



Saturday, September 27th, 2008

Rockland, Maine

"The cure for anything is salt water - sweat, tears, or the sea." ~Isak Dinesen

The weather forecast for the day calls for southeast winds between twenty-five and thirty knots with gusts near forty. We'd planned to visit the coastal town of Camden but it was very exposed to winds from the southeast and an anchorage there would be difficult and uncomfortable. However, in the tradition of Lindblad Expeditions, we've turned adversity into opportunity. Just a few miles down the coast is the town of Rockland. It has a much more protected anchorage and the options for us ashore are varied and inviting. We've arranged for two trolleys to transport us to the Weskeag Marsh in the Tyler Wildlife Sanctuary. This is a noted place for keen birders and the Maine chapter of the National Audubon Society often leads birding walks there. The historic waterfront seems a fine place for photo opportunities and we'll offer a walk with our two staff photographers. During the afternoon we've arranged for Explorer guests to visit the Farnsworth Museum complex. Housed here is a famous collection of three generations of Wyeth family art work. You'll also find works by Rockwell Kent and Louise Nevelson. You can also stop into the Lighthouse Museum. The collections and displays include one of the largest collections of lighthouse lenses. To finish the day with a sweet touch, the Thorndike Creamery will be giving away free ice cream cones to all Lindblad guests wearing a nametag. You can easily spot the 3-story red brick Creamery on the corner of Tilson and Main Street.

Good Morning!

- 0730 Wake-up call and weather update over the PA system.
- 0730 - 0900 Breakfast is served in the dining room & bistro.
- 0730 Morning stretches with Wellness Specialists Gil & Eza - meet in the aft of the Main Lounge.
- 0800 *National Geographic Explorer* is anchored off of Rockland, Maine.
- 0900 **Zodiacs ashore to ride the trolley to the Weskeag Marsh for some morning birding.**
- 0915 **Zodiacs ashore to ride the trolley to the Weskeag Marsh for a nature walk.**
- 0930 **Zodiacs ashore for all guests joining the Photography Walk along the shore.**
- 1145 *Last trolley from the Bird Marsh to the pier.*
- 1200 *Last Zodiac before lunch.*
- 1200 - 1330 **Lunch** is served in the Dining Room & Bistro.

Free Time Options in Rockland...

With your name tag as your ticket for admission, you will have free entry into the Maine Lighthouse Museum, Farnsworth Art Museum, and also a free ice cream cone at the Thorndike Creamery on Main Street! A trolley will be making shuttle stops between the dock, Lighthouse Museum, and Farnsworth Art Museum regularly, all located within a few blocks of each other.

- 1330 **Zodiacs ashore to Rockland for free time in town. Zodiac shuttles will run every half hour from the ship and the shore.**
- 1600 Afternoon Tea is available in the Bistro.
- 1630 *Last Zodiac! National Geographic Explorer* sails for Martha's Vineyard.
- 1700 **A Hundred and Twenty Years of National Geographic Society:** Please join us in the lounge for a presentation by Gil Grosvenor.
- 1845 **Recap & Briefing** - you are invited to join the staff in the lounge.
- 1930 Dinner is served.