

FIJI AND TAHITI: VIBRANT REEFS AND CULTURAL HISTORY

Set sail on a sweeping journey across the South Pacific, discovering the storied archipelagos and seldom-seen islands that lie between Tahiti and Fiji. Explore volcanic peaks rising above turquoise lagoons, coral atolls shimmering with marine life, lush rainforests alive with birdsong and lava-carved caves that reveal dramatic geological forces. In villages and sacred cultural sites, encounter traditions that have endured for centuries, guiding Polynesian seafarers across the vast Pacific and shaping the spirit of these vibrant communities.



ITINERARY

Day 1 Papeete, Tahiti, French Polynesia / Embark Ship

Arrive in Papeete and visit the hospitality suite at the meetup hotel this afternoon. Embark the ship in the early evening.

Meals Included: Dinner

Day 2 Taha'a

The sparkling turquoise waters of Taha'a are a haven for exploration and relaxation. Spend the day snorkeling, swimming or kayaking--or simply relax on the beach and take in the breathtaking surroundings. Beneath the surface, vibrant marine life awaits, from playful clownfish and colorful parrotfish to the graceful glide of black-tipped reef sharks. For those who prefer to explore ashore, there is the option to visit a family-run vanilla farm.



Meals Included: Breakfast, Lunch, Dinner

Days 3-4 Ra'iatea / At Sea

Explore the UNESCO World Heritage site of Marae Taputapu tea on Ra'iatea. One of the most important cultural sites in the Polynesian world, the centuries-old complex was once a center for Polynesian seafarers and the location from which they set out for Rapa Nui (Easter Island), Hawaii and New Zealand. In the afternoon, the ship heads towards the Cook Islands. Take advantage of onboard amenities as you spend the next day at sea. Head up to the Bridge to watch for wildlife and learn about navigation from the captain and crew, schedule a massage in the wellness center or enjoy insightful talks from your naturalists. Meals Included: Breakfast, Lunch, Dinner

Days 5-6 Rarotonga, Cook Islands / Atuitaki

With its white-sand beaches, crystalline waters, and welcoming community, Rarotonga--the largest of the Cook Islands--offers a perfect introduction to the archipelago. Spend the next two days discovering the islands: set out on a leisurely bike ride, go for a guided mountain hike or enjoy a scenic panoramic tour. A visit to the Te Ara Museum and gift shop offers insight into the islands' rich history and a chance to bring home locally crafted treasures.

Meals Included: Breakfast, Lunch, Dinner

Days 7-8 At Sea

Enjoy two relaxing days at sea as you sail across the South Pacific en route to Niue Island. Take in ocean views from the lounge, cozy up with a book on Polynesian culture in the library or edit your favorite images at the photo kiosk with help from your certified photo instructor. Meals Included: Breakfast, Lunch, Dinner

Day 9 Niue

Set out for a day of adventure in Niue, a remote island nation tucked away in one of the most inaccessible corners of the world. The terrestrial and marine habitats of this elevated coral atoll teem with life, from spinner dolphins and humpback whales to colorful birds such as the crimson-crowned fruit dove. The island is also home to an array of geological wonders, including sheer limestone cliffs, hidden caves and striking exposed coral formations.

Meals Included: Breakfast, Lunch, Dinner

Day 10 At Sea

At sea between Niue and Tonga, you'll experience one of travel's rarest moments--crossing the International Date Line, where an entire day slips from the calendar. Enjoy the steady rhythm of the open ocean, watch for seabirds and dolphins from the observation deck or join your expedition team for engaging presentations. Meals Included: Breakfast, Lunch, Dinner

Days 11-12 Vava'u, Tonga / At Sea

Start your day with a sunrise photography session, capturing the luminescent Tongan sun on the horizon with guidance from your certified photo instructor. In the Vava'u islands, visit Mt. Talau National Park, where hiking trails lead to breathtaking viewpoints and the chance to spot native birds such as the Pacific kingfisher and Polynesian starling. Snorkel among swirling schools of fish in the crystalline waters of 'Ana Pekapeka, or Swallows Cave, accessible only by boat. End your



day with a sunset photography session, practicing your new skills under the glow of golden hour.

The following day, enjoy time at sea as the ship makes its way toward Fiji, your final destination.

Meals Included: Breakfast, Lunch, Dinner

Days 13-15 Fiji

Over the next three days, discover the remarkable diversity of Fiji and gain a deeper understanding of this remote island nation. On Taveuni, the "Garden Island," explore lush vegetation and rare flora such as the Tagimoucia flower, a national emblem of good luck featured on the 50-dollar bill. In the village of Waitabu, you'll be welcomed by a close-knit community and introduced to their traditions, while nearby Bouma National Heritage Park reveals rainforest trails and cascading waterfalls. Beqa Island offers the chance to snorkel in the Shark Reef Marine Reserve, the country's first protected marine park, where up to eight species of sharks may be found. On Kadavu, the southernmost island, encounter pristine tropical landscapes and striking natural beauty that embody the essence of Fiji. Meals Included: Breakfast, Lunch, Dinner

Day 16 Lautoka / Disembark Ship

Disembark in Lautoka and transfer to the airport for flights home.

Meals Included: Breakfast

Please note:

Itineraries are subject to change.



YOUR SHIP: NATIONAL GEOGRAPHIC RESOLUTION

YOUR SHIP: National Geographic Resolution

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

A next-generation expedition ship, purpose-built for polar navigation. National Geographic Resolution is a next-generation expedition ship, purpose-built for polar navigation. A twin to National Geographic Endurance, she is a fully stabilized, highly strengthened, ice-class Polar Class 5 (PC5) vessel, it is designed to navigate polar passages year-round, and safely explore uncharted waters, while providing exceptional comfort. Its patented X-BOW® is key to its design; its powerful wave-slicing action provides an extremely smooth ride in even adverse conditions, and even reduces spray on deck, for superior observation. She carries a full suite of expedition tools and offers a variety of experience-enhancing amenities. The luxury of comfort on expedition. National Geographic Resolution comfortably accommodates 126 guests in 69 outside-facing cabins. Cabins are efficiently designed, with sizes range from the 140-square-foot solo cabin to the 430-square-foot category 7 suite. Fifty-three of the 69 cabins, including all 12 of the solo cabins, will feature small balconies with floor-to-ceiling sliding doors that bring in the spectacular views and ample natural light. Comfort & convenience in every room. Every cabin has two portholes, a large window or balcony, and temperature controls. Bathrooms are modern and stocked with botanically inspired hair products, soap, and shower gel, plus a hairdryer. Cabins are equipped with expedition command centers with tablets and USB/mobile device docking, TVs, Wi-Fi connections, and hair dryers. Dining. Food served aboard is fresh, local, and delicious, and sourced from suppliers who share our values of sustainable use whenever possible. Meals aboard are almost always served in the dining room, located aft of the lounge deck. When weather conditions allow, lighter fare may be served on the observation deck. There is no assigned seating and our dining room accommodates the entire expedition community in a single seating. During meals your expedition leader, naturalists, and any guest speakers aboard will join you. Public Areas: Two restaurants, a Chef's Table for small group dining, Observation Lounge with bar, gym, Wellness area, infinity-style outdoor hot tubs, library, main lounge with full service bar, 24-hour beverage, state-of-the-art facilities for films, slideshows and presentations, and a photo workshop area; plus, an expedition base with lockers for expedition gear, and an "open bridge" for access to our captain, officers and the art of navigation. Meals: Two restaurants, featuring local, sustainable choices and unassigned seating for flexible, inclusive dining; plus a Chef's table for intimate, small group dining. Main restaurant has 270° views, and the Observation deck restaurant features lighter, made-to-order fare. Special Features: A full-time doctor, undersea specialist, National Geographic photographer, Lindblad-National Geographic certified photo instructor and video chronicler, an internet cafe and laundry. Wellness: The vessel is staffed by our wellness specialists and features a



glass-enclosed yoga studio, gym, treatment rooms and spa relax area, and high- and low-heat saunas with ocean views. Expedition Landing Craft. Key to our operation is our fleet of expedition landing craft, which we use to land in places that would otherwise be inaccessible. With 14 of these boats and two loading stations used every time we disembark, we're able to transfer guests off the ship quickly, so you can be out on adventures, not idly waiting. The expedition landing craft we use are 19 feet long, powered by four-stroke outboard engines, and are capable of comfortably carrying 10-12 people. They are widely recognized as the safest and most versatile small boats afloat. Remotely Operated Vehicle. Capable of reaching 1,000 feet, far beyond the range of any Scuba diver, the ROV allows you to literally view parts of the undersea that are as unexplored as the moon. Chances are you, like many of our guests, will be struck by how surprisingly colorful undersea life is in these unlikely places. And this glimpse may fundamentally change how you view the ocean. Kayaks. National Geographic Resolution will be equipped with a fleet of kayaks large enough to ensure everyone who wants to can paddle at every opportunity. Consequently, prior kayaking experience isn't necessary--many of our guests have their first kayaking experience in extraordinary locations. Our custom-designed floating platform lets us deploy kayaks from the ship, or any location we want--including far from shore. Kayakers are usually free to explore where they want within boundaries set by the undersea specialist and officer of the watch. Underwater camera. Our undersea specialist will dive often during your expedition, even in polar regions, with cold-water gear, to shoot high-definition, Cousteau-like footage of the deep. Colorful nudibranchs, swimming, plant-like crinoids, and mysterious fish with antifreeze blood that thrive in the frigid sea will give you an entirely new appreciation of the marine environment. Video microscope. Naturalists will use the video microscope to help explain all elements of the environment, including tiny organisms that are the building block of the marine ecosystem. Spellbinding live views of krill at 80x magnification fills the high-definition screens in the lounge with vivid detail, and fills every onlooker with a sense of wonder at the importance of otherwise unobservable creatures. Hydrophone. This underwater microphone is deployed to listen to the vocalizations of marine mammals. Real time transmissions of their eerie, haunting sounds can be broadcast through the ship or recorded for later playback. Few experiences in nature are as captivating as watching humpback whales feed close to the ship as their vocalizations play through the ship's PA system. Electronic charts. An electronic chart showing the ship's location, course, and speed is almost always on display in the lounge. Open bridge. You'll find our captains are engaged, knowledgeable members of your expedition who are eager to share their passion with you. National Geographic Resolution's open bridge features comfortable spaces to sit, enjoy the view, drink your morning coffee, or simply chat with the officers. Snorkeling gear & wetsuits. On warm weather itineraries where there will be snorkeling, you'll select a mask, snorkel, fins, and wetsuit that remain yours for the duration of the expedition. There's no need to pack and tote your own gear, although guests who prefer to are welcome to bring





their own.

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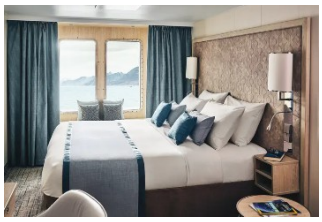
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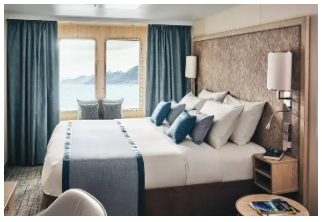
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