920s. Some 50 years later, William's heirs, Philip K. Wrigley and Dorothy Wrigley Offield, established the Catalina Island Conservancy, protecting nearly 90 percent of the island. After a morning workout on deck followed by breakfast, meet with a member of the Conservancy for a guided walk along the coastline and into the backcountry. With luck, we may catch a glimpse—or a photo—of the elusive fox species endemic to the island. Head for the water to kayak or stand-up paddleboard, or opt for another dive if you're certified. After lunch, the ship drops anchor in Avalon Harbor, where you'll have time to explore on your own. Ride a bike through Avalon, a town of less than 5,000, or hike up to Avalon Canyon for spectacular views and a

visit to the Wrigley Memorial and Botanic Garden--featuring Ada Wrigley's original desert exotica collection as well as a collection of Channel Island endemic plants--plus the spectacular tile and rockwork all from Catalina Island. Or step into an architectural gem: the art deco Catalina Casino, built by William Wrigley, Jr. in 1929. Return to the ship for sunset yoga on deck, a farewell dinner, and a last evening at sea. (B,L,D)

## DAY 5: Los Angeles/Disembark

Awake dockside in the bustling Port of Los Angeles. (Early risers can catch the action in one of the world's largest ports.) Enjoy a final breakfast on board before disembarking and either transferring to the airport or heading to your car or Uber—refreshed by your getaway—to the clang and clamor of contemporary life.

## Please note:

All day-by-day breakdowns are a sampling of the places we intend to visit, conditions permitting.





# YOUR SHIP: NATIONAL GEOGRAPHIC QUEST

YOUR SHIP: National Geographic Quest

**VESSEL TYPE:** 

LENGTH:

**PASSENGER CAPACITY:** 

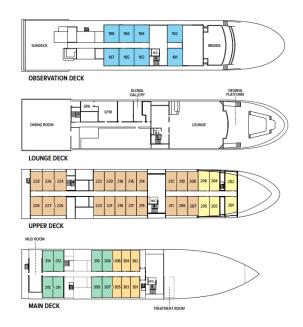
**BUILT/REFURBISHED:** 

\_National Geographic Quest\_ is a state-of-the-art, purpose-built expedition vessel made for exploring coastal waters, shallow coves, and fast-moving channels where wildlife congregate while sailing with the luxury of supreme comfort. Spacious cabins, open decks for wildlife viewing, and specialty tools for exploration make it the ideal platform for sailing in the remote areas of Alaska, the Pacific Northwest, Costa Rica, Panama, and Belize. Designed with decades of expedition experience in the region, \_National Geographic Quest\_ more than comfortably accommodates 100 guests in 50 cabins. Her twin expedition craft landing platform allow us to rapidly get on and off the ship to take advantage of wildlife sightings and to ensure we maximize our time off the ship exploring. Created with a shallow draft, \_Quest\_ draws only nine feet of water allowing her to sail into places where much larger ships cannot go.





# **INSIDE YOUR SHIP**





# **PRICING**