

ROOTS OF THE ATLANTIC: PORTUGAL, MOROCCO AND THE CANARY ISLANDS

Experience the diverse beauty and history of the Atlantic's most captivating shores where European and African influences intertwine, shaped by the tides of culture, commerce and resilience. From the hills of Lisbon to the volcanic peaks of Cabo Verde and the vibrant streets of Dakar, trace the path of explorers, traders and storytellers on a voyage that spans continents and centuries. Stand beneath inspiring architectural wonders in Casablanca like the Hassan II Mosque, hike through the lava-carved landscapes of Teide and Fogo and wander markets alive with the colors and rhythms of West Africa.

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ITINERARY

Day 1 Lisbon, Portugal / Embark Ship

Arrive in Lisbon on an overnight flight. The capital of Portugal, Lisbon maintains a reputation as one of Europe's most vibrant and charismatic cities, with captivating history, art, culture and delectable cuisine. Transfer from the airport to the city and spend the day exploring at your own pace. Check in with the



hospitality desk this afternoon before embarking the National Geographic Endurance in the late afternoon.

Arrival time: Arrive before 3:00 p.m. local time. Arrival City: Lisbon, Portugal

Meals Included: Dinner

Day 2 Setúbal

First settled by the Romans, Setubal offers a blend of the past cultures and modern life in a lovely Portuguese town by the sea. Enjoy a walking tour and relax in the town square over a cup of coffee and a pastel de Nata. Alternatively, spend the morning exploring the natural beauty of Arrabida Natural Park which is home to some of Portugal's most spectacular beaches.

Meals Included: Breakfast, Lunch, Dinner

Day 3 Casablanca, Morocco

ocean.

Meals Included: Breakfast, Lunch, Dinner

Days 4-5 Agadir / At Sea

Nestled between the foothills of the Atlas Mountains and the Atlantic Ocean, Agadir is one of Morocco's most modern cities. Destroyed by a major earthquake in 1960, the city has been rebuilt to its current vitality while still maintaining a rich history. A beautiful example of this is La Medina d'Agadir which was recreated in the 1990s using traditional Berber methods. Overlooking the city, The Kasbah is one of the few structures to survive the quake. Hike to the top to take in the stunning views and medieval architecture of this fortress.

Alternatively, spend time exploring Souss-Massa where birders will delight in the many species who call this region's estuaries, grassy dunes and shoreside habitats home.

Meals Included: Breakfast, Lunch, Dinner

Day 6 Funchal, Madeira, Portugal

Meaning 'White House' in Spanish, Casablanca is the largest city in Morocco and a hub of industry on Africa's west coast. The architecture of the city is an eclectic blend of influences from the Moors, French, Art Deco era and more. Explore the bustling Old Medina, alive with activity and an array of whitewashed buildings on twisting cobbled streets. Stroll along the Corniche, the popular boardwalk by the sea. Witness the vast beauty of Hassan II Mosque, built on an outcrop jutting out over the

Arrive in enchanting Madeira, a subtropical island abloom in flora. First settled by the Portuguese in 1419, the island's capital city of Funchal is filled with a trove of architecture from the 15th through the 19th centuries. Spend the day exploring the winding streets on a guided tour.

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Meals Included: Breakfast, Lunch, Dinner

Days 7-8 La Palma, Canary Islands, Spain / Tenerife

Meals Included: Breakfast, Lunch, Dinner

Day 11 Fogo, Cabo Verde

Drop anchor in the azure waters of the Canary Islands, which occupied a central place in the history of Atlantic exploration. The island of La Palma is known as La Isla Bonita, or "the pretty island," for its lushly forested mountain slopes set against crystal-clear waters. More recently, the island experienced volcanic activity that gave birth to the Atlantic ridge. Take in fantastic island views and experience the contrasts between the lush hillsides and the newly created lava moonscape.

Then visit Tenerife, the largest of the Canary Islands. Explore the winding streets of the historic district or hike the trails of the Teide National Park-a UNESCO World Heritage Site and home to the impressive Mount Teide, the highest volcanic peak in Spain.

Meals Included: Breakfast, Lunch, Dinner

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Days 9-10 At Sea

Soak up the serenity of these days at sea as the ship sails south across the Tropic of Cancer. Visit the Bridge to learn about navigation from your captain, enjoy time in the spa, listen to one of the amazing staff presentations or relax with a book on the observation deck. Today, arrive at Sao Filipe, the capital city on the western side of the island of Fogo. The striking landscape here has been shaped and transformed by lava flows from its namesake volcano, Pico do Fogo, most recently in 2015. Visit Portela, one of the villages that was swallowed up by lava in that eruption. The locals have since reclaimed the land, rebuilding and restoring their restaurants, shops and homes.

Meals Included: Breakfast, Lunch, Dinner

Day 12 Praia

Start the day in this island paradise with a walking tour of the old town center or "Plateau." Learn about the island's rich history as you discover the colonial influence on the architecture of the Presidential Palace and Main Square. Explore the open-air market where displays of local fruits and vegetables are works of natural art.

Travel via bus to Cidade Velha, the historic center of Ribeira Grande and the first city built by the Portuguese in Africa. A UNESCO World Heritage Site, the ruins tell the story of the buildings that protected the city against pirates, provided

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sanctuary within the cathedral and convent and supported everyday life with the thatched roofs of Banana Street.

Meals Included: Breakfast, Lunch, Dinner

Days 13-14 At Sea / Dakar, Senegal

Following a day at sea, arrive early evening in the capital of Senegal, Dakar a city often referred to as the cultural center of French-speaking West Africa. You'll discover a mosaic of traditions, cuisines, dance and architecture along with Senegalese music which is a blend of many ethnic influences. Enjoy an onboard concert from local musicians for a sample of this lively, invigorating sound.

Explore the remains of the colonial architecture of Île de Goree (Goree Island), a UNESCO World Heritage Site and center of slave trade to the Americas. Test your bartering skills at the massive Sandaga Market where you can find local crafts, textiles and more. Spend some quiet time exploring Dakar Grand Mosque, built by French and Moroccan architects. Adorned in glazed Moroccan tiles, it's one of the most important religious centers in the city.

Meals Included: Breakfast, Lunch, Dinner

Day 15 Dakar / Disembark Ship

Departure Time: Depart after 12:00 p.m. local time. Departure City: Dakar, Senegal

Meals Included: Breakfast

Please note:

Itineraries are subject to change.

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

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YOUR SHIP: NATIONAL GEOGRAPHIC ENDURANCE

YOUR SHIP:	National Geographic Endurance
VESSEL TYPE:	Expedition Ship
LENGTH:	
PASSENGER CAPACITY:	126
BUILT/REFURBISHED:	2018

A next-generation expedition ship, purpose-built for polar navigation. National Geographic Endurance is a next-generation expedition ship, purpose-built for polar navigation. A fully stabilized, highly strengthened, ice-class Polar Code PC5 (Category A) vessel, it is designed to navigate polar passages year-round, and safely explore unchartered 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 Endurance 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. Cabins: All cabins face outside with large windows, private facilities and climate controls. 53 cabins have balconies. Cabins are equipped with expedition command centers with tablets and USB/mobile device docking, TVs, Wi-Fi connections, and hair dryers. Expedition Tools: Zodiac landing craft, kayaks,

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snowshoes, cross-country skis, undersea specialist operating a remotely Operated Vehicle (ROV) and underwater video camera for unique access to polar marine world, hydrophone, aerial remote-controlled camera and video microscope. Special Features: A full-time doctor, undersea specialist, National Lindblad-National Geographic photographer, 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 8 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 Endurance 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 Alaska, 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 importance of otherwise unobservable creatures. the 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. Venture'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

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to pack and tote your own gear, although guests who prefer to are welcome to bring



their own.

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INSIDE YOUR SHIP

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