



**Carolina  
Alumni**

# Columbia and Snake Rivers: Food, Wine, and History

**OCTOBER 6-13, 2024**

**ABOARD NATIONAL GEOGRAPHIC SEA LION**



**SPECIAL OFFER: 10% GROUP SAVINGS**







## Dear Carolina Alumni and Friends,

We invite you to cruise the mighty Columbia and Snake Rivers, taking in the scenery and splendor of this storied region. Aboard the *National Geographic Sea Lion*, you'll journey into history, following in the wake of Lewis and Clark to discover a diverse and bountiful region cultivated over thousands of years by its indigenous people. See time layered in the riverbanks, where the Missoula Floods of 15,000 years ago carved much of the route you travel and the landslides of 500 years ago altered the river's course by a full mile—events the expedition's geology expert will explain. In fact, the full expedition team puts everything into context, weaving an ongoing narrative from each day's events.

This fertile region bursts with flavors from the orchards and farmlands along the route and in the dining room as the ship is stocked with provisions from local markets, vineyards, and breweries within a 250-mile radius. Enjoy complimentary wine, beer, and cocktails onboard including nightly tastings of the region's best wines hand picked by the Executive Wine Editor of *Food & Wine* magazine, Ray Isle. Learn about the unique terroirs from our onboard expert, and meet the winemakers themselves on private tours and tastings in Walla Walla.

### FOOD & WINE

In 2024, our culinary team is collaborating with *Food & Wine* magazine to deliver the most stimulating and satiating experience possible. See page 7 for details.

Witness modern marvels of human engineering while transiting eight towering locks and sailing under large-span bridges. Enjoy kayaking, hiking, and visits to fascinating historic sites and museums.

We hope you can be part of this tour. **To reserve your place, please return the reservation form or call Carolina Alumni at 877-962-3980.**

Go Heels and travel the world,

*Audrey, Catherine and Douglass*

Audrey Liles '13, Catherine Nichols '89 and Douglass Payne '04  
Carolina Alumni Travel Office

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Participation in this tour is a Carolina Alumni member benefit. Join or renew today at [alumni.unc.edu/join](http://alumni.unc.edu/join). (\$50 for individuals, \$60 for couples). The Carolina Alumni Travel Office may be reached at (877) 962-3980 or [enrichment@unc.edu](mailto:enrichment@unc.edu).

#### SPECIAL OFFER

Save 10% when traveling with Carolina Alumni. See page 12 for details.

Cover: *The fertile Hood River Valley in the shadow of Mt. Hood, Oregon.* © Alamy.  
Opposite page: *Taking in the view of stunning basalt cliffs along our journey.*

# Epic Scenery and History Around Every Bend

## Discover a Spectacular Landscape Carved Over Eons

The powerful Columbia and Snake Rivers flow through some of the world's most geologically fascinating landscapes, carved over time by tumultuous floods and volcanic eruptions. Today, you are able to appreciate its beauty peacefully aboard a 31-cabin expedition ship, employing Zodiacs and kayaks to explore its wild reaches up close. Discover towering canyons, massive waterfalls, ancient petroglyphs, and rocky shorelines where bighorn sheep roam free. Around every bend of the Columbia and Snake Rivers, the region's unique natural history reveals itself in all its glory. These rivers also offer up another exhilarating marvel as you travel through a series of eight locks that lift or lower the ship some 700 feet, nearly ten times what the Panama Canal entails.

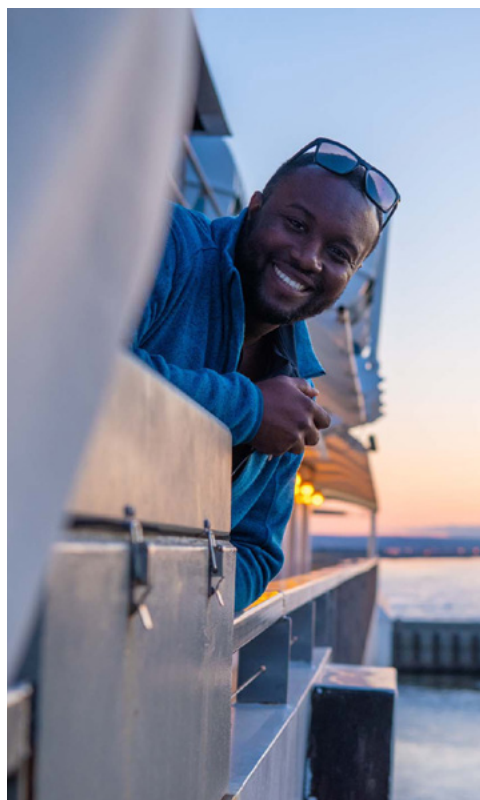
## In the Wake of Early Explorers

The fascinating legacy of Lewis and Clark's epic 19th-century expedition permeates this region. Traveling in their footsteps, you gain a deeper understanding of the region's history and learn about their interactions with Native American tribes. Visit Cape Disappointment, where Meriwether Lewis first saw the Pacific in 1805, and take in the whole story at the Lewis & Clark Interpretive Center. The onboard historian provides crucial insight along the way, and a Nez Perce storyteller will come aboard for an evening of culture sharing.

*Opposite page (clockwise from top): exploring the Palouse River by Zodiac; Nez Perce storyteller on board; Multnomah Falls.*







# The Ultimate Expedition Experience

## Your Platform for Discovery

An expedition ship is an ideal way to explore the Pacific Northwest. Traveling expedition-style allows you to experience the region with all your senses—seeing its grand beauty, hearing its waterfalls and wild silences, feeling its fresh air, and tasting it daily in the delectable, locally sourced food served aboard. You travel in comfort aboard the purpose built *National Geographic Sea Lion*, which features open decks, spacious cabins, generous windows, and an accommodating bow area. The 31-cabin ship is key to your experience. An onboard fleet of Zodiacs and kayaks are the perfect vehicles to have up-close views of the dramatic scenery of the Palouse River. Life aboard ship is warm and welcoming. The lounge graciously accommodates the expedition community during nightly Recap and wine tastings, and the casual dining room serves meals in single seatings with unassigned tables for easy mingling.



National Geographic Sea Lion.

## See, Do & Learn More with an Expert Team

Your time on the river and ashore is spent in the company of a veteran expedition team that is passionate about the region's rich history. Relive moments in modern history—from early exploration to construction of the dams—through the eyes of the historian. Join the geologist to marvel at layers of ancient basaltic lava. Enjoy accessible wine education from our food and wine expert and taste the region's diverse terroirs. Capture everything with the help of our certified photo instructor. With one staff member aboard for every 10 guests, you're ensured diverse knowledge, varied points of view, and engaging companionship.

*Opposite page (clockwise from top): Guests observe the terraced cliffs along the Palouse River; ship officer at sunset; big horn sheep.*

# Savor the Bounty of the Pacific Northwest

As you sail through rolling valleys and soaring canyons, delve into the sustainable food and wine movements that thrive in this fertile region. Our dedicated culinary team has combined expertise with the editors of *Food & Wine* magazine to offer unique experiences that take you straight to the source of this wild bounty.

- Indulge in gourmet, seasonal menus featuring sustainable ingredients sourced exclusively within 250 miles of our route.
- Enjoy nightly tastings of the region's best wines, personally selected by *Food & Wine* magazine's Executive Wine Editor Ray Isle.
- Explore places steeped in culinary and cultural history, from the trendy wine town of Walla Walla to quirky Astoria, a mecca for seafood and beer.
- Meet winemakers and enjoy private vineyard tours and tastings.
- Enjoy cocktails, canapes, and spectacular scenery while transiting towering locks in the evening.
- Enjoy the company of a food and wine expert, offering pairing suggestions, culinary insight, and more on board and on excursions.



**ENJOY COMPLIMENTARY WINE, BEER & SPIRITS**  
Experience the full richness and diversity of the Pacific Northwest with complimentary beer, wine, and cocktails (excluding super-premium brands) throughout your voyage.

The image shows a tray with several glasses of beer and wine, along with a small bowl of nuts. The glasses contain various types of beer, including a dark one and a light one with a thick head of foam. The wine is a deep red. The nuts are light-colored and appear to be almonds or cashews.

*Opposite page (clockwise from top): Friendly staff offers local wines in our dining room; wine barrels in Walla Walla; locally sourced salmon.*





# Voyage Itinerary

Delve deep into the history, harvests and landscapes of the Columbia and Snake rivers, while also indulging your senses with culinary splendors and world-class wines of the region. Travel as early explorers, settlers, and indigenous peoples did—by waterways that stretch far inland from the Pacific Ocean. Enjoy spectacular scenery including views of Mt. Hood and Mt. Adams. Tour museums and historic sites, taste local produce and wines, and actively explore by foot, kayak, Zodiac, and jet boat. A top team—including naturalists, a historian, and a geologist—will illuminate all we see, and a food and wine expert will host nightly tastings, guiding us through the region’s bounty. Take it all in from the unmatched perspective of a nimble, intimately-scaled small ship.



## DAY 1 • Clarkston, Washington/Embark

Fly into Lewiston, Idaho, or Spokane, Washington, two hours away, and travel through the picturesque landscapes of the Palouse. (D)

## DAY 2 • Clarkston

Today we find ourselves at the confluence of the Snake and Clearwater rivers, more than 450 miles from the sea. Travel by comfortable jet boat into spectacular, 125-mile Hells Canyon, North America’s deepest river gorge, mostly inaccessible by road. Observe remnants of the Nez Perce tribe, including ancestral horsetrails along the hillsides and petroglyphs on rock formations. In the evening we are joined by a Nez Perce storyteller, and a local winemaker offers samples and an introduction to the flavorful journey ahead. (B,L,D)

## DAY 3 • Palouse River

The still water of the Palouse River is the perfect mirror for the surrounding basalt cliffs as we set off on our Zodiac and kayak adventures. Visit Palouse Falls, where waters plunge 200 feet into a churning pool. These falls and the surrounding canyon with its towering cliffs, cavernous holes in the earth, and winding water routes are part of geologically unique channeled scablands created by ancient floods. Afterwards, sail up the Snake River, enjoying a taste of local specialties. (B,L,D)

## DAY 4 • Walla Walla

Drive through some of the most fertile agricultural areas in the nation, with bright, rolling green and purple fields of sprouting wheat, asparagus, and famous Walla Walla sweet onions. Wine lovers can spend the day on a taste exploration of this world-renowned area, including a private vineyard tour and downtown wine walk. Or opt to visit museums, including the Whitman Mission,



a standout museum and National Historic Site where friction between Native Americans and white missionaries erupted into an event that reverberates in our culture today.

### **DAY 5 • Cruising the Gorge**

Today we will spend the day cruising through some of the most scenic and geologically interesting stretches of the Columbia River and the Columbia Plateau. Our geologists provide fascinating insight on the glacial floods that sculpted the landscape 13,000 years ago, as our food and wine expert illustrates the expression of such unique terrain through its tastes and tannins. Relive the historic tales of the Corps of Discovery through the eyes of a historian as we sail by important landmarks. Or unwind with a massage in preparation for an exciting day ahead. (B,L,D)

### **DAY 6 • Hood River, OR/Cruising**

Today we immerse ourselves in the region's natural and man-made marvels. Make a stop at neck-craning Multnomah Falls before an optional hike of iconic Beacon Rock, a basalt column towering 848 feet above the Columbia River. Later, enjoy a private event at the Columbia Gorge Interpretive Center. Sample local beer or wine as you take in 15,000 years of cultural history. In the afternoon we explore the scenic Columbia and pass through Bonneville Lock and Dam. Take a cocktail or steaming cup of coffee to the bow where our naturalists offer honest perspectives on the controversial history of dams along the river. (B,L,D)

### **DAY 7 • Astoria**

Navigate the Columbia to the mouth of the river at Astoria. At Cape Disappointment, take in the dramatic scenery where Meriwether Lewis saw the Pacific for the first time in 1805 and visit the Lewis and Clark Interpretive Center to learn more. In the afternoon, choose to learn about this estuary's navigational hazards and history of shipwrecks at the maritime museum, take a shuttle to the Astoria Column, or explore the seaside town on your own. Later enjoy local beer and oysters during cocktail hour. (B,L,D)

### **DAY 8 • Portland, Oregon/Disembark**

Arrive in Portland, located on the Columbia and Willamette rivers, in the shadow of snow-capped Mt. Hood. The city is known for its ecofriendliness, microbreweries, and coffeehouses. After breakfast, disembark the ship and transfer to the airport for return flights home. (B)

### **PRE- AND POST-VOYAGE EXTENSIONS**

#### **Portland & Willamette Wine Country Experience • From \$690**

Enjoy a guided exploration of Portland's culinary and cultural highlights, and take in spectacular views of volcanic peaks on a full-day wine tour with visits to acclaimed boutique wineries.



#### **Lewiston History and Wine Tour • From \$835**

Venture into this recently designated wine-growing region to try award-winning vintages on a historic and culinary adventure. Hotel stay included.

# National Geographic Sea Lion



Nimble and intimately scaled, *National Geographic Sea Lion* can easily navigate places inaccessible to larger ships. She can venture into fast-moving channels where whales come to feed, nose up to waterfalls in secluded coves, and sail into small bays perfect for snorkeling and kayaking. Inviting public spaces foster a sense of shipboard life where everyone is integral to the adventure, engendering a rewarding sense of community.

## Capacity

31 outside cabins accommodating 62 guests.

## Registry

United States.

## Overall Length

152 feet.

## Public areas

The ship features a library; global market; lounge with full-service bar and facilities for films, slide shows, and presentations; observation deck; partially covered sundeck with chairs and tables; and LEXspa. An open Bridge provides guests an opportunity to meet the officers and captain and learn about navigation.



*The lounge is the center of life aboard ship.*

## Meals

Served in single seatings with unassigned tables for an informal atmosphere. Menu emphasizes local fare.

## Accommodations

All cabins face outside with windows, private facilities, and climate controls. Cabins are equipped with Wi-Fi and multiple electrical and USB outlets. Botanically inspired shampoo, conditioner, shower gel, and lotion are all



*Category 2 cabin with single beds.*

available in cabin bathrooms, as well as an Expedition Essentials Kit. Hair dryers, complimentary insulated water bottles, and an atlas are available in each cabin.

## Expedition Equipment

Zodiacs, kayaks, stand-up paddleboards, bow camera, hydrophone, splash-cam, underwater video camera, and video microscope.

## Staff & Crew

Every member of our staff is committed to ensuring our guests have an unforgettable experience. Many of our veteran guides and naturalists are locally based in your destination and have worked with us for decades. A full-time medical professional, certified photo instructor, and undersea specialist (except on river expeditions) are on board. With a low staff to guest ratio, you can hear different perspectives and gain new insights every day.

## Wellness

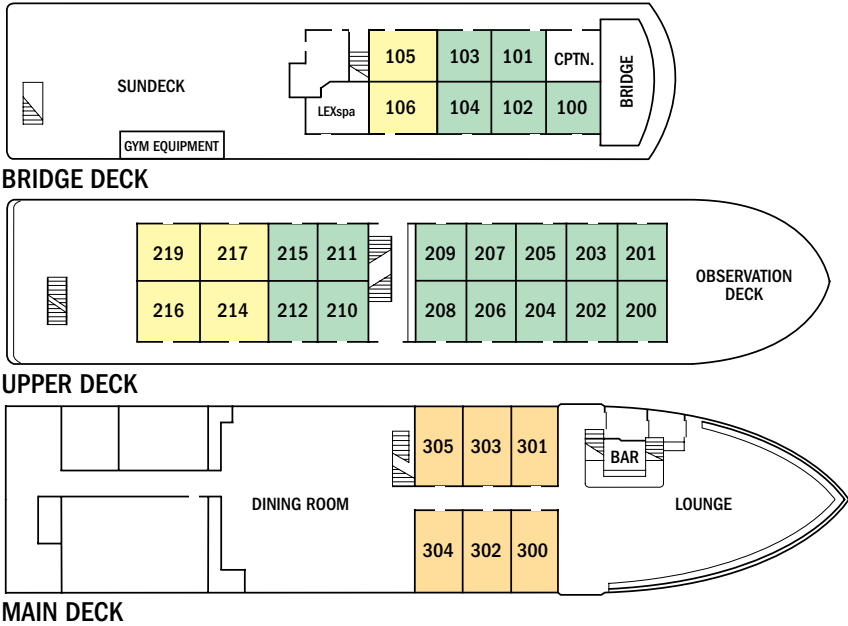
The vessel is staffed by a wellness specialist and features exercise equipment, LEXspa, and outdoor stretching area.

## Sustainability

From our carbon neutrality initiatives to the locally sourced food we serve on board, our expeditions are designed around the well-being of our world. Travel with peace of mind, knowing that green practices are embedded in our operations and that each voyage gives back to the places we explore.



# Ship Deck Plan & Pricing



## Voyage Dates

October 6-13, 2024

## Advance Payment Details

15% of the cabin fare, per person

Costs are per person, double occupancy unless indicated as solo.

10% Savings

<b>Category 1</b>	<b>\$6,060</b>	<b>\$5,454</b>
<b>Main Deck #300-305</b> – Conveniently positioned between the dining room and lounge, these cabins feature two single beds and a large view window.		
<b>Category 2</b>	<b>\$7,190</b>	<b>\$6,471</b>
<b>Bridge Deck #100-104; Upper Deck #200-212, 215</b> – These well-located cabins include two single beds and a window.		
<b>Category 3</b>	<b>\$8,100</b>	<b>\$7,290</b>
<b>Bridge Deck #105, 106; Upper Deck #214, 216, 217, 219</b> – These cabins feature a seating unit with table and two large view windows. Upper Deck cabins include two lower single beds which can convert to a double bed and a pull-out single bed for a third person; Bridge Deck cabins include two lower single beds only.		
<b>Category 1 Solo</b>	<b>\$9,030</b>	<b>\$8,127</b>
<b>Category 2 Solo</b>	<b>\$10,690</b>	<b>\$9,621</b>

**Note:** Solo occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in certain categories at one half the double occupancy rate.

**Shared Accommodations:** Shares can be arranged at the double occupancy rate in Categories 1 and 2 only.

## INCLUSIVE PRICING

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- All accommodations aboard ship
- All meals as indicated in the itinerary. Meals are inspired by regional cuisine and locally sourced where possible
- Snacks and non-alcoholic beverages, including 24-hour coffee, tea, and soda on demand
- Beer and wine, plus cocktails and spirits (super premium wines and liquors are available for purchase)
- Hors d'oeuvres and snacks during lounge Recap
- All excursions
- Exploration tools such as Zodiacs and kayaks
- The guidance and expertise of our expedition staff
- Lectures and presentations
- Gratuities to local guides and drivers
- Local transportation to/from sites of interest
- Special access permits, park fees, and port taxes
- The services of a medical professional
- Transfers to and from designated flights
- Morning stretch classes and 24-hour access to exercise equipment
- A comprehensive library
- Complimentary refillable water bottle

## TAKE ADVANTAGE OF OUR SPECIAL OFFERS

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**SPECIAL 10% GROUP SAVINGS:** Save 10% on the cabin fare (as indicated) when traveling with Carolina Alumni. Valid on this departure date of the *Columbia and Snake Rivers: Food, Wine, and History*, for new bookings only, subject to availability, may not be combined with other offers, and is not applicable on airfare or extensions. Call for details.

**BRING THE KIDS:** We believe sharing an expedition with kids or grandkids is a life-enhancing experience. Take \$500 off for each child under the age of 18. Not applicable on extensions or airfare.

## TERMS AND CONDITIONS

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Prices quoted in this brochure are per person based on double occupancy in USD. Prices quoted are valid at the time of printing, February 29, 2024, are subject to change and availability at time of booking. Under normal conditions the total expedition price is guaranteed at the time advanced payment is made. However, our expedition pricing is determined far in advance of initial departure on the basis of then-existing projections of fuel and other costs. In the event of increases in those costs, including but not limited to increases in the price of fuel, currency fluctuations, increases in government taxes or levies, or increased security costs, we reserve the right to adjust the price of your expedition or add a surcharge to cover such unexpected increases. We will always provide an explanation of the reason for increase in costs.

**COST INCLUDES:** All amenities listed in inclusive pricing above. Unused services or items included in this program are non-refundable.

**NOT INCLUDED:** Airfare; pre- and post-expedition extensions; additional hotel nights; private transfers; travel protection plan; REAL ID, passport, visa, and immigration fees; spa treatments; items of a personal nature such as laundry, Wi-Fi, and phone services.

**AIRFARE:** Airfare is an additional cost. Lindblad Expeditions will gladly assist in making your air arrangements for a \$50 per person service fee.

**RESERVATIONS:** To confirm your place, an advance payment of 15% of the cabin fare, per person is payable by Visa, MasterCard, American Express, Discover, or check. Receipt of advance payment indicates your acceptance of the terms and conditions.

**FINAL PAYMENT:** Due no later than 120 days prior to departure. Lindblad Expeditions reserves the right to cancel your reservation if payment has not been received by final payment due date.

**TRAVEL PROTECTION PLAN:** Optional insurance to cover trip cancellation, trip interruption or medical coverage is available. Information for USI Travel Insurance Services, Carolina Alumni's trip insurance partner, will be shared with you after you make your reservation.

**ENTRY AND VISA REQUIREMENTS:** Guests are advised to verify travel documents (passport/transit visa/entry visa) for the country(s) through which they are transiting and/or entering. Reliable and most current information regarding international travel can be found by contacting the consulate/embassy of the country(s) you are visiting or transiting through. We will not be responsible if you are denied entry or transit into a country if you are unable to provide valid documents as per the country's requirement.

**RESPONSIBILITY AND OTHER TERMS & CONDITIONS:** Certain other provisions concerning, among other things, limitations of Lindblad Expeditions' and National Geographic Expeditions' (a division of National Geographic Partners, LLC) liability for loss of property, injury, illness, or death during the voyage will be provided to all guests on the ship's ticket sent prior to departure or upon request. By registering for a trip, the guest agrees to all such terms and conditions.

## CANCELLATION FEE POLICY (PER PERSON)

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**120 or more days** prior to expedition start: **No penalty:** Advance Payment will be credited toward your next expedition\*\*

**119-90 days** prior to expedition start: **50% of trip cost\*\*\***

**89-0 days** prior to expedition start: **100% of trip cost\*\*\***

\*\*Advance payments will be credited in the form of a Lindblad Expeditions Travel Certificate, valid for 12 months from the date of cancellation, and which may only be applied towards final payment on any future booking.

\*\*\*Trip cost is total price paid including extensions, charter airfare and other additional services.

We strongly recommend that you purchase a travel protection plan.

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# Reservation Form



**Carolina  
Alumni**

## Contact Information

**Carolina Alumni Travel Office**

alumni.unc.edu/travel

Ph: (877) 962-3980

Email: enrichment@unc.edu.

## Columbia and Snake Rivers: Food, Wine, and History

**OCTOBER 6-13, 2024**

**ABOARD NATIONAL GEOGRAPHIC SEA LION**

### Passenger Information

Please reserve \_\_\_\_\_ place(s).

Guest 1: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
(Name as it appears on official I.D.)

Guest 2: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
(Name as it appears on official I.D.)

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Preferred Phone (please indicate Home, Cell or Business): \_\_\_\_\_

Email: \_\_\_\_\_

Accommodations:  Double  Single  Twin share with a friend  
 Share with roommate assigned by tour operator.

Please indicate choice of cabin category in order of preference:

1st choice: \_\_\_\_\_ 2nd choice: \_\_\_\_\_

Please send me information on these extensions:

**Portland & Willamette Wine Country Experience**  **Lewiston History & Wine Tour**

**Advance Payment Information:** 15% of the cabin fare per person.

If paying by check, please make deposit checks payable to the **Lindblad Expeditions** and mail with this form to: Carolina Alumni Travel Office, PO Box 660, Chapel Hill, NC 27514-0660.

Enclosed is my advance payment of \$ \_\_\_\_\_

For deposits to be paid using a credit card, the Carolina Alumni Travel Office will forward your reservation form to Lindblad Expeditions and a member of their Guest Services team will contact you to collect your payment.

I understand that reservations will be available on a first-come, first-served basis. I accept the conditions as stated in this brochure and submit my reservation(s) as indicated. I understand that the balance is due by June 8, 2024.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*The UNC General Alumni Association and the travel agency reserve the right to decline to accept or to retain any person as a tour member should such a person's health, mental condition, physical infirmity or attitude jeopardize the operation of the tour or the rights, welfare, or enjoyment of other participants. Refunds will be made in accordance with the cancellation policy listed in the brochure.*

# Columbia and Snake Rivers: Food, Wine, and History

## Expedition Highlights

- Explore the history, geology, and cuisine of the Pacific Northwest.
- Follow the path of Lewis and Clark's expedition and hear tales of their exploits from our historian.
- Enjoy locally sourced, gourmet meals, as well as nightly wine tastings curated by *Food & Wine* magazine's Executive Wine Editor Ray Isle.
- Venture out in Zodiacs and kayaks, and take an exhilarating jet boat ride through spectacular Hells Canyon.
- Travel through eight locks that lift or lower you some 700 feet in all.

### 100% CARBON NEUTRAL AND COMMITTED TO BEING SINGLE-USE PLASTIC FREE

We have chosen Lindblad Expeditions because they care deeply about the planet and see travel as a powerful force for good.



Printed on 100% recycled content paper with soy-based inks. We recommend that you pass this along for others to enjoy or recycle.



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