

With Distinguished Guest Lecturer  
**Jerrilynn D. Dodds**, Professor in the History  
of Art at Sarah Lawrence College

# ISLANDS OF THE MEDITERRANEAN SEA

Stepping Stones of Culture from Malta to Palma de Mallorca

Aboard the 136-guest **SEA CLOUD SPIRIT**

October 15 - 25, 2026

A REUNION  
JOURNEY  
WITH  
**JOHN FRICK**

Mahón, Menorca island



Dear Friends,

We are pleased to invite you on a special sea journey to celebrate the life and work of **John Frick**. Many of you will remember John who for some twenty years led countless voyages for Travel Dynamics in practically every corner of the world. Thalassa Journeys, the successor of Travel Dynamics, is pleased to reunite with John and invites you to participate in this special celebratory journey.

At a time when the Mediterranean was the world's great crossroads, a succession of Phoenicians, Greeks, Romans, Byzantines, Arabs, Normans, and Spaniards shaped the islands and ports at its heart. From Malta to Sicily, Sardinia, and Menorca, cultures layered upon one another through trade, conquest, and exchange. Our journey explores these historic shores—Valletta, Syracuse, Palermo, Trapani, Erice, Cagliari, and Mahón—where civilizations crossed paths and left enduring legacies in architecture, language, and tradition. Along with John, we are delighted to have **Professor Jerrilynn D. Dodds** accompanying our voyage as guest lecturer. Her expertise in various aspects of the places we will visit will surely give you a better understanding of this unique historical period and enrich your travel-learning experience.

Our vessel for this journey, the elegant SEA CLOUD SPIRIT, is purpose-built for long ocean voyages. This classic 3-masted sailing ship blends the modern comforts of serene spa and fitness spaces, renowned hospitality, and delicious cuisine with sea views, gracious teak decks, and private-yacht intimacy, carrying just 136 guests in 69 beautifully appointed cabins. Throughout our voyage, wind will fill the SPIRIT'S 28 square sails and the crew will climb the rigging to set them by hand, enabling guests to experience the poetry of true seamanship.

To explore Malta, Sicily, Sardinia, and Spain's Balearic Islands on an autumnal voyage aboard a true windjammer is a rare and memorable travel experience. We look forward to welcoming you aboard.

Warm regards,

**Thalassa Journeys**

## ABOUT THALASSA JOURNEYS

**Thalassa Journeys** is a tour company founded by the men and women who, working as Travel Dynamics International, pioneered educational and cultural travel in the 1970s in partnership with the leading educational, research, cultural and performing arts institutions in the United States. For more than 45 years our mission was to provide robust, intellectually stimulating experiences to lifelong learners who see travel as an opportunity to expand their understanding of the world and their place in it. This same mission guides us today. We believe that the most rewarding travel experiences happen when small groups of like-minded individuals share an enthusiasm for engaging with the richly varied environments of the world, and with the history, culture, ideas and ideals of the people who inhabit them.

## YOUR HOST & JOURNEY LEADER

### JOHN FRICK



John's wanderlust surfaced during his undergraduate studies at the University of Notre Dame, leading him to settle and to work in Alaska, to serve in Nepal as a US Peace Corps Volunteer and to relocate to New York City to obtain a Master's degree at Columbia University's Teacher's College. Over the past three decades, he has pursued a career in educational and expedition travel aboard small vessels. John's voyages have taken him along the full coastline, among the many cultures and to the numerous islands of the Mediterranean. John also has led countless programs and expeditions to far-flung areas of the globe, including Africa, Alaska, South America, the Canadian Arctic, Greenland, the Baltic, trans-Atlantic, the South Pacific and more. One favorite destination remains Antarctica, where he has worked primarily as Expedition Leader for 22 southern seasons. For this sailing, John looks forward to sharing his enthusiasm for travel, for the wonders of the natural world and for the lands and histories surrounding the Strait of Gibraltar.

## DISTINGUISHED GUEST LECTURER

### PROFESSOR JERRILYNN D. DODDS



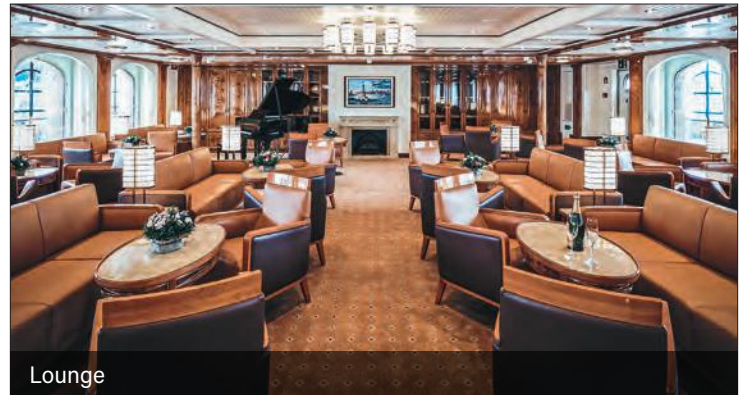
**Jerrilynn Dodds** is Professor in the History of Art at Sarah Lawrence College. Prof. Dodds' s scholarly work has centered on issues of transculturation, and how groups form identities through art and architecture, in particular in the Medieval Mediterranean. Among her publications are the books: *Visual Histories from Medieval Iberia*. *Arts and Ambivalence; Architecture and Ideology of Early Medieval Spain* (Penn State Press); *Arts of Intimacy: Christians, Jews and Muslims in the Making of Castilian Culture* (with M. Menocal and A. Balbale); *New York Masjid, the Mosques of New York City*, and publications concerning the arts of Bosnia and the eastern Mediterranean. She has curated numerous exhibitions: *Al Andalus: The Arts of Islamic Spain* (editor of the catalogue and co-curator of the exhibition), which took place at the Alhambra in Granada and at the Metropolitan Museum in New York; *The Arts of Medieval Spain* at the Metropolitan Museum (with C. Little, S. Moralejo and J. Williams); *Convivencia. The Arts of Jews, Christians and Muslims in Medieval Iberia* at The Jewish Museum in New York; (with T. Glick and V. Mann) and, with Edward Sullivan, *Crowning Glory, Images of the Virgin in the Arts of Portugal*, at The Newark Museum. A long-time lecturer and consultant at the Metropolitan Museum, Professor Dodds has written and directed prize winning films in conjunction with museum exhibitions (*Journey to St. James; An Imaginary East; NY Masjid*) and for wider audiences (*Hearts and Stones: The Bridge at Mostar*). Dodds formerly taught at Harvard University, MIT, The City University of New York and was Slade Professor at Oxford University in 2021. In 2018, she was knighted by King Felipe VI of Spain, receiving the Cruz de la Orden de Mérito Civil (Cross of the Order of Civil Merit). Professor Dodds received her B.A. from Barnard College, and her M.A. and Ph.D. from Harvard University.

# THE 136-GUEST SEA CLOUD SPIRIT

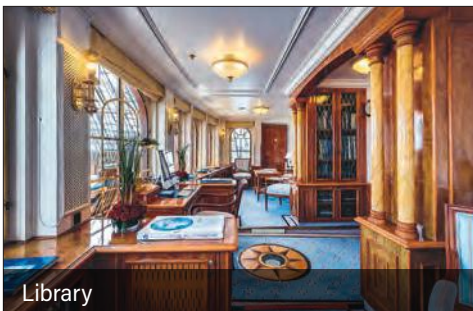
## One of the World's Most Extraordinary Cruise Ships



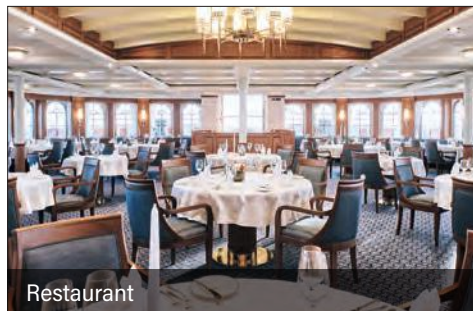
Grand Stateroom



Lounge



Library



Restaurant



The Sea Cloud ships are known for their fine cuisine

Built in 2021, the **SEA CLOUD SPIRIT** is undoubtedly among the world's most unique and beautiful cruise ships. Measuring 452 feet in overall length, and with a beam of 56 feet, SEA CLOUD SPIRIT is an authentic three-mast full-rigged yacht that combines the traditional aspects of ocean-going sailing ships of bygone eras with 21st-century state-of-the-art technologies and amenities. One of the most thrilling experiences aboard is to watch the skilled crew hoist by hand the ship's 28 sails, which cover a total sail area of 44,100 sq ft. When not riding the winds, the ship is powered by diesel-electric engines with low-sulfur marine diesel oil. The combination of traveling under sail and high-quality diesel oil for the engines provides one of the most sustainable cruising experiences available.

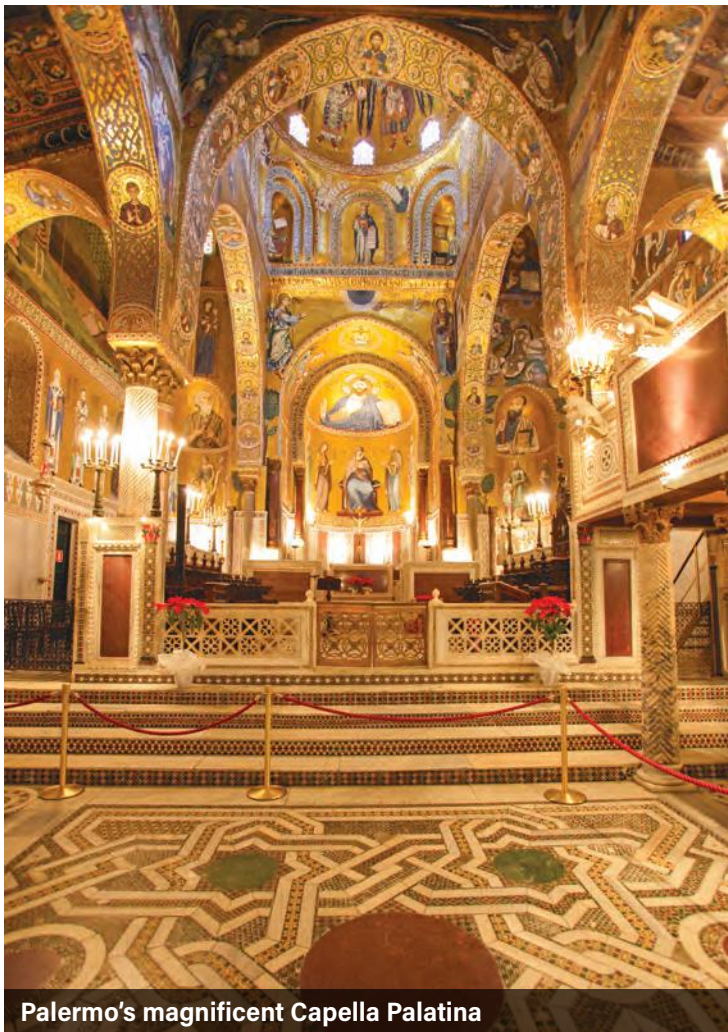
SEA CLOUD SPIRIT has 69 staterooms and suites that accommodate a maximum

of 136 guests. All are ocean viewing, spacious, and decorated in a refined and elegant style that is akin to that of classic private yachts. All feature a marble bathroom. Wood-paneled lounges and other common spaces invite relaxation, while the light-filled restaurant accommodates all guests in one open sitting and serves fine classic cuisine, accented by regional specialties and wines.

Other facilities include a spacious fitness room with panoramic ocean views, a wellness and spa center, library, boutique, Lido bar and bistro, and swim platform. An elevator serves all decks, and Wi-Fi is available in all cabins and common areas. There is ample deck space to relax, unwind and enjoy the sea views. The ship is operated by a seasoned and professional team of 85 crew members, while the ship's open bridge policy offers guests a rare opportunity to stand with the captain or officers, watching the artistry of traditional sailing in motion.

For Reservations and Information, Please Call **Thalassa Journeys** at **866-633-3611** or Email **reservations@thalassajourneys.com**

# ITINERARY



Thursday, October 15, 2026

## DEPART THE US

Depart the US on overnight flights to Valletta, Malta.

Friday, October 16

## VALLETTA, Malta

Despite its compact measurements, Malta's commanding location in the middle of the Mediterranean Sea has afforded it outsized importance that predates the arrival of the Phoenicians around 700 BC, as a stepping stone between Europe and Africa. Arrive in Valletta, capital of this small but mighty island nation, and transfer to the *Grand Hotel Excelsior* (or similar). Connect with your fellow travelers over a welcome dinner this evening. (D)

Saturday, October 17

## VALLETTA/EMBARK

In the morning, tour honey-hued Valletta. Built by the Knights of the Order of St. John of Jerusalem in the 16th century, the city clearly reflects the Order's strong imprint. Visit the National Library and the Manoel Theatre, constructed in 1731 and one of the most beautiful theaters in Europe. Continue to the Lascaris War Rooms and the impressive St. John's Co-Cathedral and museum. After lunch at a local restaurant, transfer to the port to embark SEA CLOUD SPIRIT. Enjoy a welcome cocktail reception and dinner on board, and settle into your stateroom as the ship sets sail this evening. (B,L,D)

Sunday, October 18

## SYRACUSE, Sicily, Italy

Enjoy the morning under sail. After lunch on board, the SPIRIT calls in Syracuse. Founded by the Greeks in 734 BC, Syracuse became



The historic buildings of Syracuse

one of the most prominent cities of the ancient Mediterranean world. We begin in Ortygia, a small island just off mainland Sicily, for a walking tour including its Cathedral, built upon the 5th-century BC Temple of Athena; the Arethusa Fountain; the remains of the Temple of Apollo; and the Piazza Archimede, dedicated to the mathematical genius Archimedes, a native of the city. On the mainland, visit the Neapolis Archaeological Park, including its Greek Theater hewn from the rocky hillside; its Roman Amphitheater; and the largest of the ancient quarries, Latomia del Paradiso. (B,L,D)

Monday, October 19

#### AT SEA

Watch the skilled crew climb the rigging, set sails, and hoist them by hand. Relax and enjoy edifying lectures and the many amenities



The medieval village of Sicily's Erice commands a superlative position

of the ship as SEA CLOUD SPIRIT spends the full day under sail towards Palermo. (B,L,D)

Tuesday, October 20

#### PALERMO

SEA CLOUD SPIRIT arrives this morning and we tour Palermo's principal sites, beginning at the Church of San Giovanni degli Eritimi, an exquisite example of Norman-Byzantine architecture. Continue to the Cappella Palatina, designed in 1130 and renowned for its stunning gold mosaics and vaulted ceiling carved and painted in Islamic style; and the church of La Martorana, originally designed as a mosque. La Martorana is famed for its Byzantine mosaics and friezes, and Mass here is held in ancient Greek. The afternoon is at leisure in Palermo. (B,L,D)



Street scene in Cagliari, Sardinia



The distinctive skyline of Valletta, the historic capital of Malta

Wednesday, October 21

**TRAPANI/ERICE/TRAPANI**

Arrive in Trapani in the morning and disembark for an excursion to Erice, a quaint medieval town located on a high plateau, famed in antiquity for its temple dedicated to the Goddess of Love – Phoenician Astarte, Greek Aphrodite, Roman Venus. Spend time at leisure to enjoy Erice’s old cobblestone alleyways, lined with artisanal shops and numerous churches. Return to the ship for the afternoon under sail. (B,L,D)

Thursday, October 22

**AT SEA/CAGLIARI, Sardinia, Italy**

After a morning at sea, arrive in historically rich Cagliari, capital of the autonomous region of sunny Sardinia. Tour the narrow streets, towers, and medieval walls of the Castello District at the city’s heart, discover its architectural diversity from impressive Roman ruins to Art Nouveau style, and visit the Archaeological Museum, home to a significant collection of artifacts. (B,L,D)

Friday, October 23

**AT SEA**

Enjoy the ship’s many amenities and edifying onboard lectures during this full day under sail. (B,L,D)

Saturday, October 24

**MAHÓN, Menorca, Balearic Islands, Spain**

This morning, SEA CLOUD SPIRIT arrives in Mahón. With the world’s second-largest natural harbor, the seaside capital of Menorca saw centuries of conflict and invasion, but is known today for its lovely old town, scenic beaches, and flavorful food scene. Tour the town, then take an excursion to the nearby megalithic site Talatí de Dalt. This

significant prehistoric settlement dates from the Talayotic period of approximately 1200 BCE to 123 BCE, spanning the Late Bronze Age through the Iron Age. Back at the ship, bid your companions goodbye and safe travels over a farewell dinner onboard. (B,L,D)

Sunday, October 25

**PALMA, Mallorca/DISEMBARK/HOMEWARD**

After breakfast, disembark in Palma, the main port town of the island of Mallorca, and transfer to the airport for flights homeward. (B)

RATES		
CATEGORY	DESCRIPTION	PER PERSON / DOUBLE OCCUPANCY
E	Superior staterooms	\$ 8,990
D	Deluxe staterooms	\$ 9,790
C	Grand staterooms	\$ 10,690
B	Junior veranda suites with private balcony	\$ 11,790
<b>Single occupancy supplement:</b> Category D \$ 2,890; Category C \$ 6,390.		

## PROGRAM INCLUSIONS

The rates are all-inclusive. There are no hidden costs and no additional charges such as shore excursions and embarkation and port charges. Other than the international airfare and expenses of a personal nature, all else is included. Specifically, the rates include the following:

- One night at the *Grand Hotel Excelsior* (or similar) in Valletta, Malta.
- Cruise aboard the SEA CLOUD SPIRIT, as described in the itinerary.
- Group airport/hotel/pier transfers at designated times, and handling of luggage on arrival and departure dates.
- Lectures and discussions with John Frick and Professor Jerrilynn Dodds.
- Complete program of tours and excursions as mentioned in the itinerary with professional English-speaking guides.
- All meals aboard the ship, with a selection of wines, beer and soft drinks during lunch and dinner.
- Welcome and farewell cocktail receptions aboard the ship hosted by the captain.
- Open bar with select alcoholic beverages.
- Coffee, including espresso and cappuccino, tea and soft drinks throughout the day and night.
- 24-hour room service.
- Gratuities to the ship's crew, guides, porters and drivers.
- 10 GB of data aboard the ship.
- The services of an experienced Thalassa Journeys Trip Director.
- All local taxes and service charges, including port and embarkation taxes.
- Complete pre-departure material.

**NOT INCLUDED:** International airfare; travel insurance; expenses of a personal nature; any items not mentioned in the itinerary or the above inclusions.



St John Co-Cathedral interior in Valletta, Malta

## REGISTRATION

TJLL 26SS-1015

Enclosed is my check or credit card no. for \$ \_\_\_\_\_ (\$ 1,500 per person) as a deposit to hold \_\_\_\_\_ place(s) on **ISLANDS OF THE MEDITERRANEAN SEA**, October 15 - 25, 2026 with Thalassa Journeys. I understand that final payment is due ninety (90) days prior to departure and is payable by check or credit card. We accept Visa, Mastercard, or Discover credit cards.

**For reservations, please call Thalassa Journeys at: (866) 633-3611 or email: [reservations@thalassajourneys.com](mailto:reservations@thalassajourneys.com)**

or make a check payable and mail with this registration form to:

**Thalassa Journeys:** 8815 Conroy-Windermere Rd., Suite 406, Orlando, FL 32835

Visa

Mastercard

Discover

No. \_\_\_\_\_

Exp. \_\_\_\_\_ 3- or 4-Digit Security Code \_\_\_\_\_

### PLEASE SELECT STATEROOM CATEGORY IN ORDER OF PREFERENCE

1st choice  \_\_\_\_\_ 2nd choice  \_\_\_\_\_ 3rd choice  \_\_\_\_\_

Double Occupancy

Single Occupancy (Inquire for rates)

### PREFERRED BED CONFIGURATION

Double  \_\_\_\_\_ Twin  \_\_\_\_\_

FIRST MIDDLE LAST (AS ON YOUR PASSPORT)

FIRST MIDDLE LAST (AS ON YOUR PASSPORT)

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

TELEPHONE (HOME) \_\_\_\_\_

(CELL) \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

EMAIL \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

**Each participant must sign below: I/We have read the "General Information" section and agree to its terms.**

## GENERAL INFORMATION

**PAYMENT SCHEDULE:** A deposit of \$1,500 per person is required to reserve your space on the tour. Final payment is due 90 days prior to departure. Payment can be made by personal check or charged to a credit card.

**CANCELLATIONS & REFUNDS:** All cancellations are subject to a \$300 per person administrative fee. Cancellations received 71-90 days prior to departure will be assessed a penalty equal to 50% of the total program cost per person. Cancellations received within 70 days of departure are subject to 100% cancellation penalties. Requests for cancellations must be made in writing. No refunds will be made for any part of this program in which you choose not to participate.

**INSURANCE:** We strongly recommend the purchase of trip cancellation insurance, which is available for coverage of expenses in conjunction with cancellation due to illness or accident. Baggage insurance is also recommended. In the event that you must cancel your participation in a travel program, trip cancellation insurance may be the only source of reimbursement.

**ITINERARY:** The itinerary, accommodations and arrangements are subject to change at the discretion of Thalassa Journeys.

**RESPONSIBILITY:** Please read carefully the following terms and conditions, which constitute the sole, legally enforceable agreements between the traveler and Thalassa Journeys. Thalassa Journeys acts solely as agents for the traveler with respect to all transportation, hotel and other tour arrangements. In that capacity, we exercise all reasonable care possible to ensure the traveler's safety and satisfaction, but, we neither assume nor bear any responsibility or liability for any injury, death, damage, loss, accident, delay or irregularity arising in connection with the services of any ship, airplane, train, automobile, motor coach, carriage or other conveyance, or the actions of any third-party, involved in carrying the traveler or in affecting these tours. We are not responsible for damages, additional expenses, or any other losses due to cancellation, delay or other changes in air or other services, sickness, weather, strike, war, civil disturbances, acts or threats of terrorism, travel warnings or bans, termination or suspension of war risks or other carrier insurance, quarantine, acts of God or other causes beyond our control. All such losses must be borne by the traveler, and tour rates provide for arrangements only for the time stated. In the event of cancellation, delay or rescheduling mandated by any of the aforesaid causes beyond our control, the traveler shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by us, or else, receiving a refund of as much of such advance tour expenditures as we are able to recover on the traveler's behalf from carriers, third-party tour vendors, etc., but, we shall not have any obligation or liability to the traveler beyond the foregoing. We reserve the right to make alterations to the tour's itinerary and to substitute hotels, transportation methods, or lecturers if this is required. We reserve the right to cancel, delay, or reschedule any tour prior to departure, and, so long as this is not due to any of the aforesaid causes beyond our control, the traveler shall be entitled to a full refund of all monies paid to that point if he/she so desires. No refund shall be made for any unused portion of any tour. By forwarding their deposit(s), the traveler certifies that he/she and/or their dependents, minors or others covered thereby do not have any mental, physical or other condition of disability that could create a hazard for them or other travelers. We reserve the right to decline to accept or to decline to retain any person as a member of any tour should such person's health, condition or actions adversely affect or threaten the welfare or safety of other travelers or impede the tour. Baggage or valuables brought on the tour shall be transported, handled or stored at the traveler's risk entirely, and, we shall bear no liability or responsibility for any damage or other loss thereto. Resolution of any disputes arising hereunder shall be effected exclusively in the state or federal courts presiding in Florida, pursuant to applicable Florida law.

**RATES:** Tour costs are based upon current airfares, tariffs, and currency values. While we do everything possible to maintain the listed prices, they are subject to change.

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Beyond the ordinary

Thalassa Journeys  
8815 Conroy-Windermere Road, Suite 406  
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# Join **John Frick** and **Professor Jerrilynn D. Dodds** on **ISLANDS OF THE MEDITERRANEAN SEA**

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Email: [reservations@thalassajourneys.com](mailto:reservations@thalassajourneys.com)



The Fountain of Arethusa in Syracuse